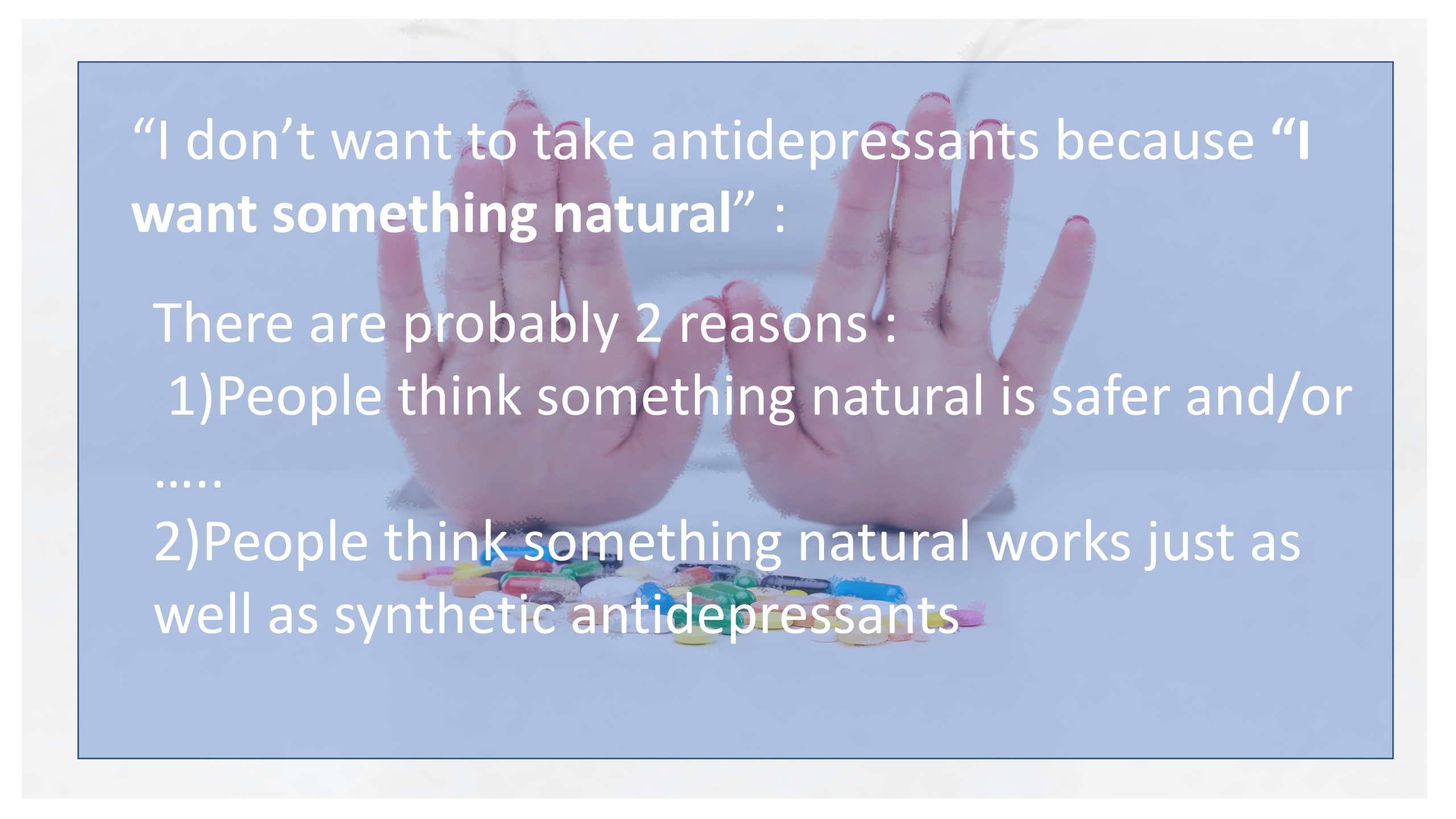
DTCTV Episode 4 : Busting Depression Myths

“ I don’t want to take antidepressants because I want something natural!!!!”



“I don’t want to take antidepressants because **“I want something natural”** :

There are probably 2 reasons :

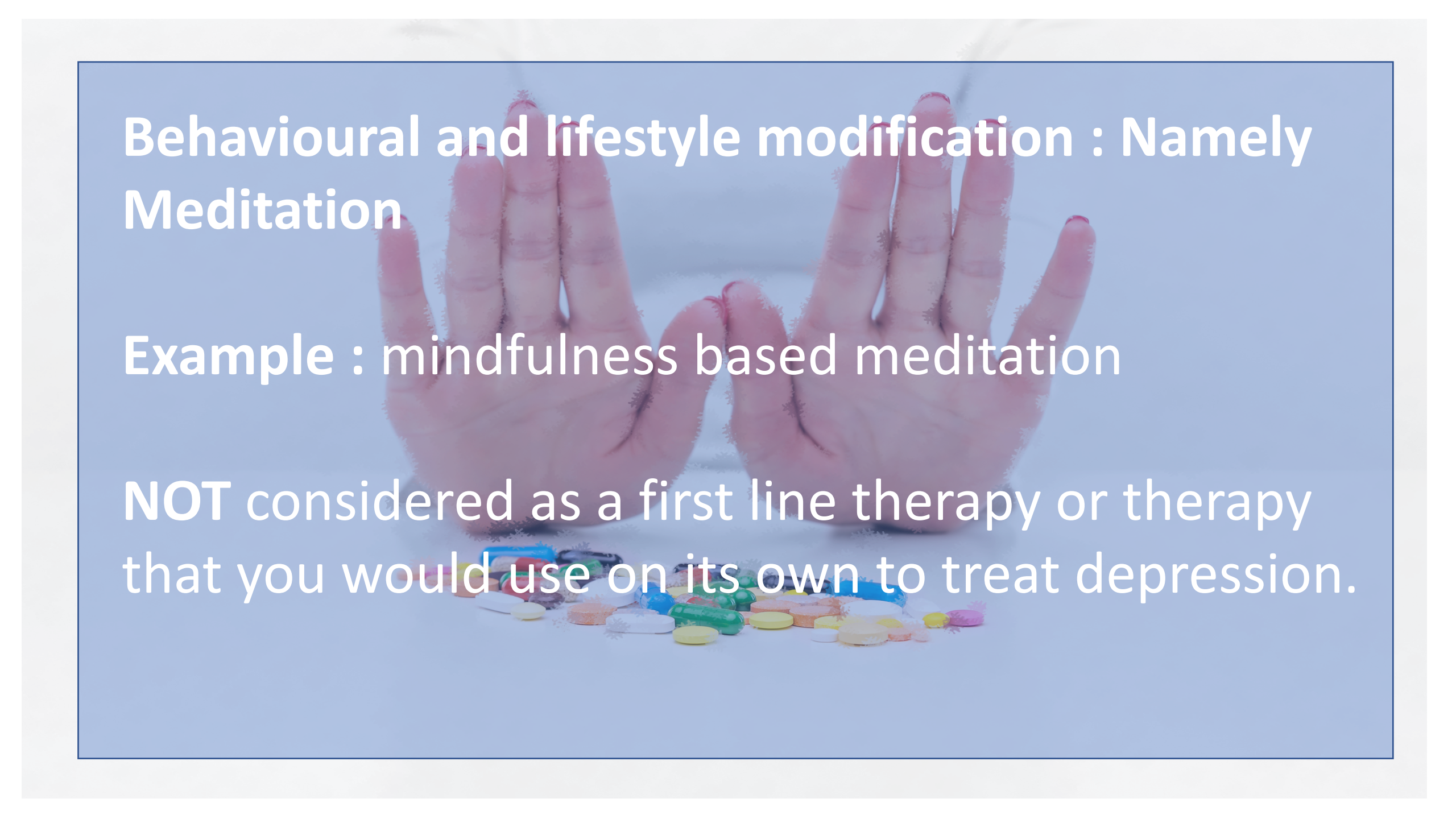
1)People think something natural is safer and/or

…..

2)People think something natural works just as well as synthetic antidepressants

Complimentary and Alternative Medicines (CAMS) for depression come in 3 broad categories:

1. Behavioural/lifestyle adaptation
2. Herbal supplements
3. Nutriceutical



Behavioural and lifestyle modification : Namely Meditation

Example : mindfulness based meditation

NOT considered as a first line therapy or therapy that you would use on its own to treat depression.

SEEDS : treatment for anxiety and depression

S = Sleep

E = Exercise

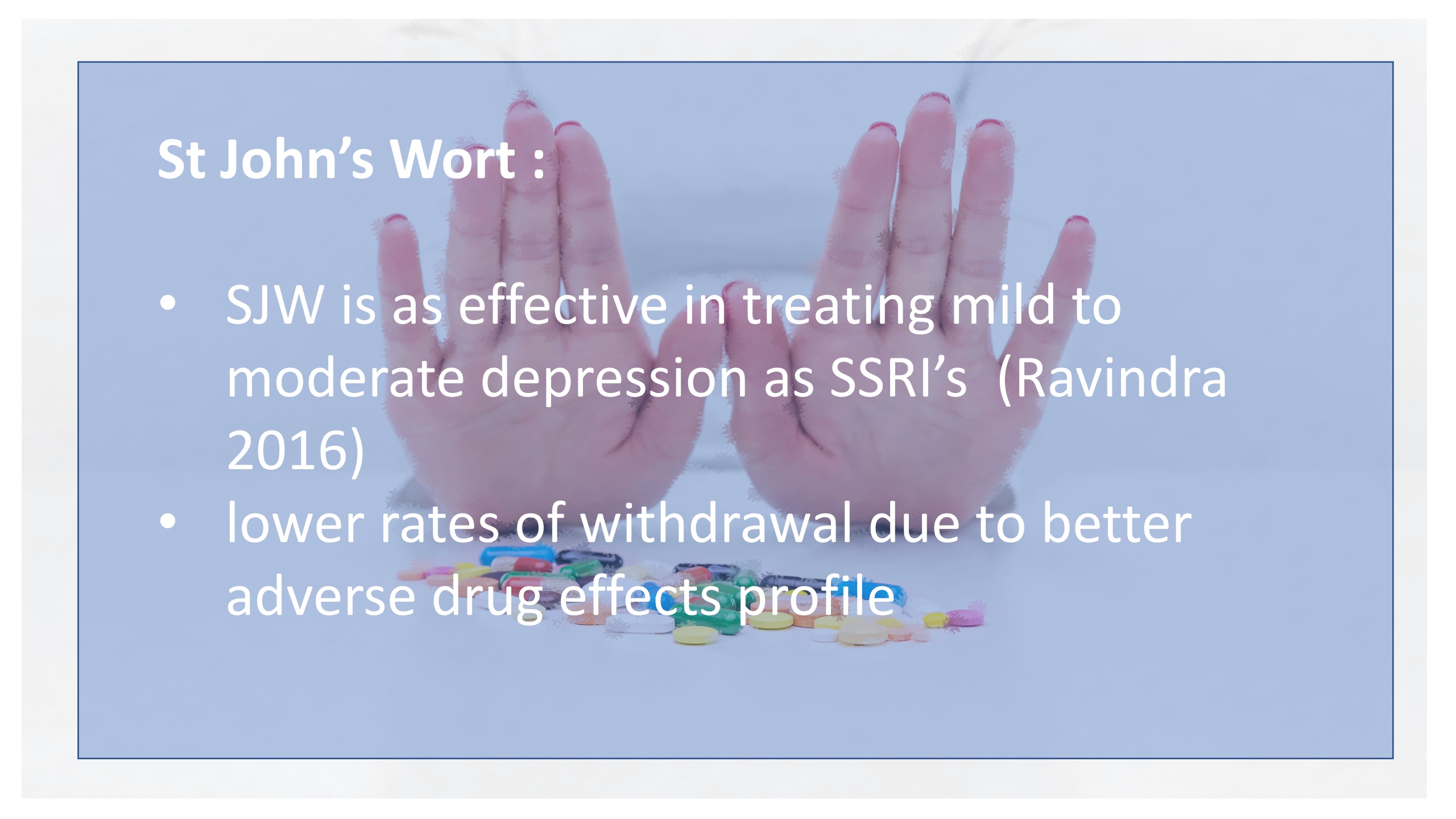
E = Educate

D = Diet

S = Socialise

Herbal Supplements :

- St John’s Wort (aka Hypericum)
- Safron
- Lavender
- Ginseng
- Hops
- Passion Flower
- Vitex and many others



St John's Wort :

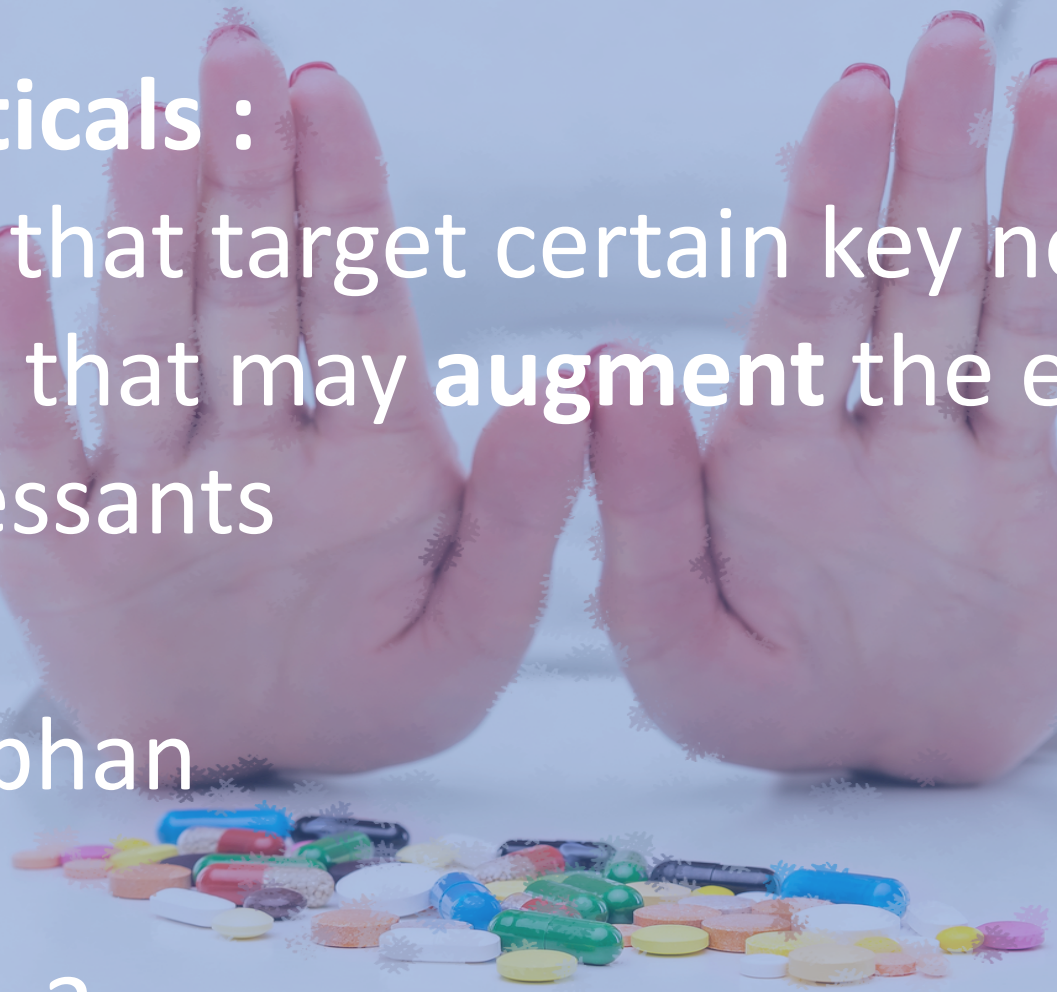
- SJW is as effective in treating mild to moderate depression as SSRI's (Ravindra 2016)
- lower rates of withdrawal due to better adverse drug effects profile

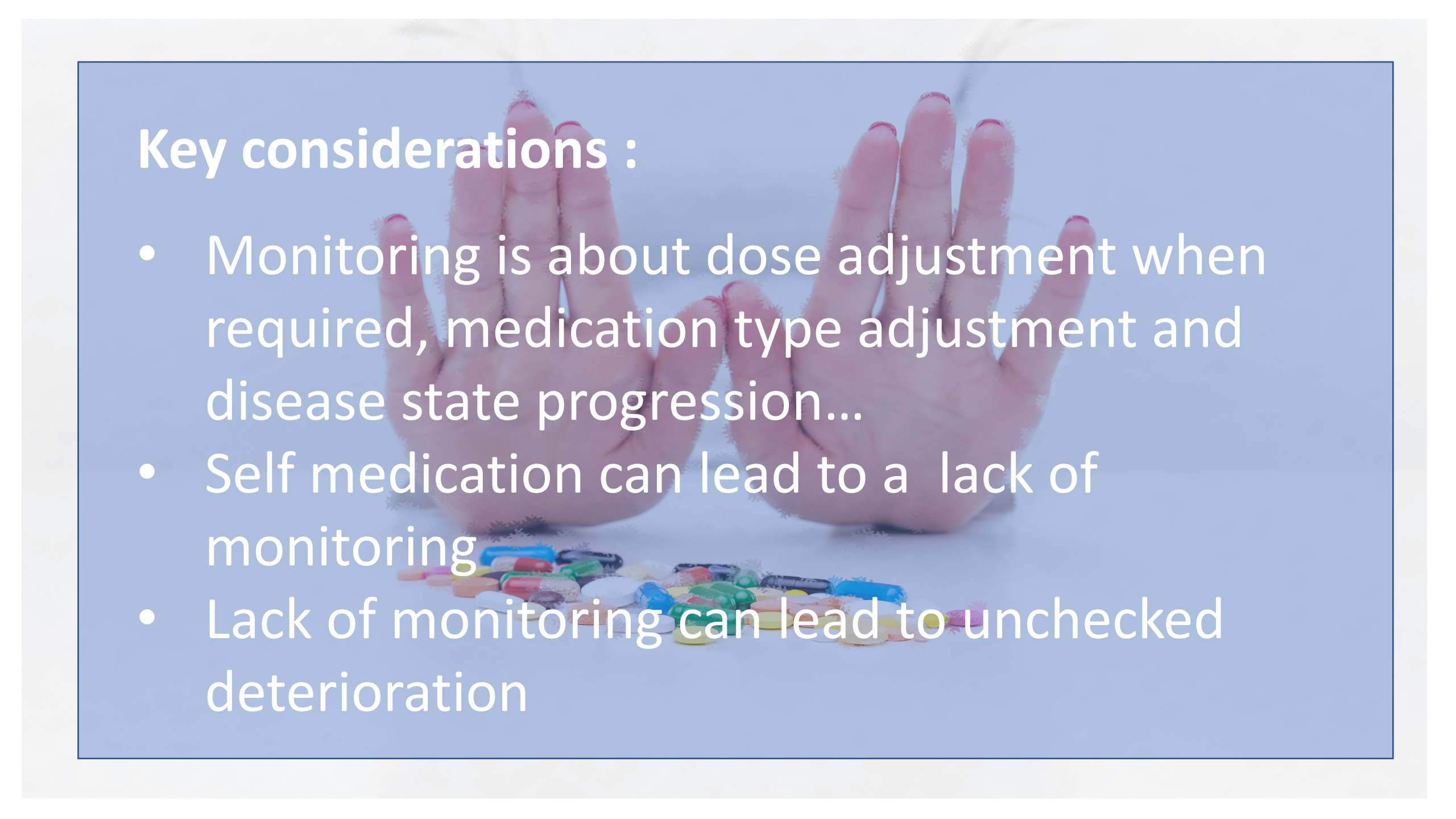
St John’s Wort :

- SJW is not side effect free
- Similar side effect profile as synthetic antidepressants

Nutriceuticals :
nutrients that target certain key neurological pathways that may **augment** the effect of antidepressants

- folate
- tryptophan
- SAMe
- Omega 3





Key considerations :

- Monitoring is about dose adjustment when required, medication type adjustment and disease state progression…
- Self medication can lead to a lack of monitoring
- Lack of monitoring can lead to unchecked deterioration

Key considerations :

- Often the twists and turns nature of depression are too difficult to navigate on your own.
- Being open to antidepressants gives you options for the best treatment options

Key considerations :

Antidepressants + CAMS to achieve the best results

Got questions ?????

Consult your GP and your pharmacist

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