QUANTUM PHYSICS and BIOCHEMISTRY OF DEPRESSION

PRESENTED BY DONNA L. EHLERS, M.D.
BOARD CERTIFIED PSYCHIATRIST

OVERVIEW OF PRESENTATION

• DYNAMICS OF THOUGHT AND QUANTUM PHYSICS
• DEPRESSION=RESISTANCE
• SYMPTOMS OF DEPRESSION
• ETIOLOGY OF DEPRESSION
• BIOCHEMISTRY
• BENEFITS OF TREATMENT

OVERVIEW

• EDUCATING OUR PATIENTS
• PRESENTING TREATMENT STRATEGIES
• PSYCHOPHARMACOLOGY
• ADJUVANT TREATMENT
• PSYCHOTHERAPY/CBT
• CARE FOR THE CAREGIVER
EXCITING QUANTUM LEAP

- POWER OF THOUGHT/AFFIRMATIONS
- THE SECRET OR LAW OF ATTRACTION
- MINDFULNESS/POWER OF NOW
- INTERPLAY OF THOUGHT, FEELING VIBRATION, QUANTUM PHYSICS AND BIOCHEMISTRY

ASK AND IT IS GIVEN

- EMOTIONAL GUIDANCE SYSTEM

TOOLS TO UPLIFT CONSCIOUSNESS

- CBT/CHOOSING JOY IN EACH MOMENT
- THOUGHTS CREATE FEELINGS
- FEELINGS CREATE VIBRATIONS
- LIKE ATTRACTS LIKE
CREATING JOY

- Understanding Resistance
- Transcending Belief Systems
- Power of Now
- Mindfulness/Breath
- Gratefulness

DEPRESSION/LOW ENERGY SYMPTOMS

- Loss of Energy and Interest
- Depressed Mood
- Feelings of Guilt
- Change of Appetite
- Thoughts of Death or Suicide

DEPRESSION/LOW ENERGY SYMPTOMS

- Change in Activity Level
- Change in Cognitive Abilities
- Change in Sleep Pattern
- Impaired Functioning
- Withdrawal/Isolation
- Irritability/Anger
PREDISPOSING FACTORS
- CHILDHOOD TRAUMA
  - Powerlessness/Victimization
- GENETIC CONTRIBUTION
  - Brain Biochemistry
  - Neural Circuitry
- ENVIRONMENTAL STRESSORS

PREcipitating FACTORS
- Substance Use
- Chronic Health Problems
- Chronic Pain
- Domestic Violence
- Work Health Issues
- Financial Stressors
- Caregivers/Loss

WHY DIAGNOSE AND TREAT DEPRESSION?
- HIGH COST/UTILIZATION
- HIGH RATE OF SUICIDE
- LONGTERM SEQUELAE
- JOY OF IMPROVEMENT
- PATIENT POPULATION
BIOCHEMISTRY

- TRIMONOAMINERGIC NEUROTRANSMITTER SYSTEM
  - 1) Norepinephrine
  - 2) Serotonin
  - 3) Dopamine
- MONOAMINE HYPOTHYSIS OF DEPRESSION
- BRAIN- DERIVED NEUROTROPHIC FACTOR

EDUCATING PATIENTS

- ANALOGY OF ENERGY MODEL
- PROS AND CONS OF ILLNESS
- WORST/ BEST CASE SCENARIO
- IMPACT ON LIFE
  - Health, relationships, productivity

EXPLANATION OF MEDICATION

- SSRI’s
  - Prozac (Fluoxetine) 20-40mg
  - Celexa (Citalopram) 40mg
  - Zoloft (Sertraline) 50-200mg
- SNRI’S
  - Effexor (Venlafaxine) 75-225mg
  - Cymbalta (Duloxetine) 60mg
- NDRI
  - Wellbutrin (Bupropion) 150-300mg
SIDE EFFECT PROFILES

- SAFE IN OVERDOSE
- NOT HABIT FORMING
- SAFE IN LONGTERM USE
- ASSOCIATED WITH IMPROVED OUTCOMES

SSRI’S SIDE EFFECTS

- PROZAC (FLUOXETINE)
  - AGITATION
  - INSOMNIA
  - SEXUAL SIDE EFFECTS
  - APATHY
- CELEXA (CITALOPRAM)
  - SEDATION
- ZOLOFT (SERTRALINE)
  - GI SIDE EFFECTS

SNRI’S SIDE EFFECTS

- EFFEXOR (VENLAFAXINE)
  - AGITATION/ SWEATING
  - INSOMNIA
  - GI SIDE EFFECTS
  - TAPER SLOWLY
  - SEXUAL SIDE EFFECTS
  - INCREASED BP
SNRI’S SIDE EFFECTS

- CYMBALTA(DULOXETINE)
  - INDICATED FOR CHRONIC PAIN AND
    FIBROMYALGIA
  - INSOMNIA, SEDATION
  - NAUSEA, DIARRHEA
  - SEXUAL DYSFUNCTION
  - SWEATING
  - INCREASED BP

NDRI SIDE EFFECTS

- WELLBUTRIN(BUPROPION)
  - INSOMNIA, AGITATION
  - TREMOR, HEADACHE
  - DRY MOUTH, CONSTIPATION
  - SWEATING
  - SEIZURE RISK(BULEMIA)

ADJUVANT MEDICATION

- SLEEP DISTURBANCE
  - DESYREL(TRAZODONE) 50-300MG
  - AMBIEN(ZOLPIDEM) 5-10MG
- ASSOCIATED ANXIETY
  - BENZODIAZEPINES
  - REMERON(MIRTRAZEPINE) 15-45MG
- SEVERE AGITATION
  - ZYPREXA(OLANZEPINE) 5-15MG
  - ABILIFY(ARIPIPRAZOLE) 5-15MG DAILY
HOLISTIC TREATMENT

- PSYCHOTHERAPY
- DAILY EXERCISE
- MEDITERRANEAN DIET
- CONNECTION AND PURPOSE
- YOGA/MINDFULNESS
- SUPPORT SYSTEM
- JOURNALING/INTROSPECTION

PASSION TEST

- CHOOSE 15 THINGS YOU WOULD LIKE TO BE, DO OR HAVE
- GRADUALLY TAPER THE LIST TO YOUR TOP FIVE
- DATE, WHEN MY LIFE IS IDEAL I AM...
- THIS OR SOMETHING BETTER
- REVIEW LIST FREQUENTLY

CARE FOR THE CAREGIVER

- STOP, SIT, BREATHE X 3 BETWEEN PTS
- DIAGNOSE AND EXPLAIN IN TERMS OF E
- OUTLINE SIMPLE RX PLAN
- REVIEW SUBSTANCE USE
- REFER TO PSYCH AS NEEDED
- BE AWARE OF BIPOLAR SPECTRUM
SUMMARY

• 30% OF PATIENTS HAVE A COMORBID OR PRIMARY MENTAL ILLNESS
• BE AWARE OF YOUR FEELING
• FOCUS ON ENERGY MODEL
• BE COMFORTABLE WITH MEDS
• ADVISE CBT AND USE TECHNIQUES
• BREATHE AND STAY PRESENT