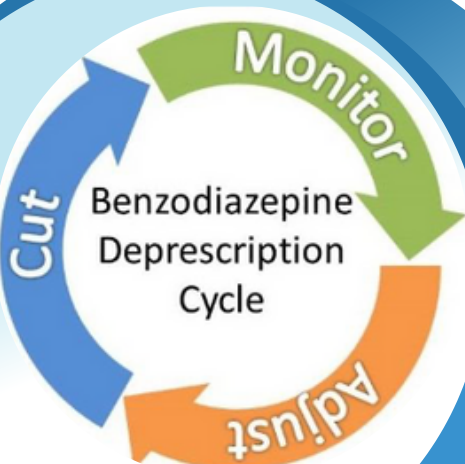


ALLIANCE IMPACT

- Reduced benzodiazepine (benzo) harm by preventing over 2200 from being injured by benzos.
- Leading medical research and education on benzos.
- Publishing more than 10 peer-reviewed articles.
- Defining and funding an original research project on benzodiazepines.
- Provides a prescriber education series across the US and elsewhere, which often includes CME credit.
- Sponsored the most comprehensive book on benzodiazepines, "The Benzodiazepines Crisis: The Ramifications of an Overused Drug Class".



RESOURCES



If you or a loved one are currently on a benzodiazepine or are tapering from a benzodiazepine, you might find the following resources helpful:

6 Alliance Tools to talk with your healthcare provider: <https://benzoreform.org/by-topic-tools/>

Many organizations support people in withdrawal from benzos. To find support, you can go to:

<https://benzoreform.org/benzodiazepine-withdrawal-syndrome-support/>

TAKE ACTION



ADVOCATE FOR SOLUTIONS

JOIN US TODAY AS WE INCREASE:

- Education and training for healthcare providers.
- Systems that assist with evidence-based prescription of benzodiazepines.
- Access to alternative treatments for anxiety and sleep disorders.

Help the Alliance achieve our vision, volunteer and/or donate



CONTACT

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The Alliance for Benzodiazepine Best Practices

The Alliance for
Benzodiazepine
Best Practices



WWW.BENZOREFORM.ORG



MISSION

Reduce patient harm by reducing benzodiazepine prescription to evidence-based levels.

GOALS



Significantly reduce the number of benzodiazepine or BIND sufferers by:

- Reducing the number of new prescriptions for benzodiazepines.
- Limiting the duration of use.
- Providing a safe pathway to become benzo-free.

VALUES



We are devoted to resolving the benzodiazepine crisis. Our focus is to illustrate the problems associated with benzodiazepines, illuminate alternatives to their use, and provide tools for clinicians to assist benzodiazepine withdrawal and BIND sufferers. We develop and promote best practices in benzodiazepine prescribing and problem management.

WHAT ARE BENZODIAZAPINES & Z DRUGS?

Well-recognized brand names such as Xanax®, Valium®, Ativan® and Klonopin® are all benzodiazepines, a common type of medication often prescribed for anxiety, insomnia, muscle tension. Z-drugs are typically sleep aid such as Ambien® or Lunesta®. There is little public knowledge of the significant harms that long-term use can cause.

WHAT IS THE PROBLEM?

A patient who uses benzodiazepines as prescribed for longer than 2-4 weeks has a 20% chance of suffering long-term harmful symptoms, including: cognitive impairment, trouble communicating, sleeping problems, and suicidal ideation. Similar to the opioids, these often lead to job loss and disrupted families.

(Benzodiazepine Induced Neurological Dysfunction) BIND, a form of long-term injury caused by the use of benzodiazepines. It is unpredictable – for some it is a short-term dysfunction and for others it is many years. The most common symptoms of BIND are anxiety and insomnia, along with a multitude of other symptoms.

FDA WARNINGS

In the past five years, the Food and Drug Administration (FDA) has issued three warnings about the harms of benzodiazepines in long-term use, in combination with an opioid, and for pregnant women. In 2020, the FDA changed benzodiazepine product labeling to align with short term use.

BENZOS IN THE MEDIA



The Benzo Crisis

