

DEPRESSION

What To Do After SSRI's Fail?

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Disclosures

Boehringer-Ingelheim-National Schizophrenia Medical Advisory Board
member

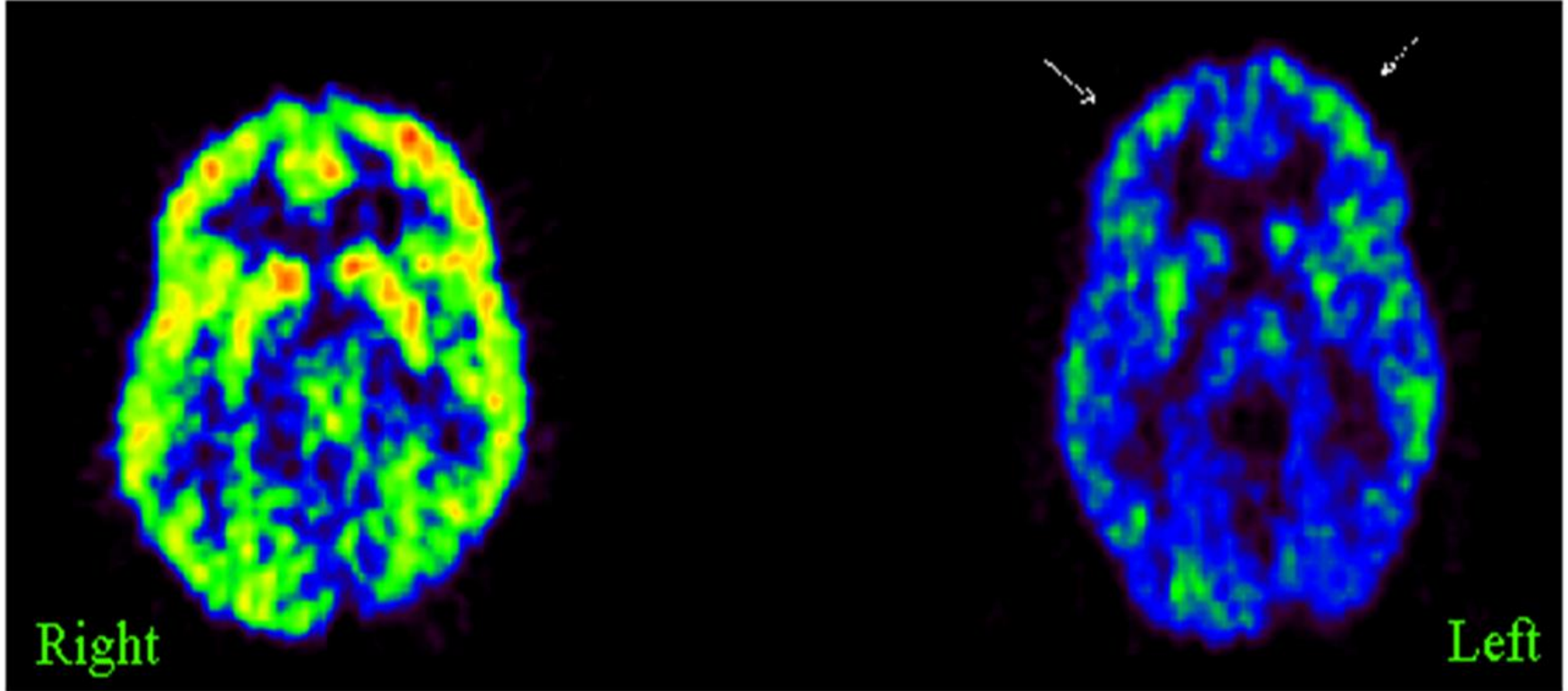
LongTermGevity Inc.-Scientific advisor- start-up company developing
medicinal psychedelics

Telus Fund- independent board director-a charitable foundation providing
grant funding to health and wellness media and film productions

Managing the risk of implicit bias for improved safety and quality of care



Ungar T, Knaak S, Mantler E.
Healthcare Management Forum, Vol 34,
Issue 2,
Sept 10, 2021

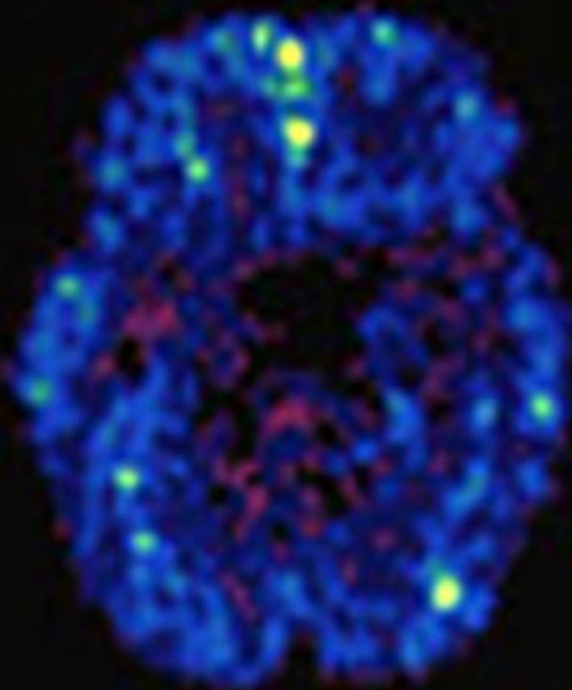


PET scan of a normal brain

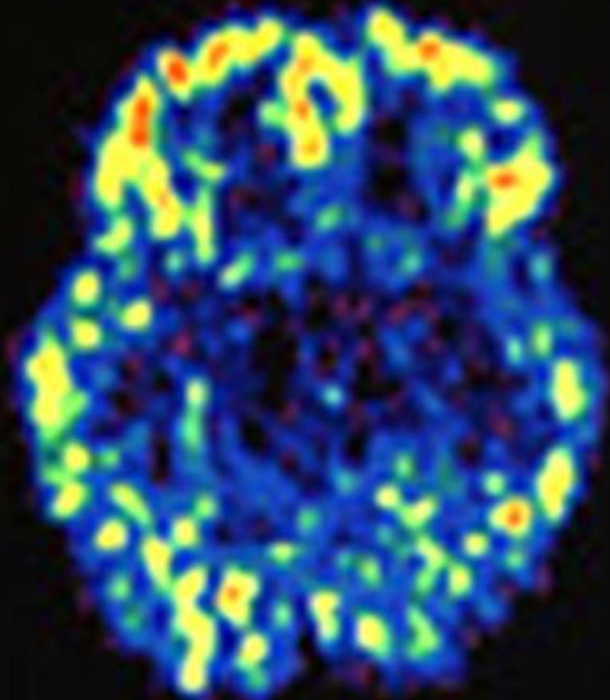
PET scan of a depressed patient

Depression

Depressed

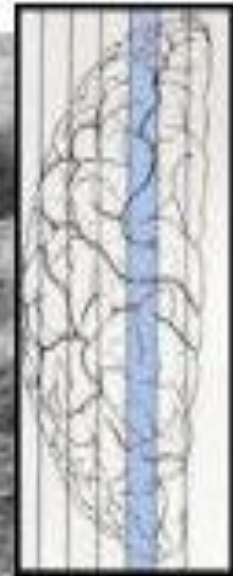
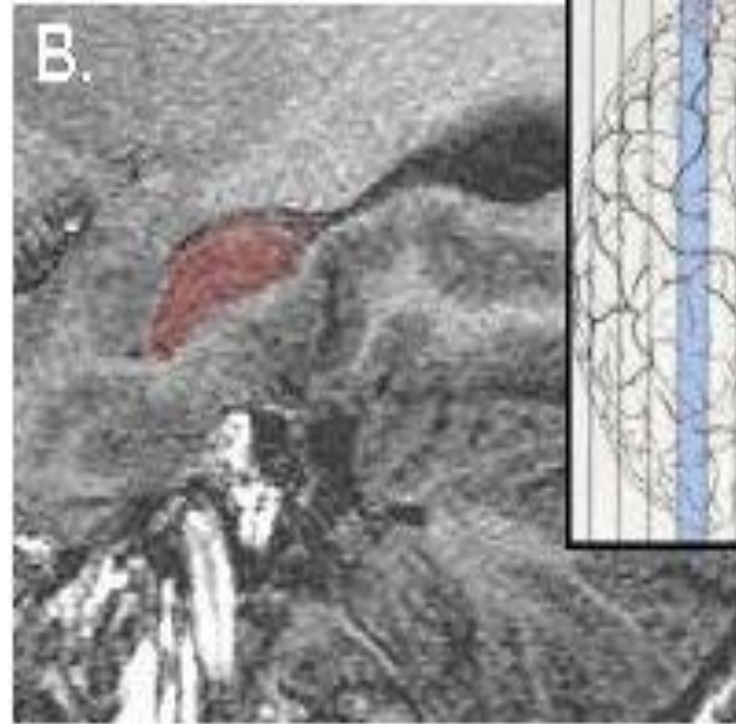
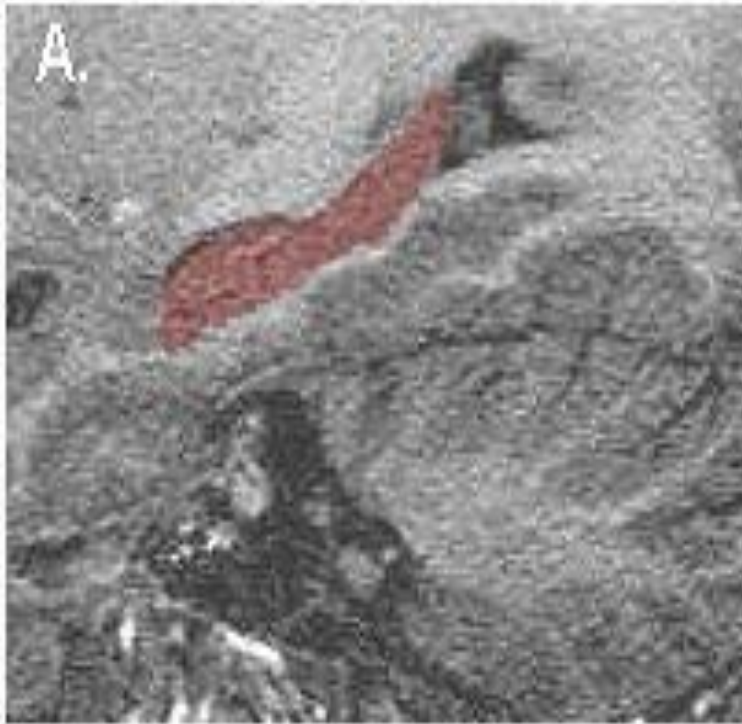


Recovered



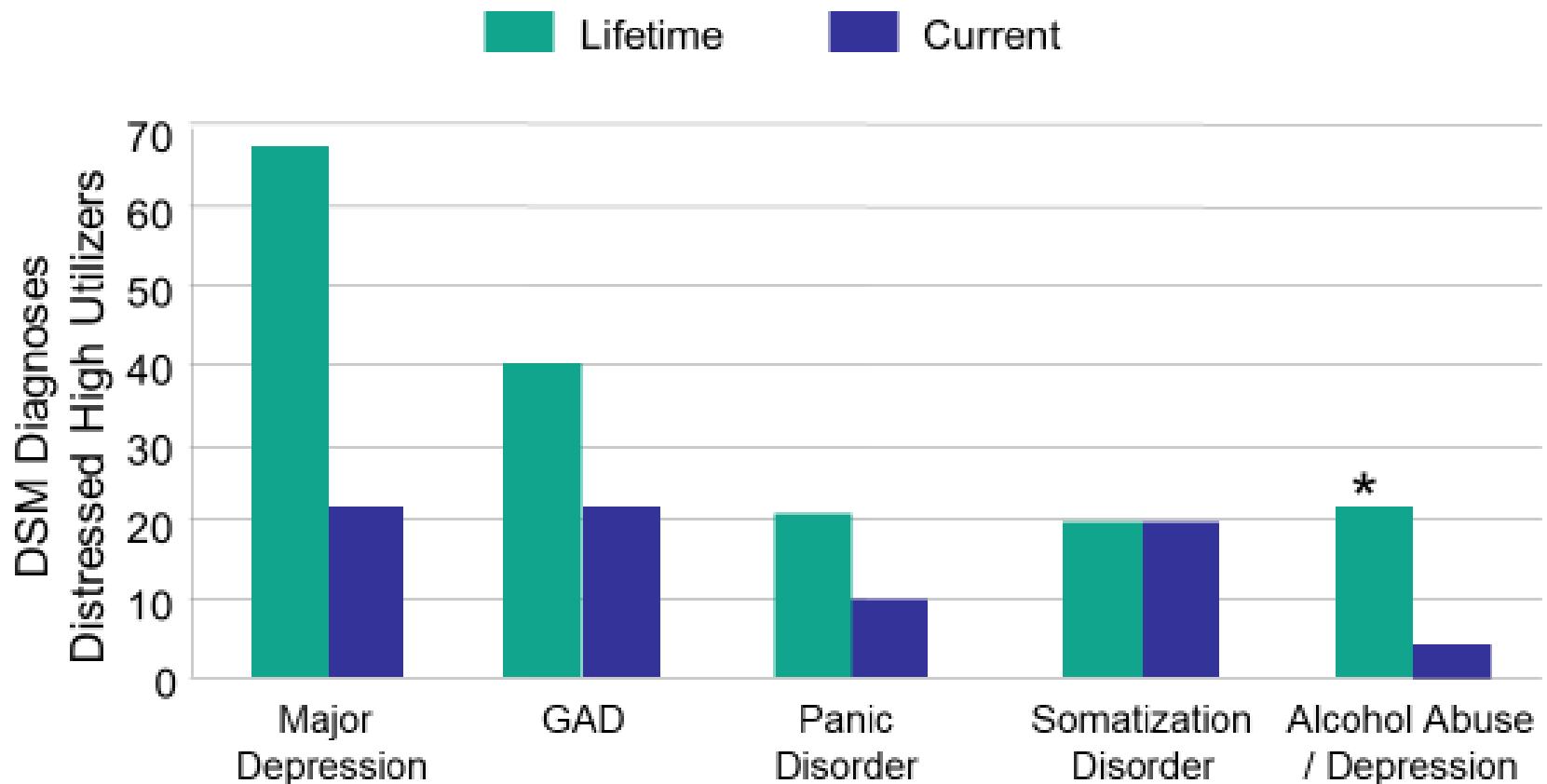
Normal Hippocampus

Hippocampus after several depressions

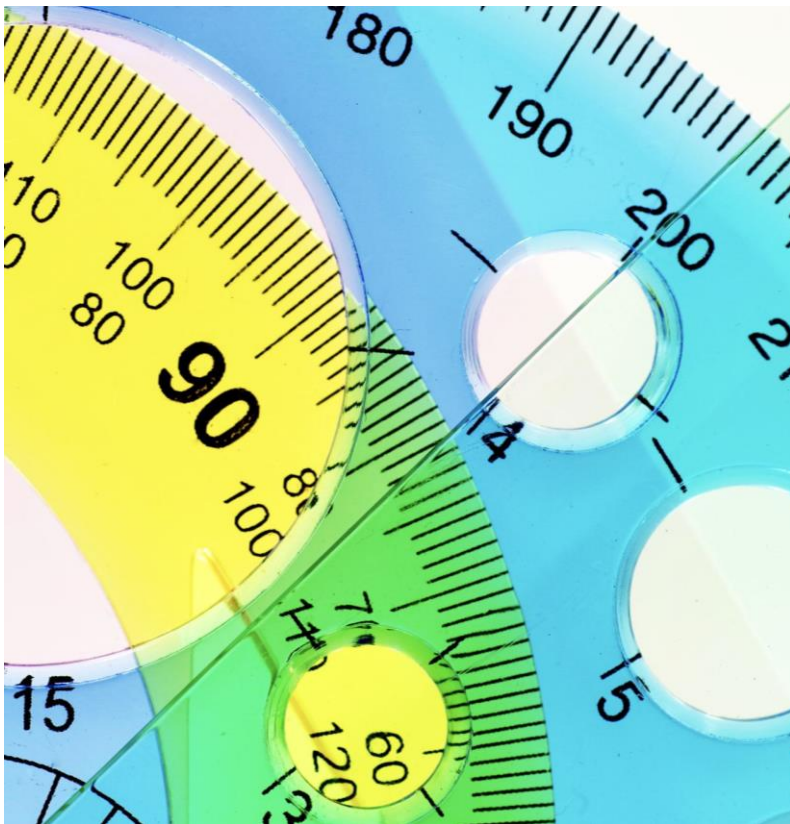


Campbell and MacQueen, J. Psych and Neuroscience: 29(6):417-426. Nov. 2004.

Current and Lifetime Mental Disorders of Distressed High Utilizers of General Medical Care



Major Depressive Disorder

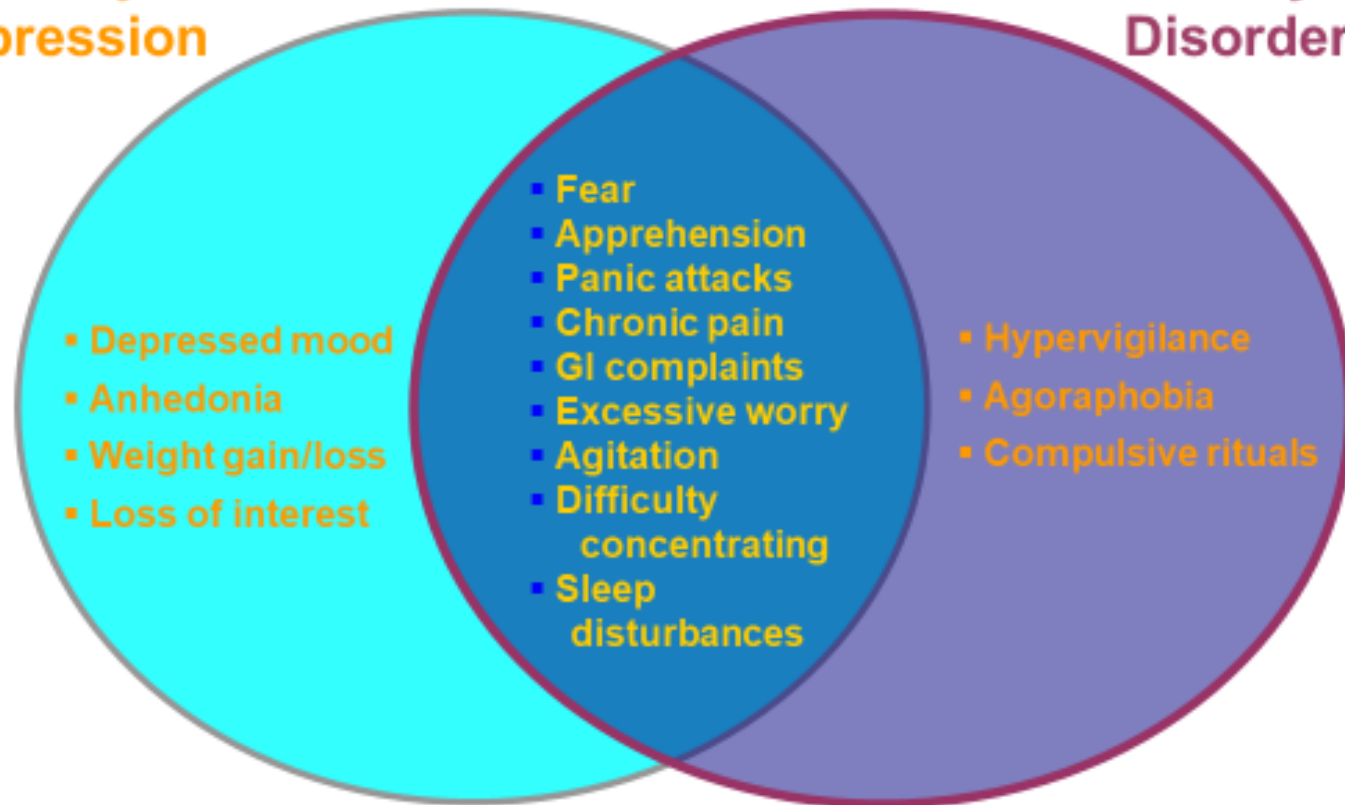


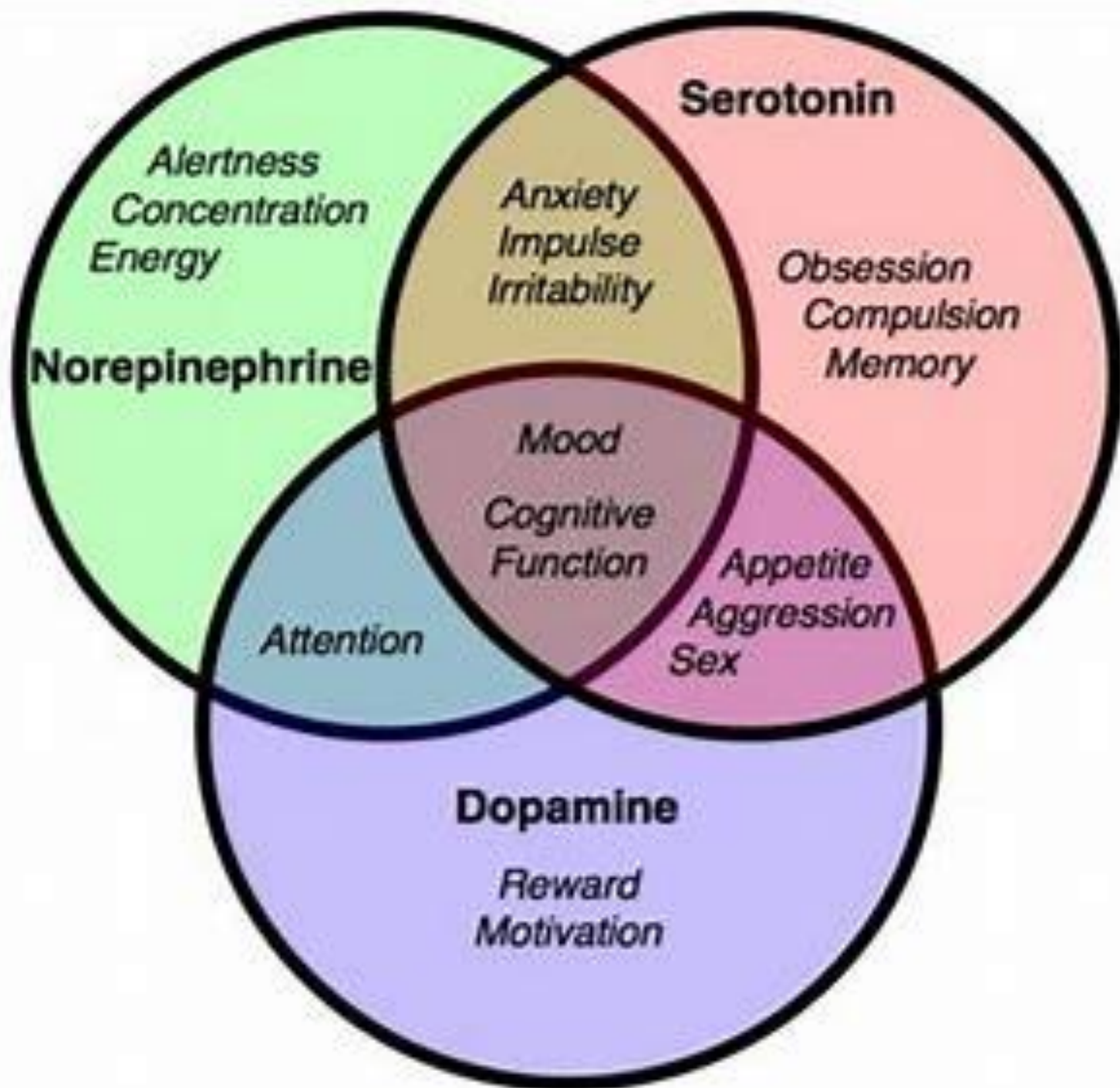
- Syndrome-5 of 9 symptom-2 weeks
- Scales might help but limitations
- Phenomenologic diagnosis/construct

Symptoms Common to Major Depression and Anxiety Disorders

**Major
Depression**

**Anxiety
Disorder**





Psychosocial Treatments

CBT-Cognitive behaviour
Therapy

IPT-interpersonal therapy

Exercise

Housing, Poverty, Safety

Biologic
Treatments

Interventional
Psychiatry

Neurostimulation
Therapies

ECT-electroconvulsive therapy

rTMS-transmagnetic stimulation

Light Therapy-for seasonal

IV and oral ketamine

Gut Microbiome/inflammation

Biologic
Treatments

Pharmacotherapy

Pharmacotherapy Approach

Tom's exciting new
acronym

ROSA treats
depression

R-refer

O-optimize

S-switch

A-add on

Quick Cases

40 yo M, MDE/anxiety

On escitalopram up to 20 mg od now 4 weeks

Suicidal ideation, intent and plan

What do you do?

Quick Cases

Quick Cases

40 y.o. F with
MDE/Anxiety

On sertraline 50 mg od

50% better at 3 weeks

Quick Cases

Quick Cases

Sertaline up to 100 mg

At 6 weeks 65% better

What do you do?

Quick Cases

40 yo M, MDE/anxiety

On escitalopram up to 20 mg od now 4 weeks

Is 40% better

What do you do?

Quick Cases

40 yo M, MDE/anxiety

On escitalopram up to 20 mg od now 4 weeks

Is 60% better

What do you do?

Quick Cases

Combine two Ad's of different class

Lo dose Atypical antipsychotic

Lithium Carbonate (0.6 mmol) target

Psychostimulant

Add on T3, (25-50 micrograms)



Think You Can SHRINK?

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Episodes

Resources for Men's Health

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Contestants

Contact

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Thank You