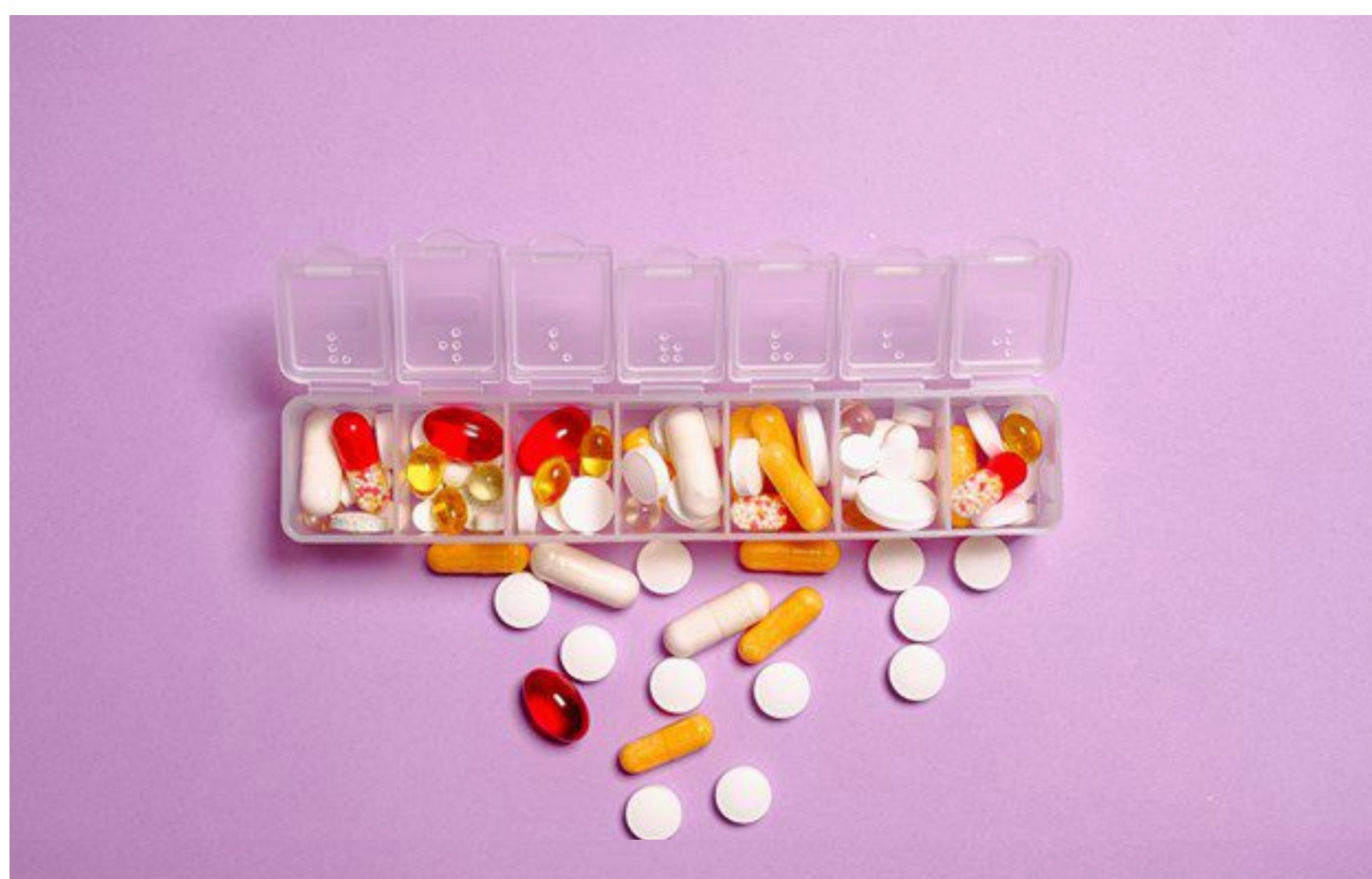


# What Are Real Life Side Effects Of Taking Benzodiazepine?

by Evolve Indy | Jan 25, 2022 | Blog | 0 comments



Benzodiazepines are often prescribed to people with anxiety disorders, insomnia, or other health conditions. However, patients must take them as directed due to the potential for addiction and withdrawal symptoms when coming off of benzodiazepines. But what are some real-life side effects of taking benzodiazepine? Benzodiazepines can cause tolerance and dependence in users, meaning they may need higher doses over time to get the same effect (tolerance) or experience unpleasant withdrawal symptoms if they stop using the drug (dependence). This article will look closely at the real-life side effects of taking benzodiazepine.



## Side Effects Of Taking Benzodiazepine

Some of the dangerous side effects that people taking benzodiazepines should be aware of include: worsening breathing problems, swelling in hands and feet (edema), confusion, or hallucinations. Benzodiazepine addicts might also experience tremors like shakes, seizures, and insomnia even after stopping use for months at a time. The most severe side effect is delirium; this involves feverishness, nightmares, and suicidal thoughts. In addition, some users with severe health conditions may risk an overdose if they take more than directed by their doctor because benzodiazepines can cause drowsiness and slow down mental processes. This means it's possible to make mistakes such as driving while under the influence, which could lead to accidents or falls from heights when climbing ladders and so on.

### Tolerance and Dependence

As mentioned earlier, one of the potential real-life side effects of taking benzodiazepine is that users may need to take more and more of the drug to get the same effect. This is called tolerance. Tolerance can also develop to some of the dangerous side effects of benzodiazepines, such as drowsiness and confusion if left untreated. Dependence on benzodiazepines means that if a person stops using them, they may experience unpleasant withdrawal symptoms such as anxiety, sweating, shakiness, or dizziness. Therefore, withdrawal from benzodiazepines should always be made under medical supervision as it can be potentially dangerous.



### Finding Partial Hospitalization and Intensive Outpatient

If you are struggling with benzodiazepine addiction and would like to seek help, several [partial hospitalization](#) and [intensive outpatient](#) programs are available. Partial hospitalization programs require that you live at home but attend the program five days a week for several hours. Intensive outpatient programs allow you to live at home while attending the program three or four times per week for several hours each day. Both types of programs offer individual and group therapy and education on how to live without benzodiazepines.

### Withdrawal Symptoms of Benzodiazepines Addiction

Benzodiazepine addiction can be a [difficult thing to overcome](#). Not only are there the potential real-life side effects of taking benzodiazepines that we mentioned earlier, but there are also withdrawal symptoms that can make quitting difficult. The most common withdrawal symptoms include anxiety, sweating, shakiness or tremors, dizziness, headache, nausea and vomiting, and difficulty sleeping. These symptoms can last for weeks or even months after stopping the use of benzodiazepines. Therefore, it's essential to seek medical help if you are trying to quit using benzodiazepines, as it can be dangerous to try to do so on your own.

Benzodiazepines are often prescribed medications with a variety of potential real-life side effects. It is essential to be aware of these risks before starting use and always follow your doctor's instructions. If you are struggling with benzodiazepine addiction, several treatment options are available that can help you overcome it.

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