

Benzodiazepine Risks

Are You Aware of the Possible Risks from Taking Benzodiazepines?

There are more effective and less harmful treatments available for sleep, nightmares, PTSD, pain and anxiety.

Possible Risks



Feeling tired or drowsy



Memory and thinking problems



Depression, mood changes, irritability, anger



PTSD symptoms may get worse



- Becoming dependent
- Withdrawal symptoms



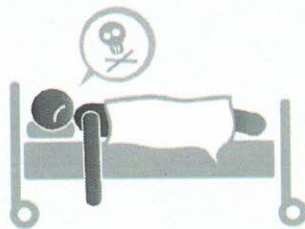
- COPD and sleep apnea may get worse
- Pneumonia



- Car accidents
- You can be arrested for Driving While Impaired



- Unsteady walking
- Increased risk of falls, broken bones, or concussion

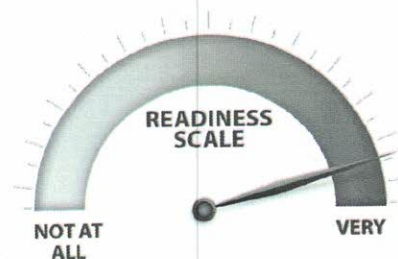


- Overdose - especially when combined with alcohol, strong pain medications (opioids), street drugs



- Birth defects
- Baby may need emergency care because of withdrawal symptoms

How ready are you to make a **CHANGE**?



The deaths of Heath Ledger, Amy Winehouse, Michael Jackson, and Elvis Presley involved benzodiazepines