

Millions are Searching for Ways to Ease Suicidal Thoughts; Enter Ketamine Therapy



<https://pixabay.com/photos/model-woman-portrait-woman-model-1082219/>

Have you heard of ketamine infusion therapy? It's a new use for an old drug that is now being used to help treat depression and other mood disorders including anxiety, PTSD and even suicidal ideation (thoughts of killing oneself).

According to a recent report and infographic released by the Centers for Disease Control and Prevention, nearly 45,000 people age 10 or older died by suicide in 2016 in the United States. The suicide rate across the U.S. saw an overall 25.4 percent increase between 1999 and 2016 with states such as North Dakota (57.6 percent, Vermont (48.6 percent), New Hampshire (48.3 percent), and Utah (46.5 percent) seeing the most dramatic increases.ⁱ

Even a single death attributed to someone ending their own life is one death too many. So, what can be done to help put a stop to this growing epidemic of people taking their own life, suicidal tendencies and major depressive disorder? A variety of medications, such as selective serotonin reuptake inhibitors (SSRIs), atypical antidepressants, tricyclic antidepressants and monoamine oxidase inhibitors, have been used over the years to help treat depression with varying results.

The problem with SSRIs like Prozac, Zoloft and Paxil, that are used to treat major depressive and anxiety disorders, is they often result in many unpleasant side effects. Many of these medications also can take weeks or months to build up in the bloodstream before they become effective and, in some cases, they stop working after a few years leaving the mental health patient scrambling to find a new drug to help ease their symptoms.

Antidepressant medications are most commonly used to balance chemicals in the brain (neurotransmitters) that affect emotions and mood. Unfortunately, not everyone becomes symptom free after taking antidepressants, and as mentioned earlier, they may stop working after a while. There have even been reports that some patients may experience worsening of their symptoms or an onset of suicidal thoughts and behaviors.



<https://pixabay.com/photos/baby-child-daughter-family-girl-17369/>

New Hope for a New Beginning

This is where alternative treatments, such as ketamine infusion therapy, are offering new hope for treatment-resistant depression, anxiety disorder, obsessive-compulsive disorder, panic disorder and even chronic pain.

Ketamine has been approved by the Food and Drug Administration (FDA) for use as an anesthesia agent during surgical in the United States since the 1970s. It wasn't too long before people began experimenting with the new drug and started using it recreationally to exploit its hallucinogenic properties. The problem with using it in this manner, in an unsupervised setting, is that you don't know how large a dose you are taking and you have no way of knowing if it has been adulterated with other substances making for a very dangerous situation. Also, in higher doses (much higher than what is used during infusion treatments) ketamine exhibits a variety of potential side effects including nausea, insomnia, confusion, hallucinations, extreme fear, loss of appetite, dizziness and more.

When used in a clinical setting, during ketamine therapy, the dosage is very low and it's administered under a controlled and supervised medical setting. The drug is administered via intravenous infusion and takes approximately 40 minutes to one hour to deliver the drug. Your healthcare provider will conduct a complete medical history with you to discover if you have any underlying health conditions to make sure you are a good candidate for this type of treatment.

Your doctor will also create a unique, personalized therapy plan based on your specific health needs, to determine the number of sessions to achieve optimal results. Up to 6 sessions are typically scheduled, 2 to 3 weeks apart and an occasional booster session may be needed once a month.



<https://pixabay.com/photos/women-yoga-classes-asana-fitness-1178187/>

Effective Treatment Option for Suicidal Thoughts

Ketamine used as a treatment for depression is considered an off label use. When a drug is prescribed for a purpose other than its originally FDA approved indication, it is said to be an off-label use. Both prescription drugs and over-the-counter drugs are used off-label but most often off-label use refers to prescription drugs. Using a prescription drug for other than its original purpose isn't illegal, in fact doctors can legally prescribe a drug for another purpose. This is the case for using ketamine infusion therapy to help treat depression. People often see immediate results after their IV infusion treatment – usually within a few hours or days after their first or second treatment – and the effects can last for many weeks or months.

According to a recent research study, “A growing number of small clinical trials have demonstrated that subanesthetic doses of ketamine can produce antidepressant effects in patients with mood disorders who have demonstrated refractoriness to standard therapies. Patients in these trials have been diagnosed with major depressive disorder and bipolar disorder”ⁱⁱ

Only a qualified medical professional can determine if ketamine infusion therapy is an option for you. Ketamine is offering new hope for many patients when nothing else seems to work. It is

worth researching as a possible alternative treatment method when other medications stop working or aren't working as effectively as they once did.

Finding Alternative Treatment Clinics

Ketamine infusion therapy is offering new hope for people, offering rapid results when other prescription medications haven't provided relief for all their symptoms. Ketamine can be used to treat many mood disorders including depression, bipolar disorder, anxiety and to possibly stop suicidal thoughts and impulses.

Many pain management centers and clinics offer ketamine therapy as one of their treatment modalities. The Pacific Ketamine Institute is one such option if you live in the Los Angeles area, or are traveling to the area and are looking for new options to help you take back control of your life.

Social media post (32 words, 193 characters)

Ketamine infusion therapy offers new hope with a new treatment option. If you or a loved one is dealing with depression or suicidal thoughts, reach out to the Pacific Ketamine Institute today.

ⁱ Center for Disease Control and Prevention. Suicide Rates Rising Across the U.S. Retrieved from: <https://www.cdc.gov/media/releases/2018/p0607-suicide-prevention.html>

ⁱⁱ Wilkinson, Samuel and Sanacora, Gerard. US National Library of Medicine, National Institutes of Health. Considerations on the Off-label Use of Ketamine as a Treatment for Mood Disorders. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6248331/>