

Recognizing Valium Addiction and Treatment Options

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When you go to the doctor with a problem, one of the things that they will consider is offering you medication. Some of this medication can be addictive, which is why doctors caution their patients before they prescribe it though the risk of addiction is always said to be low. One of the more addictive substances that doctors prescribe is valium, which is used to treat things like extreme stress, muscle spasms, sleeplessness and anxiety.

If you, or someone that you know has been prescribed valium, and you are struggling to get through the day without it, then you need help to find a different way to manage. If you think, or you suspect that yourself, or someone around you is addicted to valium, then it's important for you to understand the signs. Down below, we're going to be looking at valium addiction signs and treatments, so keep reading if you would like to find out more.

What Is Valium?

Valium, also known as diazepam, is a medication that has a high success rate treating certain conditions that patients find difficult to manage on their own. However, the issue lies in the fact that Valium provides extremely therapeutic effects to those who take it, even when the dose is low. It gives a pleasant feeling to those who, for example, struggle to keep their anxiety to a manageable level, which opens the door to addiction.

Side Effects Of Valium

Due to the nature of valium, it works by slowing the space of thoughts and the chemical messages that are sent by your central nervous system. It works for longer than a lot of other medications, but some of the side effects that patients may experience are as follows:

- Slurred speech
- Depression
- Confusion
- Headaches
- Nausea
- Constipation
- Vertigo

These are common side effects, and as a person's tolerance for Valium grows, the side effects may worsen. Or, they may shift into any of the following:

- Agitation
- Incontinence
- Behavior changes
- Loss of appetite
- Psychosis
- Restlessness
- Hallucinations

If you, or someone that you know is experiencing any of these issues, we recommend speaking to your doctor asap.

What Are The Signs Of Valium Addiction?

When the addiction first begins, there might not be any signs that you can notice. The sense of calm that valium creates can be hard to give up for a lot of people, which creates the addiction. The person addicted to Valium will likely not notice that they are addicted at first, as they just want that calm feeling, so it is often friends and family who will notice that there is an issue.

As the dependency and the tolerance to Valium builds, the warning signs of addiction will start to become more noticeable. These include the following:

- Extreme sleepiness
- Compromised judgment
- Muscle weakness
- Panic episodes
- Increased risk taking
- Using Valium with other drugs
- Changing doctors
- Attempts to give up Valium

It's also important that you are looking for lifestyle changes as well as physical ones. For example, perhaps they no longer take the time to spend on their hygiene or wellness because their thoughts are only of when they can have their next dose of Valium. They may also have a stash of Valium somewhere, or if they don't, resorting to stealing, credit cards and whatever they can to get the drug.

You should also be aware that lying and deceiving are extremely common for any addict as they just want to be left alone. They do not want an intervention and they do not want to rid themselves of the addiction as they do not see it as a problem. As such, they will often lie about where they are, who they are with, what they are doing, how they are feeling, and even if they are still taking Valium at all.

Treatment Options For Valium Addiction

There are a few different treatment options for Valium addiction, but addiction treatment has got to be looked at on an individual basis. There is no 'one shoe fits all' approach that can be taken here as that will not work. Before anything else can happen, the patient will need to detox from the Valium, which needs to be done in a safe location with professional supervision. This is not easy, but it's the first step to recovery.

Addicts will also need residential treatment so that they can get away from all of the temptation and have a safe place to heal.

If you are interested in getting help, you can look at an option such as Findlay Recovery Center. This is a detox facility for addicts, assisting them in getting the help needed to kick the addiction once and for all. Findlay Recovery Center is a newly-renovated, affordable drug & alcohol rehab, centrally located in Findlay, Ohio that offers tailor-made treatment for substance abuse.

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Contact Details

1800 Manor Hill Road
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