



What Should I Know about Anti-Depressants?

by NEWLIFEOUTLOOK TEAM

Statistics about Anti-Depressants

While there is no guaranteed anti-depressant to help reduce your symptoms, your treatment should be more than just based upon prescription drugs. Talk to your psychiatrist to see if you can start cognitive behavioral therapy. This therapy has been shown to help reduce symptoms. The medication should be used just to help minimize the symptoms while you undergo therapy, but you may have to try a few different medications to find one that will best suit your brain chemistry. Be open and communicative with your psychiatrist about concerns that you have regarding the medication you're on and anything that causes the symptoms to be worse should be noted and monitored throughout treatment.

The Depressing Statistics about Anti-Depressants

The drugs your doctor prescribed for your depression could be doing more harm than good.

There are many different types of drugs used in the treatment of depression, including selective serotonin reuptake inhibitors (SSRIs), atypical antidepressants, tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). Side effects are common in all antidepressants. For many people, the side effects are serious enough to make them stop taking the medication.

There is a danger that, in some people, antidepressant treatment will cause an increase rather than a decrease in depression, and with it an increased risk of suicide.

Women between 45-64 years of age are at the highest risk for depression.

Previously married or divorced women are at higher risk

60% of those that are depressed in the U.S. are women

Blacks, Hispanics, or multiple races are at higher risk.

Treatments

Top 10 most prescribed drugs and their success rate.

Although there is no standard treatment for clinical depression that's right for everyone, sufferers do have many options that can be used in combination.

Medication and professional therapy are two mainstays of depression treatment. Daily Strength users have personal experience with many prescription drugs and have reviewed each of the following drugs. Each drug has been given a percentage based on these reviews.



Depression Levels



People experience depression symptoms differently. But generally, if you have five or more of the following symptoms below persistently for several weeks or longer, you may have serious or so-called "major" depression that could warrant treatment with medication. That is especially likely if you have a history of depression and there has been no "triggering" event or trauma in your life, such as a death in the family, job loss, divorce, or marital problems.

Fewer than 50%

become symptom-free on antidepressants, even after trying two different medications. Furthermore, many who do respond to medication slip back into major depression within a short while, despite sticking with drug treatment.

Depression Symptoms



90%

experience side effects

Most are minor. Diarrhea, dizziness, dry mouth, fatigue, headache, nausea, sexual side effects, sweating, tremors, and weight changes are the most common. Sometimes they are very severe, making it necessary to discontinue the medication and try another.

6.6%

of the U.S. adult population had experienced a major depressive disorder during the preceding 12 months.

\$9.9 Billion

dollars worth of antidepressants were prescribed by doctors in 2009. Making antidepressants rank the fourth highest in prescription drugs in the U.S., according to IMS Health.

Antidepressant Side Effects

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Sources

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