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Division of Child and Adolescent Psychiatry

Carlos Castañeda MA., LPC - Intern

Supervised by Patricia Adams LPC-S, LMFT-S

tchatt.ep@ttuhsc.edu

915-215-6170



Benzodiazepines

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(Texas Child Health Through Telemedicine)



Definitions

- Benzodiazepines- Also known as “benzos”, are a type of medication known as tranquilizers that produce sedation and muscle relaxation. They are primarily used to treat anxiety, insomnia, alcohol withdrawal, seizure control, and muscle relaxation. Common side effects include:
 - Drowsiness
 - Confusion
 - Dizziness
 - Blurred Vision
 - Weakness
 - Slurred Speech
 - Lack of Coordination
 - Difficulty Breathing
 - Coma
 - Overdose



Symptoms of Benzo Dependence and Withdrawal

- People who use benzodiazepines may develop a tolerance to them, this can contribute to a decrease in pleasure and/or happiness.
- Withdrawal symptoms from Benzodiazepines can be deadly and include:
 - Headaches
 - Palpitations
 - Sweating
 - Tremors
 - Muscle Pain, Stiffness and Aches
 - Dizziness
 - Disorientation
 - Delirium
 - Delusions, Paranoia
 - Hallucinations (Visual or Audio)
 - Anxiety/Panic Attacks
 - Insomnia/Nightmares



Benzodiazepine Medication Names

- Alprazolam (Xanax, Xanax XR)
- Clobazam (Onfi)
- Clonazepam (Klonopin)
- Clorazepate (Tranxene)
- Chlordiazepoxide (Librium)
- Diazepam (Valium, Diastat)
- Estazolam (Prosom, discontinued in US)
- Lorazepam (Ativan)
- Oxazepam (Serax, discontinued in US)
- Temazepam (Restoril)
- Triazolam (Halcion)



Benzodiazepine long term effects

- Physical Dependence
- Symptoms of Withdrawal
- Cognition Impairment/Decline
- Memory Impairment



Treatment

- No single treatment is right for everyone
- Counseling and Behavioral therapies are the most common forms of treatment.
- Treatment should address other possible mental disorders.
- Medically assisted detoxification first stage of treatment
- Long term follow-up and prevention of relapse



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Questions