



## **Local Rehab Warns of Glassy Eyes and Substance Use**

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Substance use is a nationwide problem and San Antonio, Texas is no exception to the thousands of lives that are impacted by substance use day in and day out. Local rehab center, San Antonio Recovery Center, has witnessed firsthand how thoroughly substances can change a person's life, and their families' lives as well. To help their community, they've been posting educational blogs about some of the lesser-known side effects of substance use, like glassy eyes, which was the topic of their most recent piece.

To start the blog, the rehab center explains to readers what glassy eyes are. The term itself isn't a diagnosis or medical condition, but rather an appearance the eyes can take on as a result of other side effects such as dry eyes or dissociation.

?...not all causes are from illicit substances," San Antonio Recovery Center informs readers near the start of the piece. "At times, prescription medications can lead to glassy eyes. Low blood sugar can cause these symptoms as well, alongside allergies or illness. Overall fatigue and tiredness can cause the eyes to unfocus, as can physical injury like concussion or migraines. Dehydration and vitamin deficiencies may lead to the same symptoms. So while glassy eyes can indicate substance use, other causes may be involved."

The rehab center, however, understands that readers are interested in this piece because they want to know

about what substances cause glassy eyes, not what else can cause it. The four substances the cover in the article include alcohol, benzodiazepines, marijuana, and stimulants like methamphetamine and cocaine.

Alcohol is most traditionally associated with glassy eyes, the blog explains. The chemical shifts in the brain can lead to less blinking, creating a glass-like sheen on the eye. Alcohol can cause the eyes to unfocus, leading both to blurry vision and a dull appearance. In the long term, excessive alcohol use has been linked to increased cataract risk and other eye problems.

San Antonio Recovery Center understands that marijuana consumption is nearly as widespread as alcohol use, despite its legal limitations. This is why they take the time in the piece to highlight this substance specifically in relation to glassy eyes: While marijuana is most commonly associated with red eyes, it can have a similar glassy effect to alcohol. In particular, it can lead to your loved one staring off into space, their eyes taking a dull and lifeless appearance. Marijuana is often prescribed to help with some medical conditions of the eye such as glaucoma, but in the long term marijuana use can lead to worsened vision and other eye problems.

Finally, they further explain how medications like benzodiazepines, and stimulants like cocaine can influence the eyes. While not every substance in the article is a common contributor to glassy eyes, the rehab center does a thorough job explaining what other eye-related conditions can be caused by them.

Readers who wish to learn more about glassy eyes and substance use, as well as how to seek treatment for either, can find the piece linked above.

San Antonio Recovery Center, a Texas-based rehab clinic with locations on Culebra, has been a community partner for years. They utilize their extensive experience treating behavioral health and substance use disorders to take an education-based approach to treatment. With the largest alumni program in San Antonio, they offer support to all at their alumni events, including those who did not attend their center.

To learn more about San Antonio Recovery Center, call 866-957-7885 or visit their website.

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For more information about San Antonio Recovery Center - Culebra, contact the company here: San Antonio Recovery Center - Culebra Liam Callahan 210-361-5711 lcallahan2@baymark.com 5806 Culebra Rd San Antonio, TX 78228

**San Antonio Recovery Center - Culebra**

*San Antonio Recovery Center is based strongly on the 12-step treatment philosophy that has helped millions regain control of their lives. This successful San Antonio program emphasizes the recognition and identification of addictive behavior patterns.*

Website: <https://www.sanantoniorecoverycenter.com/culebra/>

Email: [lcallahan2@baymark.com](mailto:lcallahan2@baymark.com)

Phone: 210-361-5711



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