

JUST THE FACTS

XANAX

Xanax is a medication used by people who suffer from anxiety disorders and severe panic attacks. Xanax is a type of benzodiazepine (ben-zoe-dye-AZE-eh-peen), which means it can have sedative properties. When prescribed by a doctor, Xanax can have positive impacts on people who truly need it. People who abuse Xanax can suffer from negative side effects.



Identification

Street Names: Xannies (or Zannies), Xanbars (or Zanbars), Handlebars, Bars, Z-bars, Totem Poles (referring to the bar shape of 2mg Xanax pills)

What's it Look Like? Xanax comes in a pill form, and it is usually tan or white with a circle or oval shape.

How's it Used? Users typically swallow the pill whole.

What's it do? Xanax acts as a sedative on the central nervous system. For a person suffering an anxiety attack, Xanax will bring the person down to a steadier state. For a person abusing Xanax, the drug may cause you to pass out or even stop breathing.

Warning Signs of Abuse

- Insomnia
- Nausea and vomiting
- Depression
- Problems remembering things
- Lack of coordination
- Foginess
- Increase in anxiety
- Slurred speech

Facts about Xanax

- Xanax is designed for short-term use because of how highly addictive it can be.
- Users can build up a tolerance for Xanax, which leads to higher or more frequent doses.
- Xanax withdrawal is very dangerous and can lead to death.

Xanax should never be taken with alcohol. The combined depressant qualities can slow your heartbeat to an extreme level and cause you to stop breathing.

Short-Term Effects

- Swelling in hands and feet
- Difficulty moving or speaking
- Diarrhea
- Fluctuation in weight
- Slurred speech
- Tremors
- Seizures
- Hallucinations

Long-Term Effects

- Memory loss
- Relationship conflicts
- Legal trouble
- Financial problems
- Migraines
- Muscle pains

Alternatives

Everyone suffers from anxiety at some point or another, but here are some possible alternatives to using dangerous drugs like Xanax:

- Give up caffeine. Studies have shown a high correlation to caffeine use and anxiety. If you can't give up caffeine entirely, green tea has small amounts of caffeine but large amounts of natural relaxing qualities.
- Meditation. People all around the world meditate because it is known to help reduce stress.
- Yoga. Exercise, particularly yoga, is very effective in reducing anxiety.

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