

## Tranquilizers

Tranquilizers, barbiturates and benzodiazepines, are synthetic drugs that are intended to reduce anxiety and stress as well as to help people with sleeping problems. Some physicians tend to prescribe benzodiazepines very quickly, and as research suggests that physical dependence on tranquilizers occurs even with a medically prescribed dose as the patient's body adapts to the presence of the medication, dependence from benzodiazepines or barbiturates can be observed quite often ("low dose dependence"). It is an interesting fact that more women take benzodiazepines frequently than men.

Unpleasant and long-lasting symptoms occur when people suddenly stop with their medication, including sleeplessness, sweating, anxiety, loss of appetite, nausea and sometimes convulsions and mental confusion. To reduce withdrawal, benzodiazepines in a tapered dosing, can be prescribed. The goal of such a treatment is reduction of the drug without causing withdrawal symptoms. Such a therapy can last weeks up to months, depending on the duration of the former abuse.