

Depression and Medications

Community Mental Health Conference
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Disclaimer

- This presentation is intended as an educational resource only. It is not intended to be a replacement for treatment. For evaluation and treatment, please contact a qualified mental health professional.

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Depression Statistics

- 6.7 % of the U.S. Population
- Third most prescribed medication

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Depression

- Synonyms:
 - Major Depression
 - Major Depressive Disorder (MDD)
 - Unipolar Depression
- What the difference between depression and low mood?

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Symptoms: SIGECAPS

- S: Sleep
- I: Interest
- G: Guilt
- E: Energy
- C: Concentration
- A: Appetite
- P: Psychomotor retardation or activation
- S: Suicidal thoughts

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Diagnosis of Depression

- Clinical History
- Lab tests / Imaging
- Ruling out Bipolar Affective Disorder (BPAD)
 - Bipolar Depression
 - Manic Depression

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Causes of Depression?

- Not real?
- Character defect?
- Spiritual defect?

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Treatments for Depression?

- Not real:
 - Hiding or ignoring depression?
- Character defect:
 - Pull yourself up by the bootstraps?
- Spiritual defect / sin:
 - More spiritual activities?

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Cause of Depression

- “Monoamines”
- The Big Three
 - Serotonin
 - Norepinephrine
 - Dopamine

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Treatment for Depression

- Talk therapy (psychotherapy)
- Medications (psychopharmacology)
- Talk therapy + medication

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Anti-depressants

- Monoamine Oxidase Inhibitors (MAOI)
 - Examples:
 - Nardil (phenelzine)
 - Parnate (tranylcypromine)
 - selegiline
 - The Big Three
 - Serotonin
 - Norepinephrine
 - Dopamine
 - Dietary restriction (Tyramine)

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Anti-depressants

- Tricyclic Anti-depressants (TCA's)
 - Examples:
 - Anafranil (clomipramine)
 - Elavil (amitriptyline)
 - Pamelor (nortriptyline)
 - The Big Three
 - Serotonin
 - Norepinephrine
 - The Other Three

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Anti-depressants

- Selective Serotonin Reuptake Inhibitors (SSRI's)
 - Examples:
 - Prozac (fluoxetine)
 - Zoloft (sertraline)
 - Lexapro (escitalopram)
 - Celexa (citalopram)
 - Paxil (paroxetine)

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Anti-depressants

- Selective Serotonin Reuptake Inhibitors (SSRI's)
 - The Big Three
 - Serotonin
 - First line treatment for depression

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Anti-depressants

- Newer medications
 - Serotonin and Norepinephrine Reuptake Inhibitors (SNRI's)
 - Examples
 - Cymbalta (duloxetine)
 - Effexor (venlafaxine)
 - The Big Three:
 - Serotonin
 - Norepinephrine
 - Adverse effects

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Anti-depressants

- Other Antidepressants:
 - Wellbutrin (bupropion)
 - The Big Three
 - Norepinephrine
 - Dopamine
 - (No serotonin)

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Augmentation Strategies

- Wellbutrin (bupropion)
- Lithium
- Buspar (buspirone)
- Thyroid hormone

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Augmentation Strategies

- Atypical antipsychotics
 - Example:
 - Zyprexa (olanzapine)
 - Abilify (aripiprazole)
 - The Big Three
 - Serotonin
 - Dopamine
 - Adverse effects

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Picking the Right Medication

- Personal history
- Family history

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SSRI FAQ's

- Do anti-depressants really work?
- How long does it take to feel better?
- What are the common side effects?
- Are these medications addictive?

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SSRI FAQ's

- What will the medicine do to me?
- Will I become a different person?
- How long do I have to take the medication?
- Do I have to take the medication for the rest of my life?

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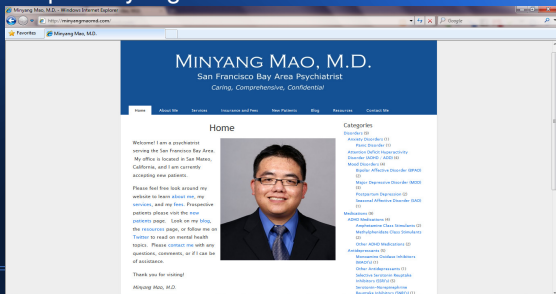
Disclaimer

- One size does not fit all. Work with your doctor to find the best treatment for you.

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More Resources

- <http://MinyangMaoMD.com>



More Resources

- <http://ChristianCounseling.net>



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Questions?

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