



CNS Depressants

“Sedatives & Tranquilizers”



What are they?

- ◆ Central Nervous System (CNS) depressants, sometimes referred to as sedatives and tranquilizers, are substances that can slow brain activity
- ◆ They are primarily used to help treat anxiety and sleep disorders
- ◆ These drugs come in multicolored tablets and capsules or in liquid form
- ◆ They affect a neurotransmitter (GABA) in the brain and inhibit brain activity, this creates a calming/drowsy effect in the user which is beneficial to those who suffer from mental illnesses such as anxiety and sleep disorders
- ◆ Despite their many beneficial effects CNS depressants have a high potential for addiction and abuse and should be used only as prescribed



Street Names

There are many other names

- ◆ Benzos
- ◆ Barbs
- ◆ Candy
- ◆ Downers
- ◆ Phennies
- ◆ Tranks
- ◆ Yellow Jackets

Examples

Common Drug Types & Names

Barbiturates:

Mebaral (mephobarbital), Luminal Sodium (phenobarbital), Seconal, Nembutal (Pentobarbital Sodium)

Benzodiazepines:

Limbitrol, Valium (Diazepam), Xanax (Alprazolam), Ativan (Lorazepam), Klonopin (Clonazepam), Halcion (Triazolam)

How is it used?

Medically:

- ◆ **Barbiturates** are prescribed for acute anxiety, tension, and sleep disorders
- ◆ **Benzodiazepines** are prescribed for anxiety, acute stress reactions, and panic attacks

They are usually swallowed, but may be injected

When Abused they are swallowed or injected

What are the side effects?

Short-Term Effects:

- ◆ Slowed brain function
- ◆ Slowed pulse and breathing
- ◆ Lowered blood pressure, nausea, weakness
- ◆ Poor concentration and confusion
- ◆ Fatigue, sluggishness, dizziness, and slurred speech
- ◆ Visual disturbances, dilated pupils, disorientation, lack of coordination, depression

Long-Term Effects:

- ◆ Tolerance and Addiction
- ◆ Coma
- ◆ Death and suicide
- ◆ Depression
- ◆ Chronic fatigue, breathing difficulties, sexual problems (insomnia), and sleep problems
- ◆ Increased risk of weight gain and diabetes
- ◆ Liver failure
- ◆ Heart problems

Classification of CNS depressants

Benzodiazepines	Barbiturates	Miscellaneous agents
<ul style="list-style-type: none"> •diazepam (Valium) •midazolam (Versed) •clonazepam (Klonopin) •chloridiazepoxide (Librium) •clorazepate (Tranxene) •Alprazolam (Xanax) •Flurazepam (Dalmene) •Triazolam (Halcion) •Lorazepam (Ativan) •Flumazenil* (Romazicon) *receptor antagonist 	<ul style="list-style-type: none"> •Amobarbital (Amytal) •pentobarbital (Nembutal) •thiopental (Pentothal) •secobarbital (Seconal) •Phenobarbital (Luminal) 	<ul style="list-style-type: none"> •paraldehyde (Paral) •meprobamate (Miltown) •ethchlorvynol (Placidyl) •chloral hydrate (Noctec) •methaqualone (Quaalude)

Did you Know?

- ◆ CNS depressants slow brain functions and effect the brain and spinal cord. They include sedatives (used to make a person calm and drowsy) and tranquilizers (intended to reduce tension or anxiety)
- ◆ Continued use of these drugs can lead to tolerance and dependence
- ◆ CNS depressants should ONLY be used under a physician's supervision
- ◆ Higher doses cause impaired memory, judgment, and coordination; paranoia, irritability; and suicidal thoughts. Combining with other substances—particularly alcohol—can slow the heart rate and breathing, and possibly lead to death
- ◆ CNS depressants are schedule IV drugs

<p>Jackson County Substance Abuse Prevention Coalition DrugFreeJackson.com</p>	<p>Information From: National Institute on Drug Abuse Drug Free World Partnership for Drug-Free Kids</p>
--	---