



Overview

Benzodiazepine Information Coalition (BIC) is a 501(c)(3) nonprofit organization that brings together a network of medical professionals, patients, and other volunteers to educate a broad audience about the adverse effects of prescribed benzodiazepines (BZs) and Z-drugs. Our mission is to inform the general public, media, and medical professionals about the risks of these drug classes and the resulting epidemic of patient injury.

BIC At a Glance:

Who: BIC is composed of directors, medical and general advisory boards, and volunteers. Our members have experienced BZ injury firsthand or have seen it in their clinical practice.

Where: BIC is US-based, with a network of volunteers and advisory board members located throughout the country. We also work in conjunction with members of and advocates for the BZ-impacted community worldwide.

When: BIC was formed in August 2016, motivated by years of witnessing the online BZ support groups grow in membership by the thousands without any corresponding increase in attention or action from the medical community, the media, or the public.

Why:

- Patients are not receiving adequate [informed consent](#) about the risks of BZs and Z-drugs, particularly when prescribed on a long term basis.
- Compliant patients are experiencing harm, disability, and even death as a result of taking BZs in daily prescribed doses.

- Prescribers are broadly misinformed about safe benzodiazepine cessation, and many are forcing their patients to stop daily BZs abruptly or too quickly, raising the risk of protracted suffering and neurological damage.
- For 60 years, these problems have gone unrecognized by the scientific community and the medical profession, despite efforts from patients and advocacy groups. There has been a chronic lack of research or medical support for patients harmed by BZs and Z-drugs.
- Patients prescribed BZs are being labeled “addicts” rather than the appropriate term, “physically dependent.” This is an important distinction, as addiction language is inaccurate and harms compliant patients.

What: BIC does not seek to ban BZs, but advocates instead for informed consent as well as safe, evidence-based prescribing and deprescribing (tapering) practices by medical professionals. BIC aims to:

- Offer education via our website, benzoinfo.com, and social media platforms
- Participate in medical conferences
- Provide media interviews
- Support informed consent legislation and advise on benzodiazepine policy
- Research the full scope of benzodiazepine injury