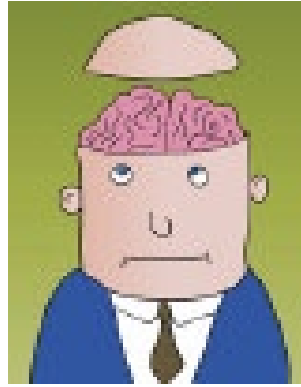


Anti-Depressants: Serotonin Re-uptake Inhibitors (SSRI)



Examples: Lexapro, Celexa, Prozac, Paxil, Zoloft, Luvox, and perhaps St. John's Wort, and Trazadone (although the anti-depressant effects of Trazadone appear to be different than the other SSRIs)

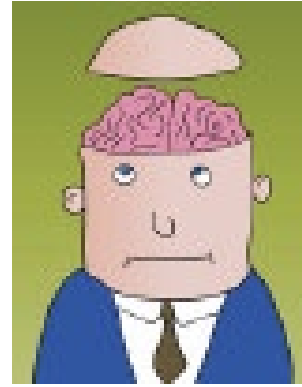
Used To Treat: Anxiety and depression as well as panic and obsessive-compulsive behavior. They have less frequently been used to treat irritable bowel syndrome and premature ejaculation

How They Work: We believe that they work by inhibiting the re-uptake of the neurotransmitter serotonin and therefore increase the amount of serotonin that is available at the receptor in the brain to be recognized and to be effective.

Side Effects: These medications may cause a change in weight and appetite, drowsiness, tremor, headache and a change in sexual behavior. Sometimes, they cause headache. They often cause dry mouth. Of import, the body can auto-regulate and become less sensitive to these drugs. Stopping the drug for a short period of time or changing to another SSRI will allow the receptor to become more sensitive again and the initial drug of choice will again be effective. The SSRIs may take 4-6 weeks to reach their full effectiveness

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Anti-Depressants: Tri-cyclics (TCA)



Examples: Norprmain (desipramine), Elavil (amitriptyline), Anafranil (clomipramine), Sinequan (doxepin), Tofranil (inipramine), Vivactil (protriptyline)

Used To Treat: Anxiety and depression as well as nocturnal enuresis. They have also been used to treat headache, bulimia, interstitial cystitis, irritable bowel syndrome and a variety of obsessive behaviors. They have also been used to treat ADHD (attention-deficit hyperactivity disorder), which is thought to be caused by a deficiency of these neurotransmitters in the frontal cortex of the brain.

How They Works: We believe that they work by inhibiting the re-uptake of the neurotransmitters norepinephrine, dopamine, or serotonin and therefore increase the amount of these neurotransmitters available at the receptor in the brain to be recognized and to be effective.

Side Effects: These medications may cause a change in weight and appetite, drowsiness, blurred vision, constipation, urinary retention and hyperthermia. They must be withdrawn slowly. Rarely and if taken in overdose, they may cause arrhythmias that can be fatal. Tolerance is not uncommon. Like the SSRIs, they may take weeks to reach their full effectiveness.

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Anti-Depressants: Tri-cyclics (TCA)



What is Depression?

Depression and all obsessive-compulsive disorders including smoking and eating disorders seem to all center on a lack of focus. The person experiencing panic, anxiety or any obsession can't seem to focus on "life" and the day-to-day necessities. These drugs are not "happy" pills but are more about allowing the patient to focus better and to get back into a more productive life-style. Some say that the medications are numbing. That is probably because the hyper-ness that is often associated with any obsession is dulled. That is theoretically a good thing if daily function is the goal.



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Anti-Depressants: Serotonin Re-Uptake Inhibitors (SSI)



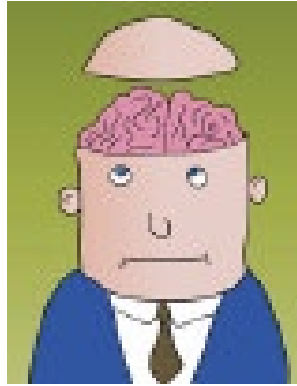
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Anti-Despressants: Other



Examples: Wellbutrin - a norepinephrine re-uptake inhibitor

Effexor - a combination norepinephrine and serotonin re-uptake inhibitor

Cymbalta - a combination norepinephrine and serotonin re-uptake inhibitor

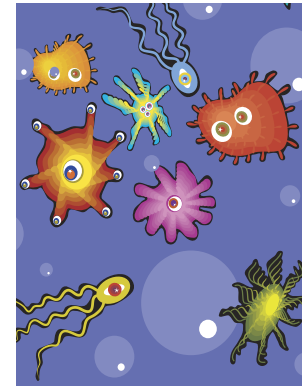
Used To Treat: Anxiety and depression as well as panic and obsessive-compulsive behavior. Cymbalta has also been used to treat neuropathic pain (this is pain secondary to diabetes, nutritional abnormalities or other neurologic diseases).

How They Works: We believe that they work by inhibiting the re-uptake of the neurotransmitters and therefore increase the amount of these neurotransmitters available at the receptor in the brain to be recognized and to be effective

Side Effects: These medications may cause a change in weight and appetite, drowsiness, tremor, headache and a change in sexual behavior. Sometimes, they cause headache. They often cause dry mouth. Of import, the body can auto-regulate and become less sensitive to these drugs. Stopping the drug for a short period of time or changing to another drug will allow the receptor to become more sensitive again and the initial drug of choice will again be effective. These drugs may take 4-6 weeks to reach their full effectiveness.

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NSAIDs non-steroidal anti-inflammatory drugs



Examples: Aspirin, Ibuprofen, Mobic, Lodine, Toradol, Indocin, Voltaren, Celebrex

Used To Treat: Pain and inflammation particularly pain caused by injury, arthritis, headache, and post op pain. They might also be used to treat fever.

How They Work: These drugs work by inhibiting the enzyme cyclooxygenase, which is important in the formation of prostaglandins. Prostaglandins are important messengers of inflammation. The NSAID's also work on platelet function by inhibiting their ability to help in the clot formation. Aspirin is effective for the life-span of the platelet (8 days) but the other anti-inflammatory medications are effective only when they are circulating in your blood stream which is usually for about 6-8 hours after ingestion.

Side Effects: The most common side effects of the NSAID's are abdominal pain or bleeding. Prostaglandins are important protectors of the mucous lining of the stomach so their dysfunction may lead to a disruption in the lining of the stomach (ulcer or gastritis). When taken in large quantities, these drugs may cause liver or kidney problems and they are often associated with edema (swelling) of the legs.

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NSAIDs



Treating Pain

Pain is now thought of as the 5th vital sign. Pain ruins many a day and should not be tolerated. Clearly, treatment must first be directed at the cause of the pain. For instance, if abdominal pain is caused by appendicitis, the appendicitis must be treating primarily.

Pain is usually the result of inflammation; hence the anti-inflammatory medications are the center of pain control. Sometimes, the NSAID's may be used preventively. For instance, taking an anti-inflammatory before that tennis match may minimize the inflammation that comes with the repetitive motion at the elbow that causes "tennis elbow".

We can also treat pain the old fashioned way. Remember when your mother rubbed your leg to ease your bruised knee? That method actually works because the soft touch of mom's hand sends a message to the brain by means of fat nerve fibers and the fat nerve fibers reach the brain before the thinner nerve fibers that carry the pain message and they (the fat fibers) block the pain message.

The bottom line when it comes to pain is to tell me that me about it. My job is to find the source of the pain and to minimize your discomfort. That is what a better day is all about.



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Anti-Depressants: Other



What is Depression?

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