**SSRI: Selective Serotonin Reuptake Inhibitors**

**\***Increase levels of neurotransmitters (serotonin) in between synapses of two nerves

Citalopram (Celexa)

Fluoxetine (Prozac)

Fluvoxamine (Luvox)

Paroxetine (Paxil)

Sertraline (Zoloft)

*Positives*:

Fewer side effects than tricyclic/tetracyclic anti-depressents. These side effects may include: sleepiness, weight gain, dry mouth, adverse effects on the heart, etc.

60-70% improve when taking SSRI’s

*Drawbacks*:

Can take 5-8 weeks to become effective

More expensive than older anti-depressants

Different side effects. These may include nausea, diarrhea, heartburn, headaches, tremors and nervousness

*Things to Remember about SSRI’s*

-Doctors may prescribe too high of dosage for Prozac. Prozac has the ability to stay in the body for longer periods of time, compared to the other 4 SSRIs.

-These drugs have the capability to slow down the metabolism of other drugs in the liver.

-Dosage depends on several factors including: age, gender, and health concerns.

 Men generally have higher doses, while women have smaller doses

-Always check potential drug interactions with a doctor

-Never combine with any MAOI

**MAOI: Monoamine Axidase Inhibitors**

\*Prevents the breakdown of messages of serotonin and dopamine in nerves, so when they are released, they are released at a much higher level

Isocarboxazid (Marplan)

Phenelzine (Nardil)

Selegiline (Eldepryl)

Tranylcypromine (Pamate)

*Positives:*

Particularly helpful in decreasing/maintaining overeating, fatigue, irritability, high levels of anxiety, and high levels of impulse controls. These are symptoms of an “atypical” depression.

Can start at lower dosages

Shorter time needed to become effective (2-3 weeks)

*Drawbacks*:

Must have an exam before starting (X-rays, blood tests, etc.)

Side effects include: light headedness, upset stomach, dizziness, mild mania, and blood pressure elevations

Have to monitor blood pressure daily and follow a strict diet.

*Things to remember about MAOI’s:*

-Food you can’t have: cheese, beer, red wine, fava beans, bananas, avocados, some soups, and sauerkraut. There are others on a mildly dangerous list as well

-Medicines to be careful combining with: anti-depressants, common cold medicines, painkillers, and sedatives

-Failure to monitor could result in a hypertension crisis (high blood pressure) or hyperpyrexia crisis (high fever)

-If started at too high of a dosage uncoordination and confusion may occur.