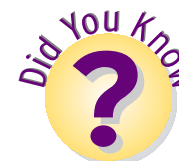


# minding your medication



The following chart lists medications that are commonly prescribed for various mood disorders. Some basic information has been listed, however you should speak to your doctor should you have any questions or concerns about medication you are taking. The side effects listed below may or may not be experienced. Side effects usually disappear once your body has adjusted to the new medication or increased dosage. If, at any time, you are concerned about your medication or any side effects you may be experiencing contact your doctor immediately.



The Ministry of Health and Long-Term Care offers a program called the "Trillium Drug Program".

This program provides benefits for prescription drugs when drug costs exceed a certain amount of a household's income. The benefits include drug products, nutrition products, diabetic test strips and more. Ask your doctor or pharmacist for an application form.

DRUG CLASS	TRADE NAME (Approx. Date Introduced)	GENERIC NAME	MANUFACTURER	PRIMARY USE	SECONDARY USE	MAJOR SIDE EFFECTS
<b>SSRIs</b>						
	Celexa (1998)	citalopram	Lundbeck Canada	major depressive disorder		drowsiness, sexual dysfunction, nausea, diarrhea, insomnia, discontinuation side effects
	Lexa-Pro (2002)	escitalopram	Lundbeck Canada	major depressive disorder		new in 2002 – this therapeutically refined form of citalopram molecule promises "cleaner" side effect profile, possibly fewer drug interactions; effective at lower dosage than other SSRIs
	Prozac (1987)	fluoxetine	Eli Lilly	major depressive disorder	1, 2, 5	drowsiness, sexual dysfunction, nausea, diarrhea, insomnia
	Luvox (1994)	fluvoxamine	Solvay Pharmaceuticals	obsessive-compulsive disorder	major depressive disorder	drowsiness, sexual dysfunction, nausea, diarrhea, insomnia, discontinuation side effects
	Paxil (1993)	paroxetine	GlaxoSmithKline	major depressive disorder	5, 6, 7, 8, 9	drowsiness, weight gain, sexual dysfunction, nausea, diarrhea, insomnia, discontinuation side effects
	Zoloft (1992)	sertraline	Pfizer Canada	major depressive disorder	5, 6, 7	drowsiness, sexual dysfunction, nausea, diarrhea, insomnia, discontinuation side effects
<b>SARIs</b>						
	Serzone (1994)	nefazodone	Bristol-Meyers Squibb	major depressive disorder		drowsiness
	Desyrel (1982)	trazodone	Bristol-Meyers Squibb	major depressive disorder		drowsiness
<b>SNRIs</b>						
	Effexor (1997)	venlafaxine	Wyeth Canada	major depressive disorder	9	drowsiness, sexual dysfunction, nausea, diarrhea, insomnia, discontinuation side effects
<b>Atypicals</b>						
	Wellbutrin (1998)	bupropion	GlaxoSmithKline	major depressive disorder		insomnia, seizures
	Remeron (1996)	mirtazapine	Organon	major depressive disorder		drowsiness, weight gain
	Zyprexa (2003)	olanzapine	Eli Lilly	acute bipolar		drowsiness, dry mouth, feelings of weakness, constipation, increased appetite, upset stomach, mild trembling
<b>MAOIs</b>						
	Nardil (1960s)	phenelzine	Parke-Davis	major depressive disorder		orthostatic hypotension, drowsiness, weight gain, sexual dysfunction, severe hypertension (especially after consuming certain foods)
	Manerix	moclobemide	Roche Canada	major depressive disorder		insomnia, dizziness, nausea, headaches
	Parnate (1996)	tranylcypromine	GlaxoSmithKline	major depressive disorder		orthostatic hypotension, drowsiness, sexual dysfunction, severe hypertension
<b>Tricyclics</b>						
	Anafranil (1990)	clomipramine	Orxy Pharmaceuticals	obsessive-compulsive disorder	major depressive disorder	cardiac conduction delays, orthostatic hypotension, drowsiness, weight gain, sexual dysfunction, discontinuation side effects, possibility of seizures
	Norpramin (<1982)	desipramine	Aventis-Pharma	major depressive disorder		cardiac conduction delays, orthostatic hypotension, drowsiness, weight gain, sexual dysfunction, severe hypotension (especially after consuming certain foods),
	Tofranil (1960)	imipramine	Novartis Pharmaceuticals	major depressive disorder		same as above
	Aventyl (1977)	nortriptyline	Pharmascience	major depressive disorder		same as above
<b>Mood Stabilizers</b>						
	Tegretol (1987)	carbamazepine	Novartis Pharmaceuticals	anti-convulsant	bipolar disorder	drowsiness
	Lamictal (1994)	lamotrigine	GlaxoSmithKline	anti-convulsant	bipolar disorder	
	Eskalith, Lithobid (1982)	lithium	Solvay	manic episodes of bipolar disorder		weight gain, nausea/diarrhea
	Depakote (1982)	valproic acid, divalproex sodium	Abbott Laboratories	manic episodes of bipolar disorder, anti-convulsant		drowsiness, weight gain

- |  |                                       |   |
|--|---------------------------------------|---|
| 1 bulimia                                | 4 dysthymia                           | 7 post-traumatic stress disorder (PTSD) |
| 2 premenstrual dysphoric disorder (PMDD) | 5 obsessive-compulsive disorder (OCD) | 8 social phobia                         |
| 3 seasonal affective disorder (SAD)      | 6 panic disorder                      | 9 generalized anxiety disorder (GAD)    |