# Valium Abuse

Valium is a benzodiazepine prescribed by medical doctors and psychiatrists to treat anxiety and panic attacks. It is also used as a muscle relaxant and sedative. It replaces chemicals normally produced in the brain to slow down abnormally fast electrical activity. Valium problems begin when you use it for an extended period of time. When you quit taking it, your brain is not capable of producing the chemicals fast enough to keep up with the demand; you are physically addicted.

The general feeling of relaxation induced by using Valium is what has made it one of the most commonly abused prescription drugs in the sedative or tranquilizer category. According to the [Substance Abuse and Mental Health Services Administration](http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-prescription-drugs-chart) 2.6 million people used a drug in this category for nonmedical reasons every month during 2010.

## Signs and Symptoms

Realizing you have a valium addiction is not going to happen overnight. You like the way you feel when you have it and hate how you feel when you do not. You lose your appetite, feel anxious, sweat, have stomach cramps and shake when you haven’t taken it for a while. You tell yourself this is normal for anyone that takes valium; you can quit anytime you want. You need to look over the following signs of valium abuse and answer them honestly.

* Do you use the drug every day and often more than once a day?
* Do you always have some valium on hand?
* Do you have the need to take valium to get your day started?
* Will you do something illegal to get it?
* Are you taking it even though you have no medical reason to do so?
* Do you need to keep taking a larger dose to get the same results?

If someone you love is exhibiting the following symptoms of valium abuse call us at (555) 555-5555 so we can help you get him or her the treatment needed to start the road to recovery.

* A change in appearance due to a lack of caring
* Needle marks
* Slow movements and speech
* Shaking
* Dilated pupils
* Puffy, swollen face
* Change in eating habits
* Loss of coordination
* Always tired

While these are not the only symptoms and are not absolute proof there is an addiction, do not just ignore them either. Calling us will give you a better idea of what you need to do next.

## Effects of Valium Abuse

The [National Institute on Drug Abuse](http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/health-effects) lists the effects of valium abuse as the same for other sedatives.

* You will become clumsy and unable to perform the physical activities you enjoy.
* You will experience mood swings and bouts of depression.
* Over time you may become aggressive or even violent.
* You will become physically and mentally dependent on the drug and have severe withdrawal symptoms any time you do not have enough in your system.

Once you get to the point you do not remember things you just did or said you become more likely to take an accidental overdose. This could put you into a coma or cause your death. Before you do any permanent damage to yourself or someone you love due to your addiction, contact us at (555) 555-5555 and let us help you stop abusing valium and yourself.

## Valium Abuse Treatment

As soon as you realize you have an addiction to valium, start reading the valium abuse facts available online at [Valium-Addiction-Support.org.](http://www.drug-addiction-support.org/Valium-Abuse-Facts.html) The info in the articles is there to help you understand the reality and consequences of your addiction. Talk with your loved ones about going into a rehab center or getting into a rehab program. You are going to need the help and support of your friends and family to overcome your addiction.

## Valium Statistics

While the most used drug in America may be marijuana, doctors have written more than 60 million prescriptions for sedatives and tranquilizers, including valium. [The Drug Abuse Warning Network](http://www.drugabuse.gov/publications/drugfacts/drug-related-hospital-emergency-room-visits) reported 229,230 emergency room visits in 2009 were related to alcohol in combination with sedatives such as valium. The Center for Disease Control and Prevention reports prescription painkillers, which would include valium, are responsible for over 36,000 fatal overdoses annually. This number surpasses the number of deaths attributed to heroin and cocaine.

## Teen Valium Abuse

The National Institute on Drug Abuse report for 2011 shows teens are not using sedatives until they reach their senior year in high school. The statistic for 2010 indicates that 5 percent of high school seniors have used some type of tranquilizer for recreational purposes during that year. It should be noted that students in grades eight to twelve were more apt to use Vicodin or OxyContin than other sedatives for nonmedical reasons. The Department of Health and Family Services says teenagers who have used sedatives for nonmedical reasons get them from friends or family members who have a valid prescription; most are given to them at no cost.

## Resources, Articles and More Information

Interesting facts about valium include that it is sometimes used to help alleviate the withdrawal symptoms of other benzodiazepines. Valium is slower to leave the system than other drugs so it gives you the high feeling for a longer period of time with a smaller dose. The problem with this is you can then become dependent on the valium; which requires a solid rehab program to quit completely. If you find yourself addicted to valium after getting off another benzodiazepine, contact us at (555) 555-5555 to discuss the best alternatives for your recovery.

<http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-prescription-drugs-chart>

<http://www.drug-addiction-support.org/Valium-Abuse-Symptoms.html>

<http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/health-effects>

<http://www.prescriptiondrugabuse.org/Prescription-Drug-Abuse-Statistics.htm>

<http://www.drugabuse.gov/publications/media-guide/commonly-abused-drugs>

## What are the Symptoms of Valium Addiction?

1. The symptoms of Valium addiction include which of the following?

1. Change in appearance
2. Loss of coordination
3. Slow movements and speech
4. All of the above \*

2. Which of the following is not an effect of Valium abuse?

1. Aggression
2. Always happy and singing\*
3. Inability to perform normal activities
4. Physical dependence

3. At what grade do teenagers start to use sedatives such as valium just to “get high?”

1. 3rd
2. 8th
3. 10th
4. 12th \*

4. What is a contributing factor to a fatal overdose of Valium?

1. You forgot how many pills you have taken \*
2. You want to take as many pills as your friend
3. You cannot die from a Valium overdose
4. Getting into a fight because you are overly aggressive

5. Which is not a sign you may have an addiction to Valium?

1. Making sure you always have some on hand
2. Using it everyday
3. Decreasing the amount you need \*
4. Buying it on the street even though it is illegal

6. What is one of the medical uses of Valium?

1. Muscle Relaxer \*
2. Mood Stabilizer
3. High Blood Pressure
4. Treat a virus

7. Which medical use of valium can lead to abuse of the drug?

1. Alleviate the symptoms of withdrawal from other drugs
2. Pain-killer
3. Anxiety
4. All of the above\*

Any type of drug addiction should be treated as soon as possible for the best results. Contact us at (555) 555-5555 and talk to one of our counselors so you can get on with your life as soon as possible.