

## **PE1651/ZZZZZ**

Anonymous submission of 22 January 2018

In 2010 I had a major panic attack, which caused me to go onto klonopin, as it was effecting my capabilities to carry out my job. I went onto the Benzodiazepines and it was never pointed out to me, the potential dangers. Initially the medication worked, but as we all know, the dose needs to be increased over time to have the same effect. Over time, the tablets have no effect and toxicity occurs, of which doctors do not warn a patient. (Refer to the benzo.org website for all info through clinical tests from Professor Ashton, a leader in the field of research)

Having suffered many traumatic events in my personal life during this period, both my parents died in a short space of time, I was retrenched, due to Black economic Empowerment laws in our country and then forced to take on employment that was abusive. I was by no means at this stage well and symptoms of toxicity started creeping in. Massive anxiety, depression, suicidal thoughts, anger outbursts, to name a few. In 2014 after being on the tablets for 4 years (recommended dose is 2 to 4 weeks max), I decided against medical advice to cold turkey off the tablets. I ended up in the doctors rooms after 6 days, with a very high blood pressure and was instructed to immediately go back on the tablets as this could result in a seizure. I followed the doctors orders, but was never told to maybe look at tapering off the tablets.

I then due to my financial situation, unemployed, was forced to live with my sister. I was sent to psychologists and eventually a psychiatrist. My sister who is a nurse and sworn under oath, also ignored me pointing out these tablets are causing me huge problems. I happened to use a street drug on occasion (was by no means a drug addict) and it relieved my symptoms in a way. I never actively went out of my way to take drugs.

However I being an honest person visited a psychiatrist, who is a leading psychiatrist in our country and told him in confidentiality I had tried a street drug. I would never have admitted this if I knew what would follow. I also told him at times, I felt suicidal and was extremely depressed. He then asked me to fill in a form and re-prescribed me benzos and Zoloft, which is a SSRI and sent me on my way. He never ever showed concern of me mentioning I had taken a street drug. It is common knowledge the drug I had taken was a form of methamphetamine and I told him this, as he is supposed to be an expert in meds and suggest a clinical version of a similar drug to help side effects. This was ignored.

I was then chased by force out of my sisters house and ended up living on the street in a state of confusion, terror, hunger and lack of care. I nearly died and I got written off by my family. I was then blamed of being a drug addict. My sister from England wrote to the psychiatrist without my consent. This was while I was homeless and in dire need of care. He then blamed me of being an addict and suggested I be sent to

rehab and be sent to a psychiatric facility where 141 patients died in a short space of time from gross neglect.

Although a lot of this case is linked to gross abuse, malnutrition, no beds for patients, probably no meds, 141 died. I could have been one of them. I then was taken off the street and have since been accused of being a drug addict, even gone as far as calling me an alcoholic. All things to also cover gross abuse on behalf of my sisters and extended family.

I then approached the doctor and I showed the doctor how to taper off the drugs and I insisted the tapering protocol (Benzos). I have been off the pills for 6 months, but still suffer muscle pains, mental anguish which is at days unbearable. I get no support, of which all the help in the world was promised. I have since approached a medical expert Attorney to pull all my medical, psychological and psychiatrist reports over a 6 year period and they are busy doing an investigation into over prescription and abuse on many levels, including my rights of dignity and personal disclosures and the accusations levelled at myself, when the side effects of the drugs were always ignored. These were the basis of many problems.

The withdrawals were pure hell and this I have had to endure in a room all on my own. A hell, no one would want to go through. I still suffer from brain damaged, see attached. I hope legal action can be taken against these doctors and psychiatrist, harming out these tablets that are nothing more than evil pills that destroy lives by the millions and is hidden.

In a nutshell, these drugs are nothing short of a death sentence and not recognised as such. I was forced to give up my job and this was because of anxiety caused by the meds and also an abusive situation at work. Despite all this, having detoxed off the klonopin and on a low dose of Valium to stop mental anguish, suicidal thoughts, PTSD and all sorts of complications, I get worse, not better. These meds are meant for short term administration and the long term side effects have still till today, never been explained or admitted. Therefore I have instructed an investigation.

Something drastic has to take place.

Symptoms I suffer still today, which are ridiculed.

Physical Changes	Cognitive Changes	Behavior Changes
<ul style="list-style-type: none"><li>• Motor coordination</li><li>• Hearing and visual changes</li><li>• Spasticity and tremors</li><li>• Fatigue and/or weakness</li><li>• Taste and smell</li><li>• Balance</li><li>• Mobility</li><li>• Speech</li><li>• Seizures</li></ul>	<ul style="list-style-type: none"><li>• Memory</li><li>• Decision making</li><li>• Planning</li><li>• Sequencing</li><li>• Judgment</li><li>• Processing speed</li><li>• Organization</li><li>• Self-perception</li><li>• Problem solving</li><li>• Thinking</li></ul>	<ul style="list-style-type: none"><li>• Depression</li><li>• Mood swings</li><li>• Disinhibition</li><li>• Lack of response to social cues</li><li>• Problems with emotional control</li><li>• Difficulty relating to others</li><li>• Reduced self-esteem</li><li>• Stress, anxiety, and frustration</li></ul>