Will this medication work for me?

- Doctors use different medicines to treat anxiety because everyone responds differently.
- Some medicines are only used short-term, while others are taken as needed or on a daily basis.
- It may take several weeks for the medicine to work at its best.
- You and your doctor might choose therapy before medications.

Understanding side effects:

- Most people who take anxiety medicines have at least one side effect.
- Withdrawal symptoms can occur if stopped abruptly.
- Lifestyle changes can help reduce side effects.

Things to remember:

Medication is one of many tools to help with anxiety. Changing some of your lifestyle habits can also improve your mental health such as:

- Regular therapy and or connection with supportive people
- Being active and doing some activities you enjoy
- Going to bed and waking up at the same time every day
- Spending less time on social media/limiting screen time
- Eating a healthy diet
- Limiting alcohol use
Some people may experience weight change. It is most likely to occur over six to twelve months.

**Data base on Harvard research for weight gain on benzos**

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Some people may experience changes in sexual desire (libido) or loss of ability to reach orgasm because of their medication. Additional side effects may include erectile dysfunction. Speak with your doctor if this occurs.
Some people may experience sleepiness or insomnia because of their medicine.
Quitting your medicine all at once can make you feel sick, as if you had the flu. Stopping benzodiazepines abruptly can be life threatening (e.g. seizures).

- **SSRI**
  - citalopram (Celexa®)
  - escitalopram (Lexapro®)
  - sertraline (Zoloft®)
  - paroxetine (Paxil®)
  - fluvoxamine (Luvox®)

- **SNRI**
  - duloxetine (Cymbalta®)
  - venlafaxine (Effexor®)

- **Other**
  - buspirone (Buspar®)
  - pregabalin (Lyrica®)
  - mirtazapine (Remeron®)
  - quetiapine (Seroquel®)
  - hydroxyzine (Vistaril®)
  - imipramine (Tofranil®)

- **Benzodiazepines**
  - alprazolam (Xanax®)
  - clonazepam (Klonopin®)
  - diazepam (Valium®)
  - lorazepam (Ativan®)

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**SHARED DECISION MAKING**

**Anxiety**

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Anxiety medicine can be misused. Medicine should never be shared and should be secured in a safe place.

Some risks of benzodiazepine use include:
- physical dependence, even after a short period of use
- addiction and overdose, especially in combination with other drugs or alcohol