

JUST THE FACTS

Valium

Valium is a type of prescribed medication used by people who suffer from anxiety disorders and severe panic attacks. Valium has a similar molecular structure to Xanax because it is a benzodiazepine (ben-zoe-<lye-AZE-eh-peen). When prescribed by a doctor, Valium can have positive impacts on people who truly need it. When people abuse Valium, that's when negative side effects may occur.

Identification

Street Names: Vs, Benzos, Dead flower powers, Downers, Foofoo, Howards, Tranks

What's it Look Like? Valium comes in a blue or yellow pill and is most commonly round. Some doses come in long oval shapes. Valium also usually has a "V" cut out of the center.

How's it Used? Users typically swallow the pill whole, or they crush and snort it.

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

Warning Signs of Abuse

- Sleep disruption
- Nausea and vomiting
- Depression
- Lack of coordination
- Problems remembering things
- Fogginess
- Increase in anxiety
- Slurred speech



Facts about Valium

- Valium is designed for short-term use because of how highly addictive it can be.
- If a woman uses Valium while she is pregnant or breastfeeds, her baby may become addicted.

- Valium withdrawal is very dangerous and can lead to death.
- Valium 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

- Decreased inhibitions
- Difficulty moving or speaking
- Diarrhea
- Fluctuation in weight
- Slurred speech
- Tremors
- Seizures
- Hallucinations
- Loss of bladder control



Long-term Effects

- Memory loss
- Relationship conflicts
- Legal trouble
- Financial problems
- Migraines
- Muscle pains
- Seizures
- Decrease or increased interest in sex
- Suicidal tendencies
- Death
- Birth defects if taken while mother was pregnant

Alternatives

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

- 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.
- Yoga. Exercise, particularly yoga, is very effective in reducing anxiety.
- Talk to your doctor about less addictive medications.

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