**<Mechanism, signs, and prevention>**

* The symptoms and signs of BZD withdrawal can include tremors, anxiety, perceptual disturbances：動揺, dysphoria：気分変調, psychosis, and seizures.
* The onset of withdrawal varies according to the half-life of the BZD involved. Symptoms may be delayed up to three weeks in BZDs with long half-lives, but may appear as early as 24 to 48 hours after cessation：休止 of BZDs with short half-lives.
* The severity and duration of withdrawal is determined by many factors, including the period of BZD use, how rapidly use was tapered (if at all), and possibly patient genetics.
* Chronic ingestion of BZDs leads to conformational changes in the GABA receptor, which ultimately reduce the receptor's affinity for GABA and result in drug tolerance.
* Withdrawal can usually be avoided or minimized through the use of BZDs with a long half-life, such as [diazepam](http://www.uptodate.com/contents/diazepam-drug-information?source=see_link) or [chlordiazepoxide](http://www.uptodate.com/contents/chlordiazepoxide-drug-information?source=see_link), and a gradual tapering of the patient's BZD dose over several months, depending upon the dosage and degree of dependency.

**<Treatment>**

* BZD withdrawal is treated with a BZD that has a prolonged clinical effect, such as [diazepam](http://www.uptodate.com/contents/diazepam-drug-information?source=see_link), given intravenously and titrated to effect.
* Once symptoms are controlled, the BZD dose should then be tapered gradually over a period of months.
* For patients in mild BZD withdrawal, a long-acting oral BZD may be given.
* A number of medications have been used to treat BZD withdrawal, but none has been found to be as effective as BZDs. Beta blockers, antipsychotics, selective serotonin reuptake inhibitors, and antihistamines have all been shown to be inferior to standard treatmen.
* Pending further study, treatments other than BZDs cannot be recommended for the management of BZD withdrawal

<References>

・uptodate：**Benzodiazepine poisoning and withdrawal**