



DEPRESSTION AND ANTIDEPRESSANTS SIDE EFFECTS

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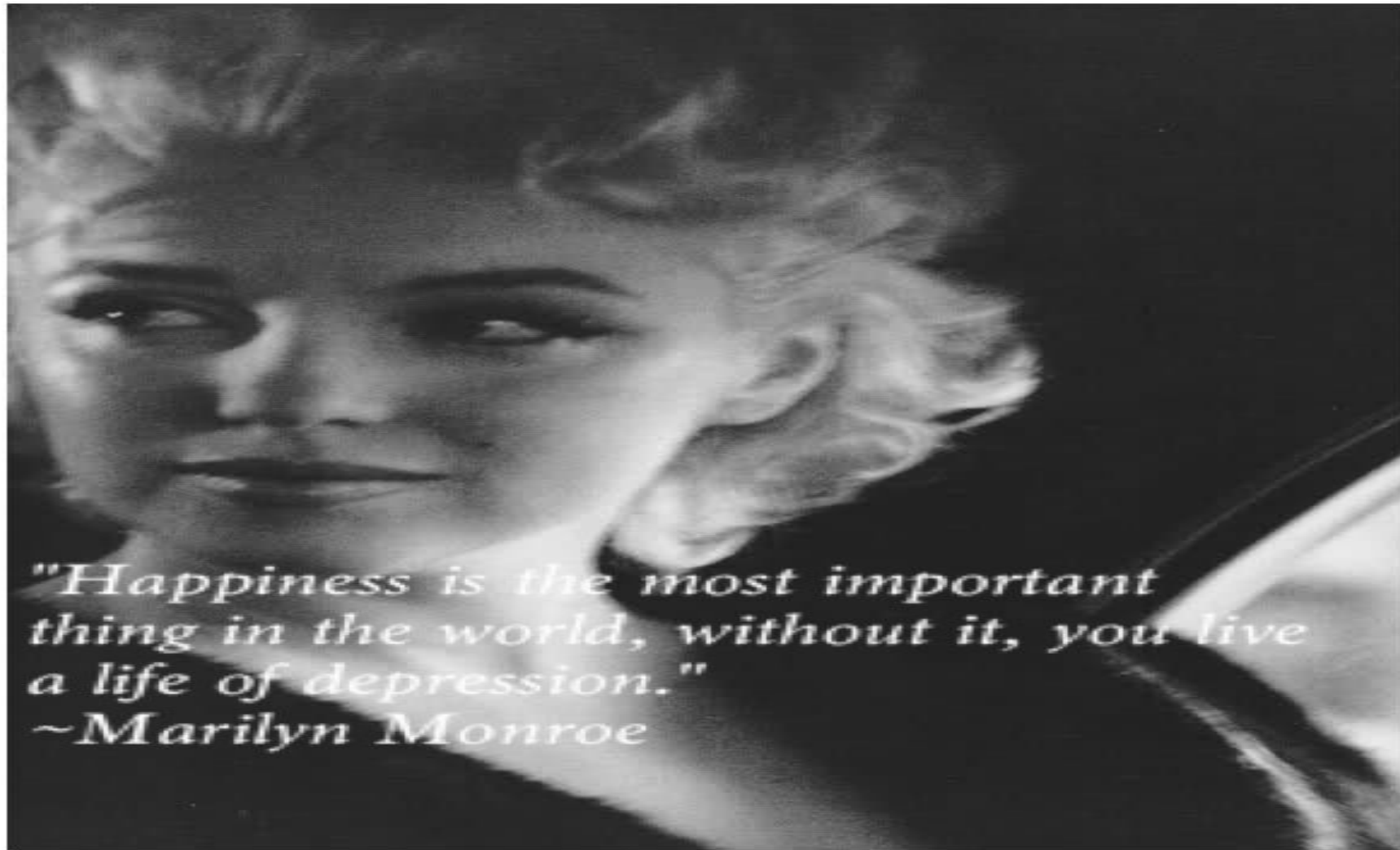
2nd year medicine

PTS

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OBJECTIVES:

- **What is Depression.**
- **How does the depression start.**
- **Depression Treatment.**
- **The dangers and side effects of antidepressants.**
- **Physical activity as a natural depression treatment**
- **Proper Sleep.**
- **Nutritional Therapy.**



*"Happiness is the most important thing in the world, without it, you live a life of depression."
~Marilyn Monroe*

Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years.

Approximately 280 million people in the world have depression. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life.

Especially when recurrent and with moderate or severe intensity, depression may become a serious health condition.



- HOW DOES THE DEPRESSION START?





Life events :

Research suggests that continuing difficulties, living in an abusive or uncaring relationship, long-term isolation or loneliness, prolonged work stress – are more likely to cause depression. However, recent events (such as losing your job) or a combination of events can ‘trigger’ depression if you’re already at risk because of previous bad experiences or personal factors



Personal factors :

Family history – Depression can run in families and some people will be at an increased genetic risk..

Personality – Some people may be more at risk of depression because of their personality, The stress and worry of coping with a serious illness can lead to depression

Drug and alcohol use – Drug and alcohol use can both lead to and result from depression. Many people with depression also have drug and alcohol problems.

DEPRESSION

SYMPTOMS



ANGER ISSUES



ANXIETY



POOR FOCUS



LACK OF ENERGY



ISOLATION



SLEEP DISORDER



TREATMENT



HOBBIES



INTERACTION



MEDICATION



SPORT



BALANCED DIET



REST

DEPRESSION TREATMENT :

- **Antidepressants** : are medicines that treat the symptoms of depression, There are many different types of antidepressant.
- **(SSRIs)** : Examples of commonly used SSRI antidepressants are [paroxetine \(Seroxat\)](#), [fluoxetine \(Prozac\)](#) and [citalopram \(Cipramil\)](#) , They help increase the level of a natural chemical in brain called serotonin, which is thought to be a "good mood" chemical.
- **(TCAs)** : TCAs, including imipramine (Imipramil) and [amitriptyline](#) , They work by raising the levels of the chemicals serotonin and noradrenaline in brain.
- These both help lift your mood.



Antidepressants don't make your problems go away, the same goes with your suicidal thoughts. You might think that taking antidepressants can make your problems vanish but that is just false hope.

SIDE EFFECTS - ANTIDEPRESSANTS

- [Headache](#)
- [Nausea](#)
- [Dry mouth](#)
- Dizziness
- [Diarrhea](#) or [constipation](#)
- Sexual problems
- [Fatigue](#)
- [Weight gain](#)
- Tremors
- Increased [sweating](#)
- Addiction
- If taken during pregnancy : 87% increased risk of autism
- 30% increased risk of spinal fractures
- Linked to violent behavior, murder, suicide and more...

ANTIDEPRESSANTS AND THE RISK OF SUICIDE :

- The FDA requires a black box warning on antidepressants because of a higher risk of [suicidal thoughts](#) and behavior in children, [teens](#), and adults under the age of 25 who take them
- suicidal thoughts can have warning signs like:
- Extreme mood swings
- Sleeping too little or too much
- More use of drugs or [alcohol](#)
- Talking about wanting to die or hurting or killing themselves
- Social isolation
- Unusual changes in behavior
- Feeling hopeless or helpless
- Any original depression symptom getting worse

LOOK INTO OTHER TREATMENTS



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- **Mental health teams**
- If you have severe depression, you may be referred to a mental health team made up of psychologists, specialist nurses and occupational therapists.



- lifestyle changes.
- brains stimulation therapies.
- Meditation.
- Deep breathing.
- Good sleeping.
- These can be part of your treatment plan instead of antidepressants.

- **Talking treatments**



Cognitive behavioural therapy (CBT) aims to help you understand your thoughts and behaviour, and how they affect you.

Interpersonal therapy (IPT) focuses on your relationships with others and problems you may be having in your relationships, such as difficulties with communication

Psychodynamic psychotherapy : This will help you become aware of hidden meanings or patterns in what you do or say that may be contributing to your problems.

NUTRITIONAL THERAPY

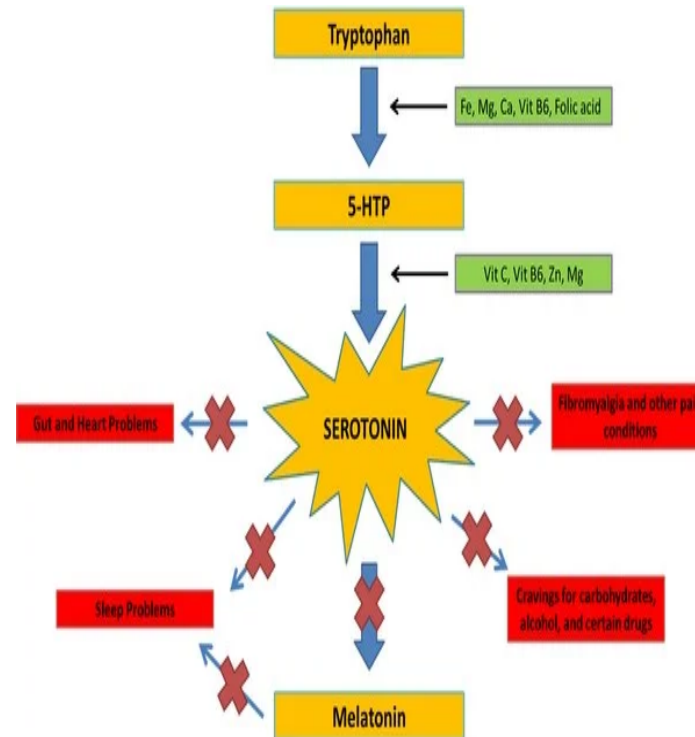


12 FOODS containing Niacin (vitamin B3)

Niacin is important for us to include in our daily diet. It has been shown to greatly reduce anxiety and depression. Niacin is also needed to help lower cholesterol levels.



Please tag on Facebook Authentic Self Wellness





THE NOTEBOOK OF BLESSINGS AND THE NOTEBOOK OF DREAMS

- **Physical activity as a natural depression treatment**



Exercise and Brain Plasticity

"What we're finding in the research on physical exercise is that **exercise is at least as good as antidepressants** for helping people who are depressed... physical exercise changes the level of serotonin in your brain. And it increases your endorphin levels, your "feel good hormones."

"And also—and these are amazing studies—**exercise can increase the number of cells in your brain, in the region of the brain called the hippocampus.** These studies were first done on animals, and they're very important because sometimes in depression, there are fewer of those cells in the hippocampus."

Dr. James S. Gordon, MD,

World-renowned expert in using

Mind-Body medicine to heal depression

IN HUMAN STUDIES, ABOUT OF EXERCISE HAS BEEN SHOWN TO INCREASE DOPAMINE AND SEROTONIN IN THE BLOOD. AND SOME STUDIES HAVE LINKED THESE CHANGES TO MENTAL BENEFITS.



Regular exercise has been associated with a variety of mental health benefits, Here are the most common benefits that research supports:

Can relieve stress

May improve self-confidence

Can improve mood

Can promote better sleep

CONCLUSION :

- **Depression is a constant feeling of sadness and loss of interest, which stops you doing your normal activities , can be treated with many helpful and healthy options without the risks of antidepressants use.**

- There is hope,
even when
your brain tells
you there isn't
- John Green -



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Thank
you