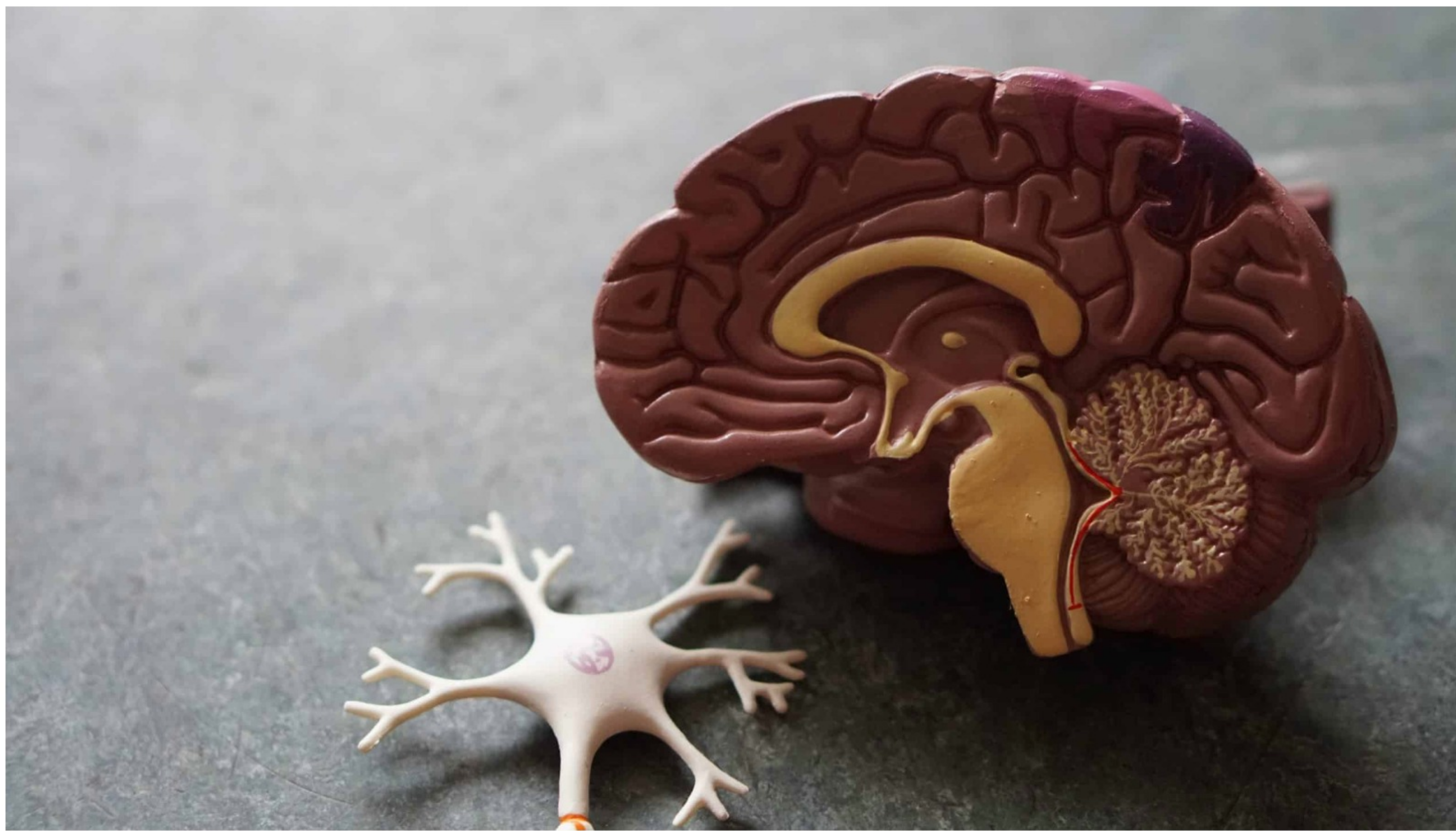


## Dangers Of Mixing Benzodiazepines & Alcohol

by Evolve Indy | Aug 11, 2022 | Alcohol Treatment | 0 comments



Both [alcohol](#) and benzodiazepines are very harmful to the body, especially if taken in large amounts. It is important to avoid as much as possible.

If you are keen to try and get a handle on your drug use and addiction, and you do tend to mix these two [drugs](#), then you might find that knowing more about them can help you to make better decisions in the future.

With that in mind, here are some of the dangers of mixing alcohol and benzodiazepine that you might want to know.



### Increased Risk Of Overdose

First of all, one of the most pressing things to be aware of here is that when you mix alcohol with benzodiazepines, there is an increased risk of an [overdose](#) of both drugs. This is true whenever you mix two nervous system depressants such as these, and you will be in a place of extreme potential risk if you are doing this.

An overdose can have fatal consequences, as well as severe organ failure or a failure to breathe due to lack of oxygen. Clearly, then, the major result of mixing these two drugs might be instant death.

### Poor Cognition

When you take either of these drugs, you are going to find that your cognition is impaired to some degree or another, every time. But when you take them both together, this is, even more, the case.

The reduction in cognition will be multiplied, meaning that you will struggle to think clearly. That could result in some bad decisions being made, or it could mean that you take even more of the drug, not realizing that you already have a lot in your system. So with these two drugs together, your thinking could dampen to fatal ends.

### Decreased Physical Reactions

Your reaction time will dampen when you drink alcohol, and when you take benzodiazepines, so when you take them both together you should expect your physical reactions to worsen even more.

This can have dire consequences, especially as your motor functions are not going to operate in the way that you need them to, meaning that you might end up in a dangerous situation that you would otherwise have been able to [avoid](#). This is just another of the major problems that can occur with this kind of mixing of drugs.

### Increased Potential For Side Effects

Whatever side effects there might be for either alcohol or benzodiazepines, the likelihood of them happening will increase greatly if you take these two drugs together at the same time. Those side effects can range anywhere from slightly unpleasant to deadly, so it's important that you are aware of this if you want to make sure you are not putting yourself in harm's way.

As you can see, there are many dangers of mixing these two drugs, and those listed above are only the beginning. If you need help with [your drug problem](#), get in touch today.

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