

## LIFESTREAM DISCONTINUES PRESCRIPTION OF BENZODIAZEPINES

Commonly Prescribed Benzodiazepine Drugs:

Clonazepam (Klonopin), Lorazepam (Ativan), Diazepam (Valium), Alprazolam (Xanax), Temazepam (Restoril)

### THESE MEDICATIONS CAN BE HARMFUL

- IF SOMEONE IS CURRENTLY USING DRUGS OR ALCOHOL (OR HAS A PAST HISTORY OF SUBSTANCE USE)
- IF SOMEONE IS PREGNANT OR MAY BECOME PREGNANT
- IF SOMEONE HAS DEPRESSION, MOOD SWINGS, ADHD, OR IMPULSE CONTROL PROBLEMS
- IF SOMEONE HAS FIBROMYALGIA OR CHRONIC FATIGUE SYNDROME
- IF SOMEONE HAS BREATHING PROBLEMS, HEART PROBLEMS, ASTHMA, OR SLEEP APNEA

### LONG TERM USE OF BENZODIAZEPINES

BEING ON THESE MEDICATIONS FOR MORE THAN FOUR (4) WEEKS IS NOT RECOMMENDED BECAUSE THEY CAN:

- CAUSE THE MEDICINE TO STOP WORKING
- LEAD TO DEPENDENCE OF THE MEDICINE
- MAKE ANXIETY AND DEPRESSION WORSE
- CAUSE LOW ENERGY AND CONCENTRATION
- LEAD TO MEMORY PROBLEMS (AND MAY CONTRIBUTE TO DEMENTIA)

### LIFESTREAM CARES ABOUT YOUR HEALTH

Your Treatment Team will work with you to safely help you discontinue these medications.

**DO NOT STOP TAKING MEDICATIONS WITHOUT CONSULTING YOUR TREATMENT TEAM.**

THERE ARE MANY ALTERNATIVE OPTIONS TO TAKING BENZODIAZEPINES:

- OTHER MEDICATIONS
- INDIVIDUAL THERAPY
- GROUP THERAPY
- RELAXATION TRAINING
- DEEP BREATHING
- AND MANY MORE