

SMART!

XANAX



What is Xanax?

- Xanax (alprazolam) is a [benzodiazepine](#).
- It promotes calming chemicals in the brain that may be unbalanced by anxiety.
- It is the single most prescribed psychiatric medication in the United States.

XANAX AND ALCOHOL

- Mixing with alcohol can increase anxiety and intensify panic attacks (as can antihistamines)
- In more severe situations, the combination of Xanax® and alcohol may increase the sedative qualities to a level that is not only undesirable, but also life threatening.
- Depending on the amount consumed of each substance, the heart rate can be lowered to a dangerous level. At the same time, involuntary breathing functions can be seriously impaired.
- If the individual does not receive medical treatment immediately, there is a very good chance that death will ensue.

Things to think about:

- Do not use Xanax if you are pregnant. Benzodiazepines can potentially cause harm to the fetus. Xanax increases the risk of congenital abnormalities when given to a pregnant woman during the first trimester.
- Xanax may affect Asian populations more than white populations.
- Xanax concentrations may be reduced up to 50 percent in smokers, compared with nonsmokers.

As with other psychotropic medications, there are precautions when giving the drug to severely depressed patients or those who may have [suicidal thoughts](#).

Long-term abuse and [addiction](#) to Xanax are associated with depression, psychotic experiences, and aggressive or impulsive behavior.

Some of the Possible side-effects: *depression * irritability * blurred vision * memory impairment * confusion * anxiety * light-headedness *[insomnia](#) * nervousness * fear *[incontinence](#)