

Understanding Benzo Addiction, the Length of Xanax in Your System, and Treatment Options

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Benzodiazepines, commonly referred to as Benzos, are a class of prescription drugs typically used for the treatment of anxiety and insomnia. When taken properly, these medications can be incredibly beneficial; however when misused or abused even in small doses they can have potentially dangerous consequences. Unfortunately, many people struggle with addiction to benzodiazepines including Xanax which is one of the most well known ones. Even with proper medical advice following use it is easy to become dependent on them and may lead to an ongoing cycle of abuse or misuse resulting in benzo addiction. This article will provide you a comprehensive look into how long Xanax remains in your system and potential [treatment options that are available](#) if you find yourself struggling with [benzodiazepine addiction](#).



What is Benzo Addiction and Why Is It So Dangerous

Benzodiazepines, or benzos, are a class of prescription drugs that are used to treat anxiety, insomnia, and other related disorders. While they can be helpful when taken as prescribed, they also come with the risk of addiction. [Benzo addiction](#) occurs when an individual takes these drugs in a way that is not recommended by their doctor, such as taking higher doses or using the medication for recreational purposes. When someone develops a benzo addiction, the drug begins to take over their life, affecting their relationships, work performance, and overall health. Withdrawal symptoms can also be severe and potentially life-threatening, making benzo addiction a dangerous and concerning issue. Understanding the risks associated with benzo addiction is important in identifying the signs and seeking proper treatment for those struggling with this disorder.

What is Xanax and How Does it Affect the Body

Xanax, also known as alprazolam, is a prescription drug classified as a benzodiazepine. It is commonly used to treat anxiety and panic disorders by slowing down specific functions of the central nervous system. When taken as prescribed, it can be very effective in managing symptoms. However, prolonged use can lead to physical dependence, withdrawal symptoms, and in some cases, addiction. The drug works by enhancing the effects of the neurotransmitter gamma-aminobutyric acid (GABA), which ultimately results in a calming effect on the body. It is important to never self-medicate or abuse Xanax, as it can have serious consequences on both physical and mental health. If you or someone you know is struggling with benzo addiction, it is important to seek professional help as soon as possible.

What are the Side Effects of Taking Xanax for Long Periods of Time

Taking Xanax for prolonged periods of time can result in a benzodiazepine addiction. Benzodiazepines such as Xanax are commonly prescribed to individuals suffering from anxiety disorders or panic attacks, but using them for an extended period can lead to physical and psychological dependence. Side effects of long-term Xanax use can include memory impairment, drowsiness, and reduced sex drive. Additionally, users may experience withdrawal symptoms if they try to stop taking the medication abruptly. Moderate to severe withdrawal symptoms may include anxiety, insomnia, confusion, and in severe cases, seizures. Seeking professional medical help is essential to address benzodiazepine addiction and to safely manage withdrawal symptoms.

How Long Does Xanax Stay in Your System

Benzodiazepines, such as Xanax, are commonly prescribed to treat anxiety and panic disorders. While effective in calming these conditions, they also carry a risk of addiction and dependency. As such, it is important to understand how long Xanax stays in your system. The answer depends on several factors, including your age, weight, and overall health. However, on average, Xanax can be detected in your blood up to 24 hours after taking the medication, while it can be detected in your urine for up to five days. It is advisable to speak with your healthcare provider about the appropriate dosages and potential risks associated with Xanax use.

What Treatment Options Are Available for those Battling Benzo Addiction

Benzodiazepine, commonly known as benzo, is a prescription medication used to treat anxiety, insomnia, and other conditions. Although benzo has its benefits, it can also be addictive when used for a long time or beyond the recommended dosage. Fortunately, there are various treatment options available for those battling benzo addiction. The journey to recovery starts with a medical professional conducting an assessment and diagnosis of the addiction. The treatment may involve a combination of medication, [counseling](#), or [inpatient](#) or [outpatient rehab programs](#). The goal of the treatment is to safely manage withdrawal symptoms and prevent relapse. It is essential to understand that recovery is a process, and with determination, it is possible to overcome addiction and lead a fulfilling life.

How Can You Avoid Becoming Addicted to Benzos in the Future

Benzodiazepines, commonly known as benzos, are prescription drugs used to treat anxiety and other conditions. Although they can be helpful for short-term relief, they can also become addictive if not used properly. The key to avoiding addiction to benzos is to use them as prescribed by your doctor and not exceed the recommended dosage. It's important to be aware of the potential side effects and risks, including [withdrawal symptoms](#) and dependency. It's also crucial to discuss any concerns you may have about your medication with your healthcare provider, as they can provide guidance on how to safely manage your treatment. Staying informed, taking your medication as directed, and maintaining an open dialogue with your doctor can help you avoid becoming addicted to benzos in the future.

If you find yourself struggling with benzo addiction, it is important to remember that treatment options exist. From detox programs and psychotherapy to support groups, the journey to recovery and sobriety is possible. But as we discussed in this blog, it is also important to look closely at risk factors that could be contributing, such as Xanax prescription or recreational use. The potent effects of Xanax can stay in your system for several days after last use and can lead to longer-term issues if not monitored closely. With appropriate prevention measures and awareness of how long the drug remains active in your body, those battling benzo addiction can take steps towards living a healthy and happy life free from these powerful drugs. Here at [Evolve Indy](#), we are dedicated to helping our clients overcome their struggles with addictive substances – [don't hesitate to call us](#) for more information!

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