

## Why Ketamine Infusion Therapy is Better Than Zoloft for Treating Pain



Severe, unrelenting back, shoulder or neck pain is a terrible thing to deal with. Chronic pain can also result in side effects such as anxiety and depression leading medical doctors to prescribe a variety of medications, such as Cymbalta, Zoloft and even Prozac to treat these underlying conditions. Unfortunately, many of these medications only provide temporary relief and don't offer you a long-term solution for your aches and pains.

There is hope for anyone searching for a way to be pain-free and live a more fulfilling life in the form of ketamine infusion therapy. "Ketamine acts quickly -- often within hours or less -- and health care professionals who give it to patients at therapeutic doses say it has mild and brief side effects in most people," says Matt McMillen a men's health writer for WebMD.<sup>1</sup>

### Ketamine Infusion Therapy vs Sertraline (Zoloft)

Selective serotonin reuptake inhibitors (SSRI's) belong to a class of medications used to treat depression and other mood disorders. Several drugs in this class include Zoloft (Sertraline), Prozac (Fluoxetine), Luvox (Fluvoxamine), Paxil (Paroxetine), Celexa (Citalopram) and Lexapro (Escitalopram) and are some of the most commonly prescribed antidepressant medications currently being used by the medical profession.

One reason why you might want to stay away from SSRIs, and try an alternative therapy like ketamine, is that SSRIs are often associated with a variety of unpleasant side effects including insomnia, dry mouth, dizziness, nausea, weight gain and even sexual dysfunction.

Some of the cons of taking SSRI's include:

- Must take it daily
- Withdrawal symptoms if you suddenly stop taking it
- It can take several days or weeks to build up in the bloodstream and become effective
- It can stop working after several months so SSRIs are not a viable long-term solution

Ketamine doesn't have any of these unpleasant side effects, however an overdose is possible when taking it recreationally. Ingesting too much of the drug can result in mental confusion, elevated blood pressure and dizziness among other things. These potential side effects are why ketamine IV therapy is always administered by a healthcare professional in a monitored medical setting such as a pain management center.

McMillen goes on to mention that, "Experts don't know exactly how ketamine works, but they do know it works differently than commonly used antidepressants such as Prozac, Zoloft and Effexor. That may explain why people who aren't helped by standard treatments respond to ketamine when other medications don't help."<sup>ii</sup>



## IV Therapy Infusions Treat Chronic Pain

Off-label prescribing is very common in the medical profession and this is often the case with ketamine. Just because a medication is not approved by the FDA for a specific use or to treat a given condition, does not mean that it's not safe to use. Since the 1960s and 1970s, ketamine has been approved by the FDA for use as an anesthetic but it's now being prescribed off label to treat chronic pain and treatment-resistant depression and conditions that are unresponsive to other methods.

Ketamine has a bit of a bad boy reputation for its past abuse as a recreational drug. It's been used as a street drug, commonly called Special K or Vitamin K, due to its hallucinogenic properties. However, when taken in controlled doses under medical supervision, it is a safe and effective therapy for treatment-resistant depression and chronic pain issues.

In fact, pain management centers are starting to offer intravenous ketamine infusions to their clients to help them deal with back, neck, shoulder, hand, foot and other forms debilitating pain conditions. Ketamine infusion therapy is a minimally invasive, yet highly effective pain management procedure.

The effects of ketamine infusion therapy can last days, weeks, even months. That's why it's so important to sit down with your healthcare provider to come up with a complete plan and to determine how many ketamine sessions may be needed to see maximum results. The treatments may be administered on a tapered schedule – 3 infusions the first week, 2 the next week, once a week for 2 to 3 weeks before final switching to a maintenance schedule of one ketamine infusion therapy session per month.

## Finding Pain Management Centers

Ketamine is often recommended for patients when other forms of treatment, such as Effexor, don't work. Treatment-resistant depression is of growing concern as mild to moderate depression often accompanies people with uncontrolled/chronic pain conditions. Chronic pain is different for each person, that's why you need to find a center that takes an individualized approach to creating a pain treatment plan based on your unique and specific needs.

Pain management clinics, such as MidSouth Pain Treatment Center, offer IV ketamine infusions on an outpatient basis as an alternative therapy method to their patients dealing with chronic pain and depression. People using this new treatment method often see results very quickly, with depression symptoms improving within a day of their first therapy session.

Ketamine infusion therapy clinics administer a low dose of the medication over an extended period of time, lasting approximately 40 minutes, while carefully monitoring the person being treated. Reach out to your healthcare professional if you are interested in finding a pain management center near you that offers ketamine therapy. Get relief at last for your pain, you

shouldn't have to accept a life of chronic pain, there is hope for you in the form of ketamine infusion therapy.

200 Character Social Media Post (205 characters, 32 words)

Ketamine infusion therapy is a possible option for help with chronic pain management that is resistant to other forms of treatment. Schedule an appointment for ketamine therapy and discover a new treatment option to Zoloft.

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<sup>i</sup> McMillen, Matt. WebMD. Ketamine: The Future of Depression Treatment? Retrieved on 3/17/19 from: <https://www.webmd.com/depression/news/20140923/ketamine-depression#1>

<sup>ii</sup> McMillen, Matt. WebMD. Ketamine: The Future of Depression Treatment? Retrieved on 3/17/19 from: <https://www.webmd.com/depression/news/20140923/ketamine-depression#1>