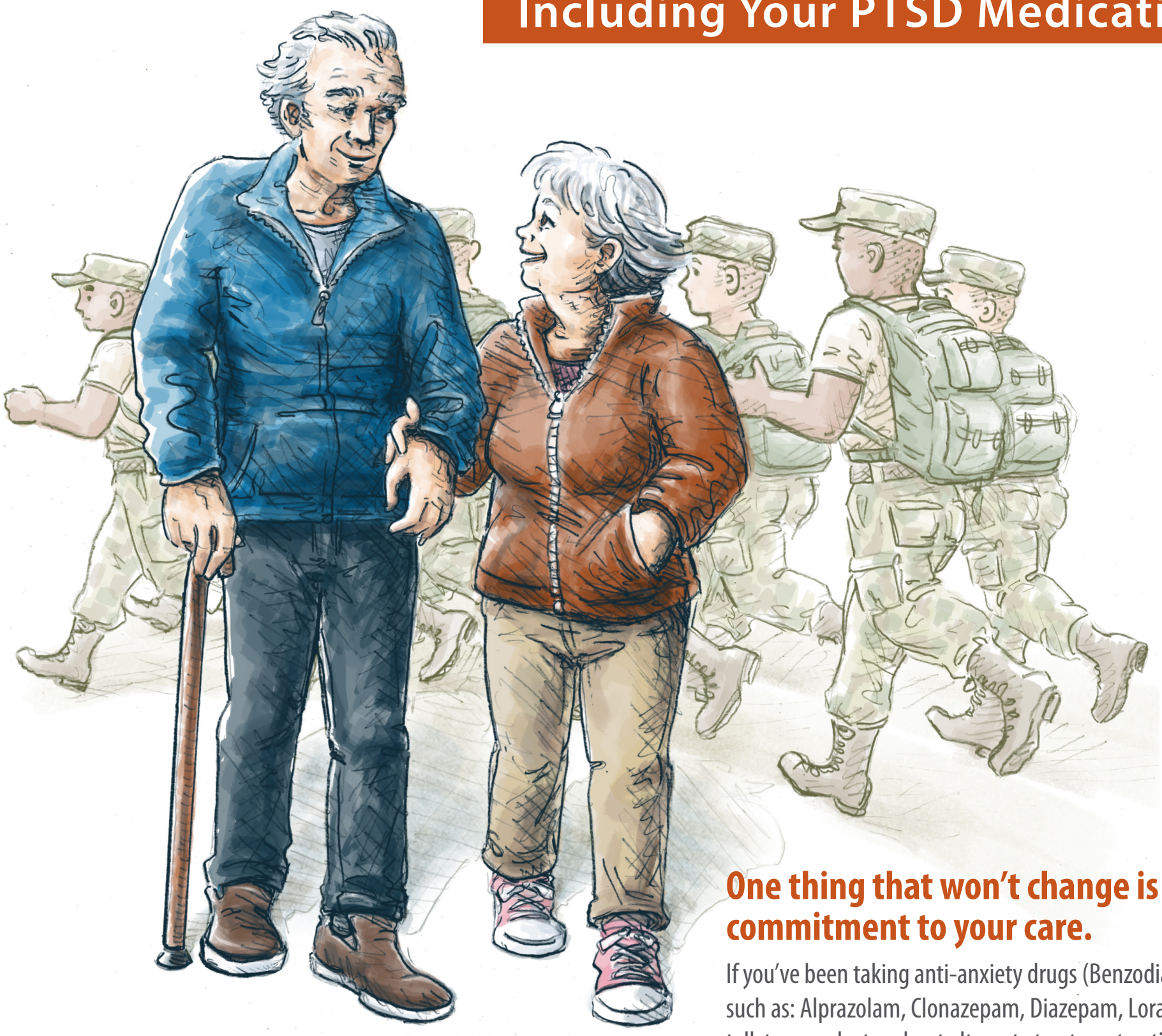
# Things Change...

## Including Your PTSD Medication



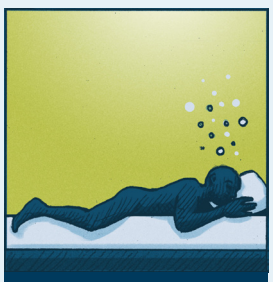
### One thing that won't change is VA's commitment to your care.

If you've been taking anti-anxiety drugs (Benzodiazepines such as: Alprazolam, Clonazepam, Diazepam, Lorazepam), talk to your doctor about alternate treatment options.

### Is it time to change your treatments?

Using anti-anxiety drugs can lead to serious side effects.

FALLS



DROWSINESS

DEPENDENCE

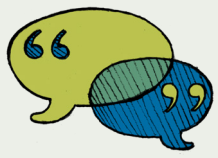
FOGGINESS

MEMORY PROBLEMS

INCREASED RISK OF DEMENTIA OR ALZHEIMER'S

### Treatment Options

Safer effective medications



Talk therapy

Slow tapering plan to reduce your risks

www.PTSD.va.gov

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER