# 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.

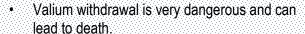
What's it do? Valium acts as a sedative on the central nervous system. For a person suffering an anxiety attack, Valium will bring the person down to a calmer state. For a person abusing Valium, the drug may cause you to pass out or even stop breathing.

### **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 should never be token 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.