

Title:

Why is Ketamine Infusion Therapy so Effective?

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The Reason Behind the Effectiveness of Ketamine Infusion Therapy

Before we discuss why ketamine infusion therapy is so effective, first let's take a step back and look at what it is. Ketamine is an FDA-approved drug that has been used by the medical profession in the United States since the 1970s. It is commonly used as an aesthetic drug during surgical procedures and as therapy for complex regional pain syndrome and other chronic pain disorders.

As a recreational drug it's known on the street by a variety of names including Special K, K2 and Vitamin K, and is a popular substance used in the club scene and often exploited for its hallucinogenic properties. Side effects can occur when it's taken in an uncontrolled dosage such as when ingested as a pill, snorted as a powder or delivered via hypodermic needle injection.

Some of the less pleasant side effects include amnesia, muscle spasms, dizziness, slurred speech, difficulty breathing, delirium and panic attacks. There are little to no side effects associated with this substance when it is administered under the supervision of a medical professional, such as when given as an IV infusion at a ketamine therapy clinic.

H2 #1

The New Miracle Drug for Depression

The National Institutes of Health mention that at least 10-20% of patients suffering from depression also meet the criteria for treatment-resistant depression (TRD). Ketamine has been under scrutiny recently as a valid option for the treatment of TRD.ⁱ

Untreated depression and TRD can eventually lead to the possible risk of drug and alcohol abuse, hospitalization and even attempted suicide. But there is hope as ketamine is proving effective to ease the symptoms of depression when administered as an intravenous infusion.

"A new treatment called ketamine has recently made waves all over the internet. Hailed as a 'miracle drug' and the first major antidepressant breakthrough in three decades, ketamine has improved the lives of many patients whose depression had dominated their lives for years" said Jenny Chen in a recent article published by Yale Medicine.ⁱⁱ

H2

How it Works

The use of intravenous (IV) ketamine for the management of depression is showing a variety of supporting evidence for the use of this therapy as a stand-alone treatment option. While some people are concerned about this non-proven usage others are hailing it as a miracle cure.

Ketamine has been abused as an illicit party drug and is one of the known “date rape” drugs so it’s easy to see why there is controversy surrounding it’s use for the treatment of depression.

Ketamine is administered via an IV infusion in a low and slow dose. A typical IV treatment session takes between 30 minutes to 1 hour to complete and is given in a controlled setting under medical supervision. The exact method on how the drug works can get a bit complicated but a condensed and simplified explanation is that ketamine interacts with receptors and chemicals in the brain to cause an often immediate anti-depressant effect. This effect has even been seen in people with severe treatment resistant depression.

However, no one should expect a single treatment to be a cure-all, rather a complete treatment plan should be developed under the supervision of a trained and licensed ketamine infusion clinician. Your ketamine practitioner will most likely schedule up to 6 therapy sessions, with each treatment being spread out over several days or weeks. A follow up, or booster session, may be needed 6 to 12 weeks after the final treatment to ensure continued results.

H2

Fast Acting Treatment = Time Proven Results

One of the major benefits of this type of treatment is time. Ketamine, when administered as an IV infusion shows almost instantaneous results. This is in sharp contrast to traditional anti-depression medications which can take days or weeks to build up in your bloodstream before it starts to show significant results.

This is especially beneficial in people with suicidal thoughts as the ketamine IV can help people get over a major depressive incident often more quickly and more successfully than traditional treatment modalities. In conjunction with the ketamine therapy sessions, some clients may also combine their ketamine treatment with psychotherapy sessions, this is also known as ketamine-assisted psychotherapy.

Another benefit of ketamine infusion therapy is that it’s done in a discrete office setting, there are no prescriptions that need to be filled at the pharmacy and no nosy neighbors or visitors accidentally seeing your pill stash in your medicine cabinet. You can book your infusions at your convenience to work around your busy schedule.

Another concern when given a prescription for 30+ day’s worth of pills is there is always the possible danger of overdose, whether intentional or accidental. When taken in a controlled setting, such as when administered in a medical clinic, a specific dose of ketamine is slowly given out over a specific amount of time.

H2

IV Ketamine Infusion Therapy Clinics

If you're suffering from depression, anxiety or PTSD and haven't had good results with traditional treatment methods, reach out to your healthcare provider to discuss the possibility of ketamine infusion therapy. It just may be the perfect treatment option for you.

If you are looking for a ketamine clinic near you, we have researched the location of IV ketamine infusion locations throughout the U.S. and in the Los Angeles area. Reach out today to get the details and get referred to the latest and most effective treatment for depression, PTSD and other mood disorders.

Social Media Post (195 characters)

Learn the ins and outs of the effectiveness of ketamine infusion therapy used as an antidepressant treatment. Visit the blog to read more and find an IV ketamine infusion therapy clinic near you.

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ⁱ National Center for Biotechnology Information, US. National Library of Medicine, National Institutes of Health. Serafini, Gianluca et al. The Role of Ketamine in Treatment-Resistant Depression: A Systematic Review. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4243034/>

ⁱⁱ Chen, Jenny. Yale Medicine. Treating Depression: An Expert Discusses Risks, Benefits of Ketamine. Retrieved from: <https://www.yalemedicine.org/stories/ketamine-the-new-miracle-drug/>