Overcoming Depression Disorders Naturally

Dr. Bryan Ardis D.C.

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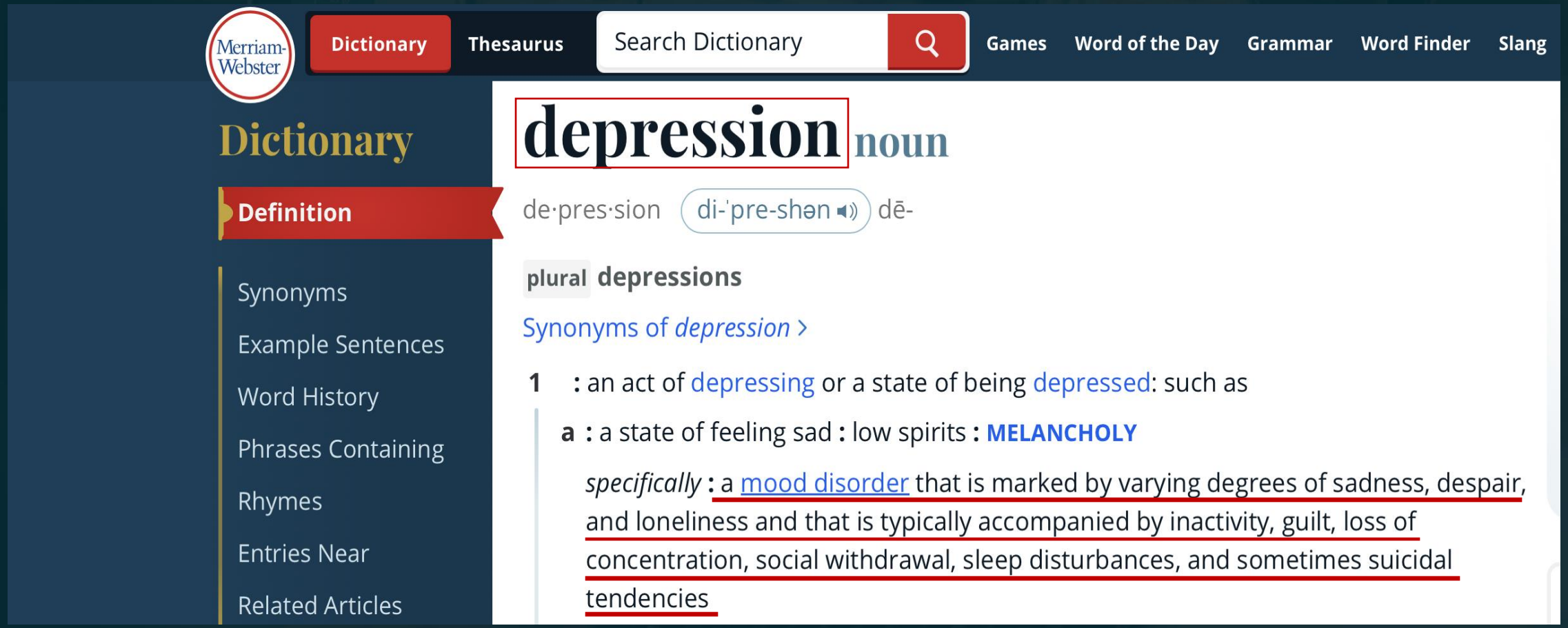

https://www.merriam-webster.com/dictionary/depression

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Depression

Depression is a common mental health condition that causes a persistent feeling of sadness and changes in how you think, sleep, eat and act. There are several different types. Depression is treatable — usually with talk therapy, medication or both. Seeking medical help as soon as you have symptoms is essential.

https://my.clevelandclinic.org/health/diseases/9290-depression

What are the types of depression?

The American Psychiatric Association's *Diagnostic Statistical Manual of Mental Disorders, Fifth Edition* (DSM-5) classifies depressive disorders as the following:

- **Clinical depression (major depressive disorder)**: A diagnosis of major depressive disorder means you've felt sad, low or worthless most days for at least two weeks while also having other symptoms such as sleep problems, loss of interest in activities or change in appetite. This is the most severe form of depression and one of the most common forms.
- **Persistent depressive disorder (PDD)**: Persistent depressive disorder is mild or moderate depression that lasts for at least two years. The symptoms are less severe than major depressive disorder. Healthcare providers used to call PDD dysthymia.
- **Disruptive mood dysregulation disorder (DMDD)**: DMDD causes chronic, intense irritability and frequent anger outbursts in children. Symptoms usually begin by the age of 10.

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- **Premenstrual dysphoric disorder (PMDD)**: With PMDD, you have premenstrual syndrome (PMS) symptoms along with mood symptoms, such as extreme irritability, anxiety or depression. These symptoms improve within a few days after your period starts, but they can be severe enough to interfere with your life.
- **Depressive disorder due to another medical condition**: Many medical conditions can create changes in your body that cause depression. Examples include hypothyroidism, heart disease, Parkinson's disease and cancer. If you're able to treat the underlying condition, the depression usually improves as well.

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There are also specific forms of major depressive disorder, including:

- **Seasonal affective disorder (seasonal depression)**: This is a form of major depressive disorder that typically arises during the fall and winter and goes away during the spring and summer.
- **Prenatal depression and postpartum depression**: Prenatal depression is depression that happens during pregnancy. Postpartum depression is depression that develops within four weeks of delivering a baby. The DSM refers to these as "major depressive disorder (MDD) with peripartum onset."

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Depression

The symptoms of depression can vary slightly depending on the type and can range from mild to severe. In general, symptoms include:

Low energy.

Feeling very sad or hopeless.

Thoughts of self-harm or suicide.

Irritability.

Changes in eating behavior.

Sleep changes.

Loss of interest in hobbies and activities.

Difficulty concentrating or making decisions.

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WELLBEING MAY 17, 2023

U.S. Depression Rates Reach New Highs

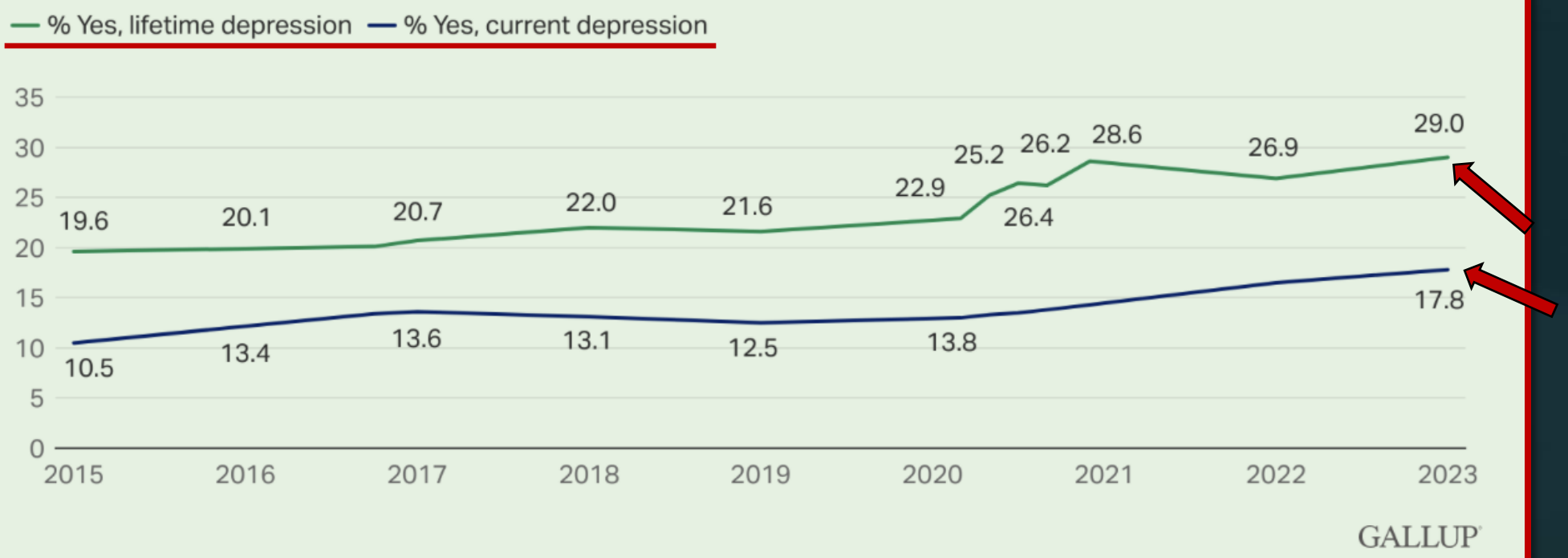
BY DAN WITTERS

https://news.gallup.com/poll/505745/depression-rates-reach-new-highs.aspx

Rising Trends: Lifetime and Current Depression Rates

Has a doctor or nurse ever told you that you have depression?

Do you currently have or are you currently being treated for depression?



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Depression Statistics

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- Who Is Affected by Depression?
- Depression often co-occurs with other illnesses and medical conditions.
- Depression and the Elderly
- Women and Depression
- Economic Impact of Depression

Who Is Affected by Depression?

From the Centers for Disease Control and Prevention: In 2021

- An estimated 21.0 million adults in the United States had at least one major depressive episode. This number represented 8.3% of all U.S. adults.
- The prevalence of major depressive episode was higher among adult females (10.3%) compared to males (6.2%).
- The prevalence of adults with a major depressive episode was highest among individuals aged 18-25 (18.6%).
- The prevalence of major depressive episode was highest among those who report having multiple (two or more) races (13.9%).

https://www.dbsalliance.org/education/depression/statistics/

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What is Commonly Done for Those With Depression??

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Antidepressants

Antidepressants are a commonly prescribed medication to treat depression and other mental health conditions. They ease symptoms like low mood and fatigue, but they don't treat the direct cause. That's why providers recommend therapy with them. There are several types. You may notice improvements in four to eight weeks.

https://my.clevelandclinic.org/health/treatments/9301-antidepressants-depression-medication

Depression is the main reason people take antidepressants. This is a mental health condition that goes beyond feeling sad. It's lasting and can affect your mood, thoughts, energy and motivation. It can cause you to lose interest in things you used to enjoy. It can also make it hard to remember things, eat well and sleep.

These medications may reduce symptoms, like emotional changes or fatigue. But they don't fix the root cause. That's why providers often suggest talking with a therapist (called talk therapy), too.

https://my.clevelandclinic.org/health/treatments/9301-antidepressants-depression-medication

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Common Antidepressant Medications

What You Should Know About SSRIs and Other Common Antidepressants

By Nancy Schimelpfening | Updated on May 28, 2024

Medically reviewed by Carly Snyder, MD

Credit: Towfiqu Photography / Getty Images

https://www.verywellmind.com/most-common-antidepressants-1066939

Common Antidepressant Medications

Taking a more in-depth look at the common antidepressant medications can increase your understanding of how this mental health condition is treated with the use of prescription drugs. SSRIs, SNRIs, TCAs, MAOIs, and atypical antidepressants are part of this list of common depression medications.

SSRIs

Prozac belongs to a class of antidepressants called selective serotonin reuptake inhibitors (SSRIs). SSRIs do exactly what the name describes: They prevent the reuptake of serotonin, making more of the chemical available. In other words, SSRIs relieve depression by boosting low levels of serotonin in the brain.

> One study looking at people treated with antidepressants in the United States between 1996 and 2015 found that nearly 70% of respondents were treated with SSRIs.[4] That makes SSRIs the most popular drugs for depression.

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Some of the most commonly prescribed SSRIs include:

- **Prozac (fluoxetine)**: Prozac is still one of the most popular SSRIs in the United States. It's one of the only that the FDA has approved for children and teenagers and is approved to treat major depressive disorder, obsessive-compulsive disorder, and sometimes bipolar disorder in children eight and older.[5] The 2017 antidepressant use study found that a little over 11% of respondents reported taking Prozac for depression.[6]
- **Celexa (citalopram)**: Celexa works as well as other SSRIs and has similar side effects. One important thing to know about this antidepressant is that taking high doses has been associated with a rare heart rhythm problem.[7] An estimated 14% of antidepressant use study respondents reported that they were taking this medication.

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- **Zoloft (sertraline)**: Zoloft is highly effective, although some people find that it is more likely than other SSRIs to cause diarrhea. Zoloft is the most common depression medication; nearly 17% of those surveyed in the 2017 antidepressant use study reported that they had taken this medication.[6]

- **Paxil (paroxetine)**: You might be more likely to have sexual side effects if you choose Paxil over other antidepressants. It's also linked to increased sweating. While paroxetine did not make the list of the 10 most commonly prescribed psychiatric drugs, it remains a good choice for some people.

- **Lexapro (escitalopram)**: Lexapro is one of the only SSRIs approved by the FDA for children. It is indicated for use in children and teens between the ages of 12 and 17 for the treatment of major depressive disorder.[8] Around 8% of those surveyed reported that they had taken Lexapro.

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What Are The Side Effects of These Prescribed Antidepressants?

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Prozac

Generic name: fluoxetine [*floo-OX-e-teen*]
Other brand names of fluoxetine include: Prozac, Prozac Weekly
Drug class: Selective serotonin reuptake inhibitors

Medically reviewed by Sophia Entringer, PharmD. Last updated on Nov 21, 2023.

Uses | Warnings | Before taking | Dosage | Side effects | Interactions | FAQ

What is Prozac?

Prozac is a selective serotonin reuptake inhibitor (SSRI) antidepressant. Fluoxetine affects certain chemical messengers (neurotransmitters) that communicate between brain cells and helps people with depression, panic, anxiety, or obsessive-compulsive symptoms.

https://www.drugs.com/prozac.html

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https://www.drugs.com/prozac.html

Prozac Side Effects

Generic name: *fluoxetine*

Medically reviewed by Drugs.com. Last updated on Feb 5, 2025.

Important warnings

This medicine can cause some serious health issues

Oral route (capsule; capsule, delayed release)

Antidepressants can increase the risk of suicidal thinking and behavior in children, adolescents, and young adults with major depressive disorder.

Closely monitor patients of all ages for clinical worsening and emergence of suicidal thoughts and behaviors.

When using fluoxetine hydrochloride and olanzapine in combination, also refer to the Boxed Warning section of the package insert for fluoxetine hydrochloride/olanzapine.

https://www.drugs.com/prozac.html

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Psychiatric

- **Very common** (10% or more): Insomnia (up to 33%), anxiety (up to 15%), nervousness (up to 14%)
- **Common** (1% to 10%): Abnormal dreams, agitation, disturbance in attention, emotional lability, hostility, hypomania, mania, personality disorder, restlessness, sleep disorder, tension, thinking abnormal
- **Uncommon** (0.1% to 1%): Akathisia, apathy, bruxism, depersonalization, elevated mood, euphoria, intentional overdose, manic reaction, neurosis, paranoid reaction, psychomotor hyperactivity, psychosis, suicidal thoughts and behavior, suicide attempt
- **Rare** (less than 0.1%): Aggression, antisocial reaction, delusions, dysphemia, hallucinations, panic attacks
- **Frequency not reported**: Activation syndrome, anger, complete suicide, depression, depression suicidal, early morning awakening, initial insomnia, intense dreams, intentional self-injury, mental status changes, middle insomnia, morbid thoughts, nightmares, self-injurious ideation and behavior, sleep disturbances, suicidal ideation
- **Postmarketing reports**: Confusion, discontinuation/withdrawal symptoms, irritability, violent behaviors[Ref]

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Nervous system

- **Very common** (10% or more): Headache (up to 21%), somnolence (up to 17%), tremor (up to 13%), dizziness (up to 11%)
- **Common** (1% to 10%): Amnesia, hyperkinesia, paresthesia/sensory disturbances, taste perversion/dysgeusia
- **Uncommon** (0.1% to 1%): Abnormal gait, acute brain syndrome, ataxia, balance disorder, central nervous system (CNS) depression, CNS stimulation, dyskinesia, hyperkinesia, hypertonia, hyperesthesia, incoordination, memory impairment, migraine, myoclonus, neuralgia, neuropathy, syncope, vascular headache, vertigo
- **Rare** (0.01% to 0.1%): Abnormal electroencephalogram, cerebral embolism, cerebral ischemia, circumoral paresthesia, convulsion/seizures, delusions, dysarthria, dystonia, extrapyramidal syndrome, foot drop, hyperesthesia, neuritis, paralysis, parosmia, reflexed decreased, serotonin syndrome (neuroleptic malignant syndrome-like effects), stupor, taste loss
- **Very rare** (less than 0.01%): Mild intensity headache
- **Frequency not reported**: Autonomic instability, coma, hyperreflexia, hypersomnia, neuromuscular aberrations, sedation
- **Postmarketing reports**: Cerebrovascular accident, movement disorders, tardive dyskinesia, worsening of preexisting movement disorders[Ref]

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Gastrointestinal

- **Very common** (10% or more): Nausea (up to 29%), diarrhea (up to 18%), dry mouth (up to 12%)
- **Common** (1% to 10%): Abdominal pain, constipation, dyspepsia, flatulence, gastrointestinal disorder, vomiting
- **Uncommon** (0.1% to 1%): Aphthous stomatitis, buccoglossal syndrome, colitis, dysphagia, eructation, esophagitis, gastritis, gastroenteritis, gastrointestinal (GI) hemorrhage, glossitis, gum hemorrhage, hyperchlorhydria, increased salivation, melena, mouth ulceration, stomach ulcer, stomatitis

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Respiratory

- **Very common** (10% or more): Rhinitis (up to 23%), pharyngitis (up to 11%), yawn/yawning (up to 11%)
- **Common** (1% to 10%): Epistaxis, sinusitis
- **Uncommon** (0.1% to 1%): Asthma, dyspnea, hiccup, hyperventilation

https://www.drugs.com/prozac.html

Other

- **Very common** (10% or more): Asthenia/fatigue (up to 21%),
- **Common** (1% to 10%): Accidental injury, chills, ear pain, feeling jittery, fever, lethargy, thirst, tinnitus
- **Uncommon** (0.1% to 1%): Abortion, face edema, feeling abnormal, feeling hot/cold, malaise
- **Frequency not reported**: Growth delay, hyperthermia, pain

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Metabolic

- **Very common** (10% or more): Anorexia (up to 17%)
- **Common** (1% to 10%): Decreased appetite, increased appetite, weight loss
- **Uncommon** (0.1% to 1%): Dehydration, gout, hypercholesterolemia, hyperlipemia, hypokalemia

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Musculoskeletal

- **Common** (1% to 10%): Arthralgia, muscle twitching/twitching
- **Uncommon** (0.1% to 1%): Arthritis, bone pain, bursitis, leg cramps, tenosynovitis

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Genitourinary

- **Very common** (10% or more): Decreased libido/loss of libido (up to 11%)
- **Common** (1% to 10%): Abnormal ejaculation/ejaculation disorder, dysmenorrhea, erectile dysfunction, gynecological bleeding, impotence, micturition disorder, urinary frequency
- **Uncommon** (0.1% to 1%): Albuminuria, amenorrhea, anorgasmia, breast enlargement, breast pain, dysuria, female lactation, fibrocystic breast, hematuria, impaired urination, increased libido, leukorrhea, menorrhagia, metrorrhagia, nocturia, pelvic pain, polyuria, sexual dysfunction (occasionally persisting after treatment discontinuation), urinary incontinence, urinary retention, vaginal hemorrhage

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Immunologic

- **Very common** (10% or more): Flu syndrome (up to 12%)
- **Common** (1% to 10%): Infection
- **Rare** (less than 0.1%): Herpes zoster[Ref]

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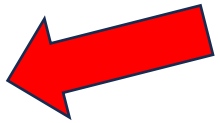

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Cardiovascular

- **Common** (1% to 10%): Chest pain, flushing/hot flush, hypertension, palpitation, QT-interval prolongation, vasodilatation
- **Uncommon** (0.1% to 1%): Angina pectoris, arrhythmia, congestive heart failure, generalized edema, hypotension, myocardial infarct, peripheral edema, postural hypotension

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Dermatologic

- **Common** (1% to 10%): Pruritus, rash, sweating/hyperhidrosis, urticaria
- **Uncommon** (0.1% to 1%): Acne, alopecia, cold sweat, contact dermatitis, ecchymosis, eczema, increased tendency to bruise, maculopapular rash, skin discoloration, skin ulcer

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Ocular

- **Common** (1% to 10%): Abnormal vision, vision blurred
- **Uncommon** (0.1% to 1%): Conjunctivitis, dry eyes, mydriasis, photophobia

https://www.drugs.com/prozac.html

Home > Zoloft

Print Save

Zoloft

Generic name: sertraline [*SER-tra-leen*]

Drug class: Selective serotonin reuptake inhibitors

Medically reviewed by Melisa Puckey, BPharm. Last updated on Aug 23, 2023.

Uses | Warnings | Before taking | Dosage | Side effects | Interactions | FAQ

What is Zoloft?

Zoloft is an antidepressant that belongs to a group of drugs called selective serotonin reuptake inhibitors (SSRIs), which works by balancing serotonin levels in the brain and nerves. Zoloft is used to treat some types of depression, premenstrual dysphoric disorder (PMDD), social anxiety disorder (SAD), obsessive-compulsive disorder (OCD), panic disorder (PD), and post traumatic stress disorder (PTSD).

https://www.drugs.com/zoloft.html

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https://www.drugs.com/zoloft.html

Home > Zoloft > Side Effects

Print Save

Zoloft Side Effects

Generic name: *sertraline*

Medically reviewed by Drugs.com. Last updated on Feb 5, 2025.

Important warnings

This medicine can cause some serious health issues

Oral route (solution; tablet)

Antidepressants increased the risk of suicidal thoughts and behavior in pediatric and young adult patients in short-term studies.

Closely monitor all antidepressant-treated patients for clinical worsening, and for emergence of suicidal thoughts and behaviors.

https://www.drugs.com/zoloft.html

Psychiatric

- **Very common** (10% or more): Insomnia (up to 21%)
- **Common** (1% to 10%): Affect/emotional lability, aggravated depression, aggressive reaction, aggression, agitation, anxiety, bruxism/teeth grinding, decreased libido, depersonalization, depression, nervousness, nightmare, mania, paroniria, suicidal ideation, suicide attempt
- **Uncommon** (0.1% to 1%): Abnormal dreams, Abnormal thinking, apathy, euphoria/euphoric mood, hallucination
- **Rare** (less than 0.1%): Conversion disorder, drug dependence, paranoia, psychotic disorder, sleep walking, suicide behavior
- **Frequency not reported**: Psychomotor hyperactivity, irritability
- **Postmarketing reports**: Depressive symptoms, intense dreams, manic reaction, psychosis, sleep disturbances, withdrawal syndrome[Ref]

https://www.drugs.com/zoloft.html

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https://www.drugs.com/zoloft.html

Nervous system

- **Very common** (10% or more): Headache (up to 22%), somnolence (up to 13%), dizziness (up to 12%),
- **Common** (1% to 10%): Convulsions (including myoclonus), disturbance in attention, dysgeusia, hypertonia, hyperkinesia, hypoesthesia, impaired concentration, migraine, paresthesia, tremor
- **Uncommon** (0.1% to 1%): Abnormal coordination, amnesia, involuntary muscle contractions, postural dizziness, speech disorder, syncope
- **Rare** (less than 0.1%): Choreoathetosis, coma, dyskinesia, hyperesthesia, sensory disturbance

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- **Very common** (10% or more): Headache (up to 22%), somnolence (up to 13%), dizziness (up to 12%),
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- **Rare** (less than 0.1%): Choreoathetosis, coma, dyskinesia, hyperesthesia, sensory disturbance

Cardiovascular

- **Common** (1% to 10%): Chest pain, hot flush, palpitations
- **Uncommon** (0.1% to 1%): ECG QT prolonged/QTc prolongation, flushing, hypertension, peripheral edema, tachycardia

https://www.drugs.com/zoloft.html

Gastrointestinal

- **Very common** (10% or more): Nausea (up to 26%), diarrhea/loose stools (up to 20%), dry mouth (up to 14%)
- **Common** (1% to 10%): Abdominal pain, constipation, dyspepsia, flatulence, vomiting
- **Uncommon** (0.1% to 1%): Dysphagia, eructation, esophagitis, hemorrhoids, salivary hypersecretion, tongue disorder
- **Rare** (less than 0.1%): Gastroenteritis, glossitis, hematochezia, melena, mouth ulceration, stomatitis, tongue ulceration, tooth disorder
- **Frequency not reported**: Gastrointestinal bleeding, pancreatitis, rectal hemorrhage[Ref]

https://www.drugs.com/zoloft.html

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Dermatologic

- **Common** (1% to 10%): Acne, hyperhidrosis/increased sweating, rash, urticaria
- **Uncommon** (0.1% to 1%): Alopecia, cold sweat, dermatitis, dry skin, face edema, pruritus, purpura, pustular rash, skin disorder, skin odor abnormal

https://www.drugs.com/zoloft.html

Genitourinary

- **Very common** (10% or more): Ejaculation failure (up to 14%)
- **Common** (1% to 10%): Ejaculatory delay/disorder, erectile dysfunction, menstrual irregularities, other male/female sexual dysfunction, urinary incontinence, urinary retention, vaginal hemorrhage
- **Uncommon** (0.1% to 1%): Albuminuria, breast pain, cystitis, menstrual disorder, micturition disorder, nocturia, pollakiuria, polyuria, urinary incontinence

https://www.drugs.com/zoloft.html

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Ocular

- **Common** (1% to 10%): Abnormal vision, visual disturbance/impairment
- **Uncommon** (0.1% to 1%): Eye pain, mydriasis, periorbital edema

https://www.drugs.com/zoloft.html

Home > Lexapro

Print Save

Lexapro

Pronunciation: *leks-a-pro*
Generic name: escitalopram
Dosage form: tablets, oral solution
Drug class: Selective serotonin reuptake inhibitors

Medically reviewed by Carmen Pope, BPharm. Last updated on July 1, 2024.

Uses | Side effects | Warnings | Before taking | Dosage | Interactions | FAQ

What is Lexapro?

Lexapro (escitalopram) is an antidepressant from the group of drugs called selective serotonin reuptake inhibitors (SSRIs) and is used to treat certain types of depression and anxiety. It is not known how Lexapro works, but it is thought to block the reuptake of serotonin by nerves. This results in an increase in serotonin concentrations in the nerve synapse (the space between two nerves).

https://www.drugs.com/lexapro.html

Home > Lexapro

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https://www.drugs.com/lexapro.html

Lexapro Side Effects

Generic name: *escitalopram*

Medically reviewed by Drugs.com. Last updated on Jan 27, 2025.

Important warnings

This medicine can cause some serious health issues

Oral route (tablet; solution)

Suicidal Thoughts and Behaviors. Antidepressants increased the risk of suicidal thoughts and behaviors in pediatric and young adult patients in short-term studies.

Closely monitor all antidepressant-treated patients for clinical worsening, and for emergence of suicidal thoughts and behaviors.

Escitalopram oxalate is not approved for use in pediatric patients less than 7 years of age.

https://www.drugs.com/lexapro.html

- **Zoloft (sertraline)**: Zoloft is highly effective, although some people find that it is more likely than other SSRIs to cause diarrhea. Zoloft is the most common depression medication; nearly 17% of those surveyed in the 2017 antidepressant use study reported that they had taken this medication.[6]

- **Paxil (paroxetine)**: You might be more likely to have sexual side effects if you choose Paxil over other antidepressants. It's also linked to increased sweating. While paroxetine did not make the list of the 10 most commonly prescribed psychiatric drugs, it remains a good choice for some people.

- **Lexapro (escitalopram)**: Lexapro is one of the only SSRIs approved by the FDA for children. It is indicated for use in children and teens between the ages of 12 and 17 for the treatment of major depressive disorder.[8] Around 8% of those surveyed reported that they had taken Lexapro.

https://www.verywellmind.com/most-common-antidepressants-1066939

Psychiatric

- **Very common** (10% or more): Insomnia (up to 14%)
- **Common** (1% to 10%): Abnormal dreams, agitation, anxiety, nervousness, restlessness
- **Uncommon** (0.1% to 1%): Abnormal thinking, aggravated depression, aggression/aggressive reaction, aggravated restlessness, alcohol problem, apathy, bruxism, confusion, confusional state, depersonalization, depression, emotional lability, excitability, feeling unreal, forgetfulness, visual/auditory hallucination, hypomania, irritability, jitteriness, obsessive-compulsive disorder, panic attack/reaction, paranoia/paroniria, sleep disorder, suicide attempt, tics
- **Frequency not reported**: Mania, suicidal ideation/behavior
- **Postmarketing reports**: Acute psychosis, anger, completed suicide, delirium, delusion, disorientation, non-accidental overdose, mood swings, nightmare, psychotic disorder, withdrawal syndrome[Ref]

https://www.drugs.com/lexapro.html

Nervous system

- **Very common** (10% or more): Headache (up to 24%), somnolence (up to 13%)
- **Common** (1% to 10%): Dizziness, lethargy, paresthesia, tremor
- **Uncommon** (0.1% to 1%): Amnesia, ataxia, carpal tunnel syndrome, cerebrovascular disorder, concentration impairment, dysesthesia, disequilibrium, dysgeusia, dystonia, hyperkinesia, hyperreflexia, hypertonia, hypoesthesia, lightheadedness, migraine, nerve root lesion, neuralgia, neuropathy, paralysis, sedation, syncope, taste alteration/perversion
- **Rare** (less than 0.1%): Serotonin syndrome
- **Frequency not reported**: Abnormal gait, cerebrovascular accident, choreoathetosis, convulsions/seizure, dyskinesia, extrapyramidal disorder, grand mal convulsions/seizures, myoclonus, movement disorder, psychomotor restlessness/akathisia

https://www.drugs.com/lexapro.html

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Metabolic

- **Common** (1% to 10%): Decreased appetite, increased appetite, weight increased
- **Uncommon** (0.1% to 1%): Abnormal glucose tolerance, anorexia, carbohydrate craving, diabetes mellitus, gout, hypercholesterolemia, hyperglycemia, hyperlipidemia, thirst, weight decreased

https://www.drugs.com/lexapro.html

Cardiovascular

- **Common** (1% to 10%): Palpitation
- **Uncommon** (0.1% to 1%): Abnormal ECG, aggravated hypertension, angina pectoris, bradycardia, chest tightness, chest pain, flushing, hematoma, hot flush, hypertension, hypotension, myocardial infarction, myocardial ischemia, myocarditis, edema, edema of extremities, peripheral edema, peripheral ischemia, tachycardia, traumatic hematoma, varicose vein, vein disorder, vein distended
- **Frequency not reported**: Orthostatic hypotension, prolonged QT, torsades de pointes
- **Postmarketing reports**: Abnormal bleeding, atrial fibrillation, cardiac failure, deep vein thrombosis, hypertensive crisis, phlebitis, postural hypotension, thrombosis, ventricular arrhythmia, ventricular tachycardia[Ref]

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- **Postmarketing reports**: Abnormal bleeding, atrial fibrillation, cardiac failure, deep vein thrombosis, hypertensive crisis, phlebitis, postural hypotension, thrombosis, ventricular arrhythmia, ventricular tachycardia[Ref]

Immunologic

- **Common** (1% to 10%): Influenza-like symptoms
- **Uncommon** (0.1% to 1%): Bacterial infection, herpes simplex, herpes zoster, infection, moniliasis, parasitic infection, tuberculosis[Ref]

https://www.drugs.com/lexapro.html

Gastrointestinal

- **Very common** (10% or more): Nausea (up to 18.3%), diarrhea (up to 14%)
- **Common** (1% to 10%): Abdominal pain, constipation, dry mouth, dyspepsia, flatulence, indigestion, toothache, vomiting
- **Uncommon** (0.1% to 1%): Abdominal cramp, abdominal discomfort, belching, bloating, change in bowel habit, colitis, enteritis, epigastric discomfort, gastritis, gastrointestinal bleeding, gastrointestinal hemorrhage (including rectal hemorrhage), gastroesophageal reflux, hemorrhoids, heartburn, increased stool frequency, irritable bowel syndrome, melena, periodontal destruction, tooth disorder, ulcerative colitis, ulcerative stomatitis

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Dermatologic

- **Common** (1% to 10%): Increased sweating
- **Uncommon** (0.1% to 1%): Acne, aggravated psoriasis, alopecia, cellulitis, dry skin, eczema, erythematous rash, fungal dermatitis, furunculosis, hematomas, lichenoid dermatitis, onychomycosis, pruritus, purpura, pustular rash, rash, scar, skin disorder, urticaria, verruca

https://www.drugs.com/lexapro.html

Other

- **Common** (1% to 10%): Fatigue, pyrexia
- **Uncommon** (0.1% to 1%): Abscess, accidental injury, asthenia, bite, burn, deafness, earache, ear disorder, ear infection not otherwise specified, facial edema, fall, food poisoning, fractured neck of femur, hernia, inflicted injury (unintended injury), malaise, otitis externa, otosalpingitis, rigors, sting, surgical intervention, tinnitus, traumatic hematoma, vertigo
- **Postmarketing reports**: Injury not otherwise specified, spontaneous abortion[Ref]

https://www.drugs.com/lexapro.html

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- **Postmarketing reports**: Injury not otherwise specified, spontaneous abortion[Ref]

Musculoskeletal

- **Common** (1% to 10%): Arthralgia, back pain, myalgia, neck/shoulder pain
- **Uncommon** (0.1% to 1%): Arthritis, arthropathy, arthrosis, bursitis, costochondritis, fibromyalgia, ischial neuralgia, jaw stiffness, leg pain, limb pain, leg cramps, lumbar disc lesion, muscle contractions, muscle cramp, muscle spasms, muscle stiffness, muscle tightness, muscle weakness, myopathy, osteoporosis, plantar fasciitis, tendinitis, tenosynovitis, tetany, twitching

https://www.drugs.com/lexapro.html

Genitourinary

- **Very common** (10% or more): Ejaculation disorder (up to 14%)
- **Common** (1% to 10%): Anorgasmia, decreased libido, ejaculation failure, impotence, menstrual disorder, vaginal bleeding
- **Uncommon** (0.1% to 1%): Amenorrhea, atrophic vaginitis, breast pain, cystitis, delayed ejaculation, dysmenorrhea, dysuria, genital infection, genital moniliasis, intermenstrual bleeding, loss of libido, menopausal symptoms, menorrhagia, menstrual cramps, metrorrhagia, micturition disorder, micturition frequency, nocturia, polyuria, postmenopausal bleeding, premenstrual tension, prostatic disorder, sexual function abnormality, unintended pregnancy, urinary frequency, urinary incontinence, urinary retention, urinary tract infection, uterine fibroid, vaginal candidiasis, vaginal hemorrhage, vaginitis

https://www.drugs.com/lexapro.html

Psychiatric

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- **Frequency not reported**: Mania, suicidal ideation/behavior
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https://www.drugs.com/lexapro.html

Pharmaceuticals (Basel). 2010 Aug 30;3(9):2861–2883. doi: 10.3390/ph3092861

Antidepressants and Suicide Risk: A Comprehensive Overview

Maurizio Pompili [1,2,*], Gianluca Serafini [1], Marco Innamorati [1], Elisa Ambrosi [1], Gloria Giordano [1], Paolo Girardi [1], Roberto Tatarelli [1], David Lester [3]

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PMCID: PMC4034101 PMID: 27713380

https://pmc.ncbi.nlm.nih.gov/articles/PMC4034101/

Recently, Schneeweiss *et al*. [65] conducted a cohort study of users of antidepressant agents in a population of 287,543 adults aged 18 years and older after the initiation of antidepressant treatment. They found rates of suicidal behavior ranging from 4.41 per 1,000 person-years to 9.09 per 1,000 person-years, and the majority of events occurred in the first six months after treatment initiation. Compared with selective serotonin reuptake inhibitors, serotonin-norepinephrine reuptake inhibitors, tricyclic agents, and other newer agents showed a similar risk. They supported the US Food and Drug Administration's decision to treat all antidepressants alike in their advisory, and they suggested that clinicians should be vigilant in monitoring patient behavior after initiating treatment with antidepressant agents.

https://pmc.ncbi.nlm.nih.gov/articles/PMC4034101/

A few of these studies found greater suicidal risk with more antidepressant treatment in general or, specifically, with the greater use of SSRIs and other modern antidepressants. By age group, they found small increases among adolescents [83,87] and larger increases in elderly patients [82], but fewer completed suicides and more attempts [85].

https://pmc.ncbi.nlm.nih.gov/articles/PMC4034101/

How To Deal With Depression Naturally!

https://www.ajol.info/index.php/tjpr/article/view/184690

Methods: A total of 270 adolescent participants from 8 to 16 years old were enrolled in this study (male, n = 125; female, n = 145). Of these, 160 paticipants (male, n = 75; female, n = 85) were diagnosed with DD and 110 paticipants (male, n = 50; female, n = 60) were non-DD. Urinary iodine level, serum 25(OH)D level, and thyroid function were measured and adjusted for sex, age, body mass index, and disease progression. Vitamin D (25(OH)D) < 15 ng/mL was considered as VD deficiency, and iodine <100 µg/L was viewed as iodine deficiency. Mean VD and iodine levels were compared between DD and control groups.

https://www.ajol.info/index.php/tjpr/article/view/184690

Results: DD patients had lower concentrations of $25(OH)D_3$ ($p < 0.005$) and urinary iodine ($p < 0.05$) than non-DD control, in both male and female cohorts. However, serum 25(OH)D2 concentration did not significantly correlate with depressive symptoms.

Conclusion: Adolescents with DD have markedly lower serum 25(OH)D concentrations and urinary iodine levels than control patients. This relationship is positively associated with disease progression, suggesting possible nutritional intervention measures for neuroprotection.

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The Hidden Link between Iodine Deficiency and Mental Health

By Supreme Hospitals / October 24, 2024

When we think of essential nutrients for mental well-being, vitamins like B12, omega-3 fatty acids, or even magnesium often come to mind. Yet, there's an often-overlooked mineral that plays a crucial role in both physical and mental health: iodine. This trace element, required in tiny amounts, is essential for brain function and mental health. The hidden link between iodine deficiency and mental health has significant implications, especially in regions where iodine levels are low. Make sure you consult a **Psychiatric Clinic** to know more about this!

https://www.supremehospitals.in/the-hidden-link-between-iodine-deficiency-and-mental-health/

How Iodine Deficiency Impacts Mental Health

Iodine deficiency has significant effects on cognitive function, mood regulation, and mental health, impacting both children and adults. Low iodine levels, which lead to hypothyroidism, are linked to reduced IQ, slower reaction times, and developmental delays in children, while also causing memory issues, brain fog, and difficulty concentrating in adults. Beyond cognitive impairment, iodine deficiency can trigger depression, persistent fatigue, and emotional instability, with individuals experiencing mood swings, irritability, and anxiety due to the body's reduced thyroid hormone production. This is especially critical during pregnancy and early childhood, when iodine is essential for brain development and neural growth. Without adequate iodine, children may face developmental delays, lower IQ scores, and, in severe cases, conditions like cretinism. Therefore, ensuring sufficient iodine intake through diet or supplementation is vital for mental and emotional well-being across all ages. Consult a **Psychiatric Clinic** if you feel like you need any help regarding this.

https://www.supremehospitals.in/the-hidden-link-between-iodine-deficiency-and-mental-health/

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https://www.supremehospitals.in/the-hidden-link-between-iodine-deficiency-and-mental-health/

Pharmacological Research

Volume 187, January 2023, 106605

Vitamin D protects against depression: Evidence from an umbrella meta-analysis on interventional and observational meta-analyses

Vali Musazadeh [a b], Majid Keramati [a b], Faezeh Ghalichi [a c], Zeynab Kavyani [a b], Zohre Ghoreishi [d], Kamar Allayl Alras [e], Naryman Albadawi [f], Abdullah Salem [e], Mohamed Ismail Albadawi [g], Raghad Salem [h], Ahmed Abu-Zaid [e i 1], Meysam Zarezadeh [a c], Rania A. Mekary [j]

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https://www.sciencedirect.com/science/article/pii/S1043661822005515?via%3Dihub

The current umbrella meta-analysis summarised 15 meta-analyses, which included 65 RCTs, and 31 observational (cohort and cross-sectional) studies. According to the results, vitamin D supplementation was efficient in alleviating symptoms of depression and an inverse association was observed between higher serum levels of vitamin D intake and overall depression. Based on sub-group analyses, vitamin D supplementation in studies using dosage of > 5000 IU/day, and intervention duration of ≤ 20-weeks exhibited stronger effects in lowering symptoms of depression. Moreover, the inverse association between lower serum vitamin D levels and depression was stronger among participants aged ≤ 50 years.

https://www.sciencedirect.com/science/article/pii/S1043661822005515?via%3Dihub

Recent studies have shown a significant association between vitamin D insufficiency or deficiency and depressive disorders [32]. Receptors of vitamin D and 1-alphahydroxylase enzymes, involved in the hydroxylation of 25-hydroxy vitamin D (25OHD) to the active form 1,25-dihydroxy vitamin D, are present on neurons and glia in multiple regions of the brain, including prefrontal cortex, substantia nigra, cingulate cortex and hippocampus and hypothalamus which have an important role in the pathophysiology of depression [13], [30], [34], [39]. Vitamin D is involved in the synthesis of neurotrophic factors and neurotransmitters (serotonin, dopamine, adrenalin, and noradrenaline) through VDRs in the adrenal cortex and due to its steroidal structure, modulates the hypothalamic-pituitary-adrenal axis and GABA-A receptors activity [30], [34].

https://www.sciencedirect.com/science/article/pii/S1043661822005515?via%3Dihub

During depression, inflammatory markers increase [34]. Meanwhile, vitamin D displays antioxidant effects in the central nervous system, enhances nerve growth factors and the gene expression of antioxidant agents, down-regulates cytokines and inflammatory mediators such as nuclear factor-kB, which is linked to psychosocial stress and depression [32]. In general, vitamin D prevents the onset of depression by taking role in six main pathways: 1) Controlling the expression of calcium homoeostasis genes; 3) Controlling serotonin synthesis *via* alleviating tryptophan hydroxylase 2 (TPH2) expression and repressing tryptophan hydroxylase1 (TPH1); 4) Controlling inflammation by reducing the expression of inflammatory cytokines; 5) Controlling the expression of mitochondrial proteins that preserve normal mitochondrial respiration; and 6) Preventing the hypermethylation of gene promotors such as Jumonji domain-containing protein 1A and 3 (JMJD1A, JMJD3) and lysine-specific demethylase 1 and 2 (LSD1, LSD2). These genes have a significant role in the activation of GABAergic neurons [29], [42]. Fig. 5 exhibits the mechanism of action of vitamin D in preventing and lowering symptoms of depression.

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5. Conclusion

The present umbrella meta-analysis confirms the potential benefits of vitamin D supplementation in reducing symptoms of depression and an inverse relationship between higher serum levels of vitamin D and overall depression. Vitamin D supplementation in studies using dosage of > 5000 IU/day and intervention duration of ≤ 20-weeks exhibited better effects in lowering depression symptoms. Moreover, a greater risk of depression was shown among participants aged ≤ 50 with lower serum vitamin D levels.

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frontiers in Nutrition

Front Nutr. 2023 Mar 22;10:1102109. doi: 10.3389/fnut.2023.1102109

Association between vitamin K intake and depressive symptoms in US adults: Data from the National Health and Nutrition Examination Survey (NHANES) 2013–2018

Yuyi Zhang [1], Weiliang Tan [2], Xiaolan Xi [1], Hui Yang [1], Ke Zhang [1], Shengnan Li [1], Xuefen Chen [3,*], Hui Zuo [1,4,*]

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The inverse association of vitamin K intake with depressive symptoms was consistent with previous epidemiological studies from US and Japan (25, 26). An animal study observed that vitamin K deficiency due to dietary depletion or by warfarin treatment was associated with hypo-activity and a lack of exploratory behavior in rats (38). In addition, Turker et al. found a significantly higher frequency of depression during the treatment of patients with atrial fibrillation using warfarin, a vitamin K antagonist (39), which can be indirectly supported by our results. Notably, the likelihood of depressive symptoms decreased continuously across the entire distribution of vitamin K intake levels. Participants in the highest quartile of vitamin K intake had nearly half odds of depressive symptoms compared with those in the lowest quartile. The associations between vitamin K intake and depressive symptoms were essentially unaltered in the three models with gradual adjustments for potential confounding factors, and did not differ between the multiple subgroups. This indicates that the association between vitamin K intake and depressive symptoms is unlikely to be mediated through traditional risk factors for depressive symptoms, such as sleep disorders, obesity, and diabetes.

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SYSTEMATIC REVIEW article

Front. Pharmacol., 07 July 2025

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This article is part of the Research Topic

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Therapeutic potential of quercetin in depressive symptoms: a systematic review and meta-analysis of preclinical studies

Yang Yang[1,2] Yingshi Zhang[1,3] Lixin Chen[2] Ze Li[2] Qingchun Zhao[1,3]*

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2021). Furthermore, Samad et al. reported that quercetin can prevent stress-induced anxiety and depressive-like behaviors, as well as improve memory in male mice (Samad et al., 2018). In addition, Anjaneyu Lu et al.'s research on the antidepressant activity of quercetin in diabetic rats showed that quercetin reduced immobility time in a dose-dependent manner, which was similar to the effect of the antipsychotic drug fluoxetine and imipramine (Anjaneyulu et al., 2003). Moreover, the antidepressant and anxiolytic-like effects observed in quercetin-treated animals in our study are consistent with the findings of Sameha Merzoug, who reported that quercetin alleviates doxorubicin-induced anxiety-like behaviors and motor dysfunction in the open field and elevated plus maze tests, except for vertical exploration (i.e., the number of standing episodes) (Merzoug et al., 2014).

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This study shows that quercetin significantly increases the levels of GSH, SOD, and CAT in animals, and decreases the levels of MDA, TNF-α, IL-6, and IL-1β. The anti-inflammatory and antioxidant effects of quercetin may be one of the important mechanisms underlying its antidepressant effects. Many studies suggest that the anti-inflammatory effects of quercetin may help alleviate neuropsychiatric symptoms. Sah et al. demonstrated that quercetin significantly reduced the levels of IL-1β and IL-6 in rats treated with lipopolysaccharide (LPS), thereby improving anxiety-like symptoms (Sah et al., 2011). These results were also verified in mice subjected to chronic unpredictable stress (CUS) (Mehta et al., 2017; Du et al., 2024). Due to the presence of both catechol and hydroxyl functional groups in its molecular structure, quercetin can directly exert antioxidant effects (Qi et al., 2022). Previously, Şahin et al. showed that quercetin, when administered via intraperitoneal injection, increased the SOD activity in the striatum of rats in the CUMS model (Ahin et al., 2020). One study found that quercetin had a significant effect on the perimenopausal depression rat model, as quercetin treatment significantly increased GSH levels in the brain and reduced the level of the oxidative stress marker MDA (Hou et al., 2025). Another study showed that quercetin alleviated oxidative stress and inflammation in rats by upregulating antioxidant mechanisms and downregulating the expression of COX2 and NF-κB (Bahar et al., 2017).

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This study demonstrates that quercetin significantly increases BDNF levels and decreases CORT levels in animals, further supporting the biological basis of its antidepressant action. BDNF is a protein abundantly present in the human brain, which plays a critical role in protecting dendrites and axons, promoting synaptic plasticity, and regulating neuronal survival and intracellular signaling pathways (Kowiański et al., 2018). Clinical studies have shown that BDNF levels are significantly reduced in patients diagnosed with major depressive disorder (Kishi et al., 2017; Shi et al., 2020). CORT is an important glucocorticoid that regulates the body's response to various stressors, such as psychological and physiological stress. A large body of evidence indicates that patients with depression or those who are chronically stressed typically exhibit overactivation of the hypothalamic-pituitary-adrenal (HPA) axis and elevated cortisol levels (Cubała and Landowski, 2014; Fischer et al., 2017; Druzhkova et al., 2022). Furthermore, existing studies have demonstrated that quercetin and its derivatives may exert neuroprotective effects by interacting with NMDA receptors, thereby reducing neuronal hyperexcitability and damage (Subramanian et al., 2023). Additionally, the modulation of NMDA receptors by quercetin could help restore neurotransmitter balance and ameliorate depressive-like behaviors (Wang et al., 2024c).

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frontiers in Pharmacology

Front Pharmacol. 2022 Apr 8;13:865376. doi: 10.3389/fphar.2022.865376

Antidepressant Potential of Quercetin and its *Glycoside* Derivatives: A Comprehensive Review and Update

Shen Chen [1,2,†], Yueheng Tang [1,†], Yang Gao [1], Kexin Nie [1], Hongzhan Wang [1], Hao Su [1], Zhi Wang [1], Fuer Lu [1], Wenya Huang [3], Hui Dong [1,*]

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https://pmc.ncbi.nlm.nih.gov/articles/PMC9024056/

Antidepressants possibly exert their effects by protecting mature neurons and increasing neurogenesis in the hippocampus. The protection of mature neurons in the hippocampus is based on the improvement of HPA axis dysfunction, reducing inflammatory states and anti-oxidative stress, while the increase of hippocampal neurogenesis includes direct and indirect effects, similar to quercetin. As a flavonol with numerous biological activities, quercetin has different pharmacological effects such as anti-depression, anti-cancer, antioxidant, anti-fibrosis, and anti-inflammatory (Reyes-Farias and Carrasco-Pozo, 2019; Ou et al., 2020;

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People who experience greater stress in their lives are at high risk for depression. Due to the lack of free time and money, most of them face the predicament that there are no effective measures to prevent depression. In this case, depression may be prevented using diets rich in quercetin and its derivatives. First, the antidepressant effects and their safety of quercetin and its derivatives as dietary supplements have been previously demonstrated (Andres et al., 2018; Babaei et al., 2018b). Additionally, foods with quercetin and its derivatives as main ingredients, such as onions and *Hypericum perforatum*, are readily available in daily life and have been demonstrated to have antidepressant effects (Di Pierro et al., 2018; RASTOGI et

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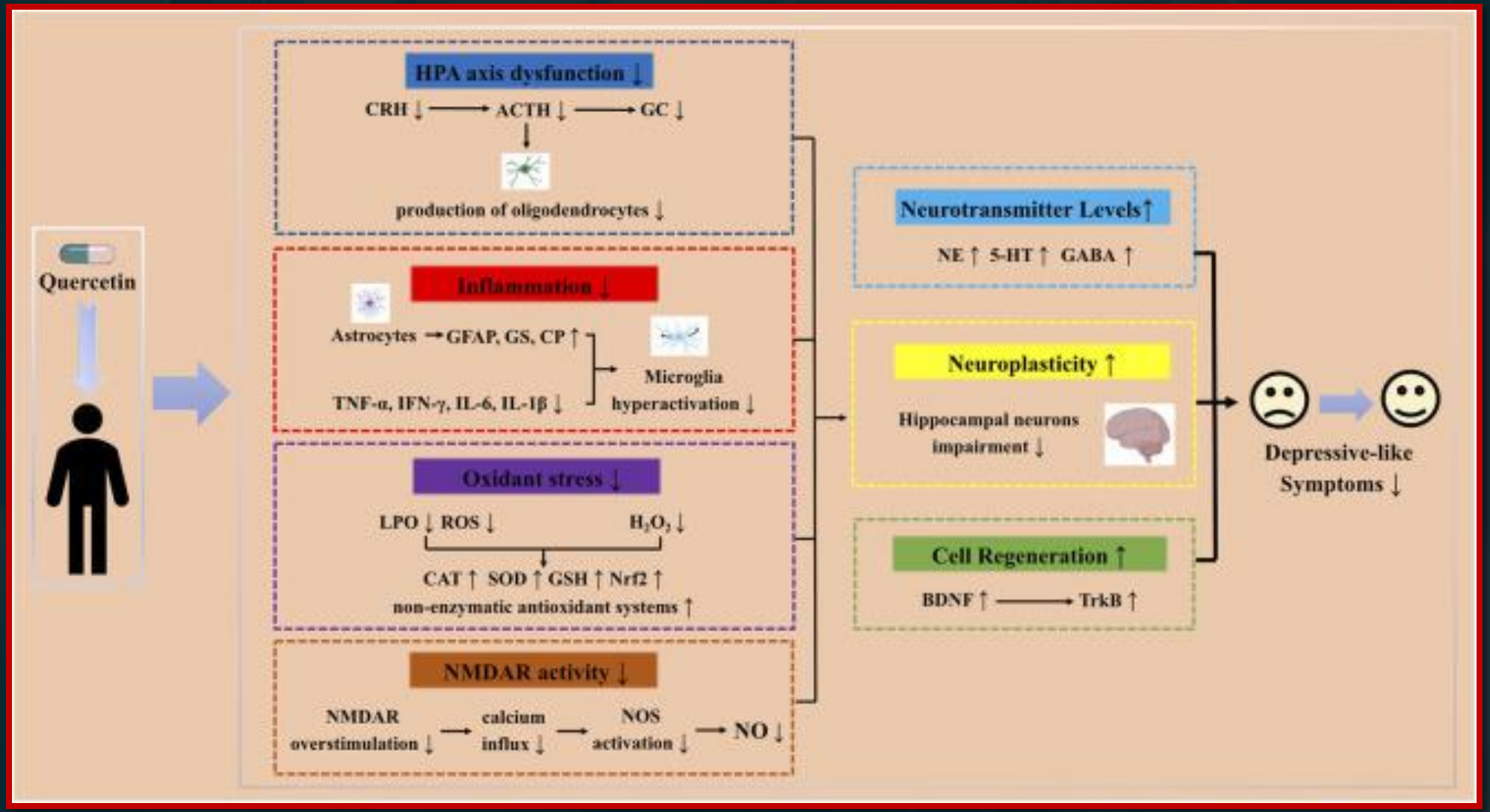

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Overall, the antidepressant effects of quercetin and its glycoside derivatives have been demonstrated by a large number of studies, and the related mechanisms have been continuously explored. After improving the studies regarding relevant mechanisms and safety, drugs based on quercetin and its glycoside derivatives can become the main components during depression treatment.

https://pmc.ncbi.nlm.nih.gov/articles/PMC9024056/

Supplement Facts

Serving Size: 1 Vegetable Capsule Servings Per Container: 100

Amount Per Serving		% Daily Value
Iodine (from kelp)	500mcg	333%
Atlantic Sea Kelp	97mg	*

*Percent Daily Value (DV) are based on a 2000 calorie diet.

OTHER INGREDIENTS: Hydroxypropyl Methylcellulose (Vegetable Capsule), Rice Flour.

Nature Wins Iodine (Kelp) (100 Count)

Nature Wins SKU: IODINE001--listing

$19.99

★★★★★ (6 reviews) + Write a Review

SIZE: *

1 Bottle	3 Bottles (3.00%)
$19.99	$58.17
6 Bottles (5.00%)	
$113.94	

https://thedrardisshow.com/

Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 30

Amount Per Serving		% Daily Value
Quercetin	500mg	†

*Percent Daily Value (DV) are based on a 2000 calorie diet.
†Daily Value (DV) not established.

OTHER INGREDIENTS: Hydroxypropyl Methylcellulose (Vegetable Capsule), Vegetable Stearate.

Nature Wins Quercetin Plus (30 Count)

Nature Wins SKU: QUERCETIN001--listing

$29.99

★★★★★ (6 reviews) + Write a Review

SIZE: *

1 Bottle
$29.99

3.00%
3 Bottles
$87.27

5.00%
6 Bottles
$170.94

https://thedrardisshow.com/

Supplement Facts

Serving Size: 0.5ml (17 drops)
Servings Per Container: 30

Amount Per Serving		% Daily Value
Vitamin D (as Vitamin D3) 5000IU	125mcg	625%
Vitamin K (as Vitamin K2)	50mcg	42%

Ingredients: Vitamin K2 (menaquione-7 (all-trans)) Vitamin D3-Cholecalciferol, 100% organic MCT oil.

D3+K2 Organic

Nature Wins SKU: D3K2001

$27.99

☆☆☆☆☆ (No reviews yet) + Write a Review

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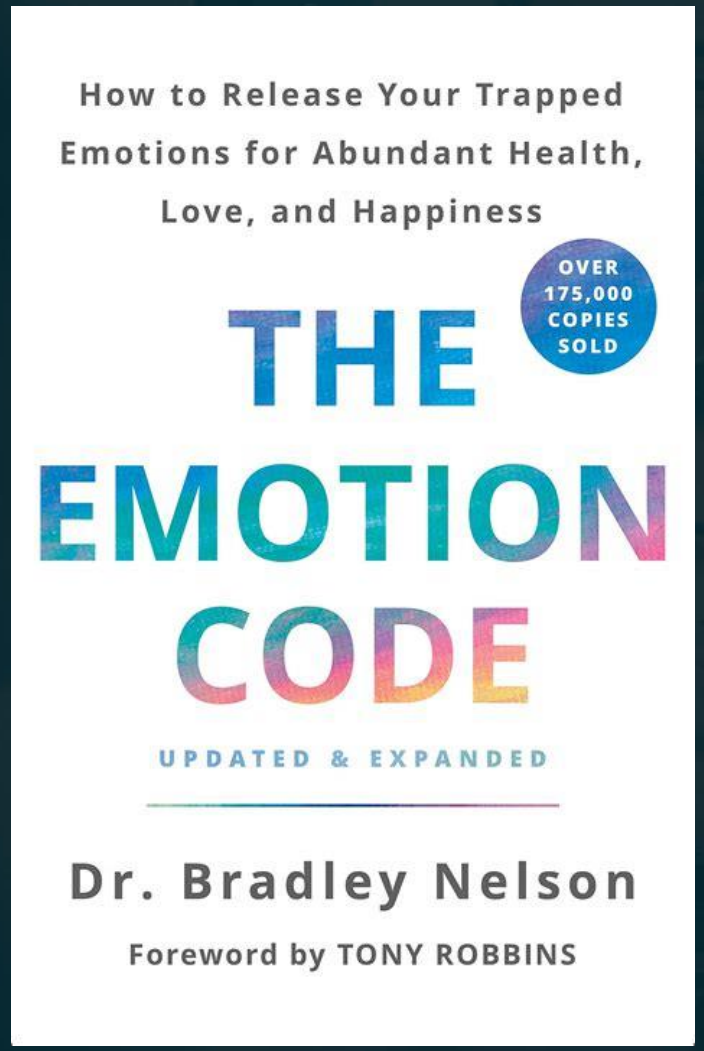

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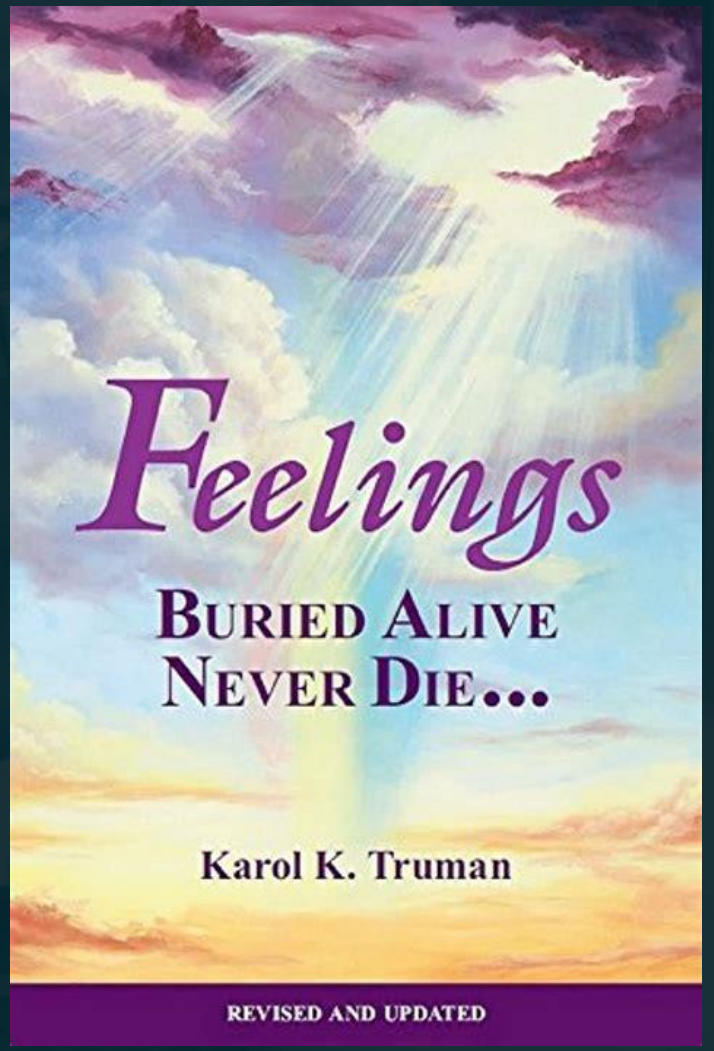

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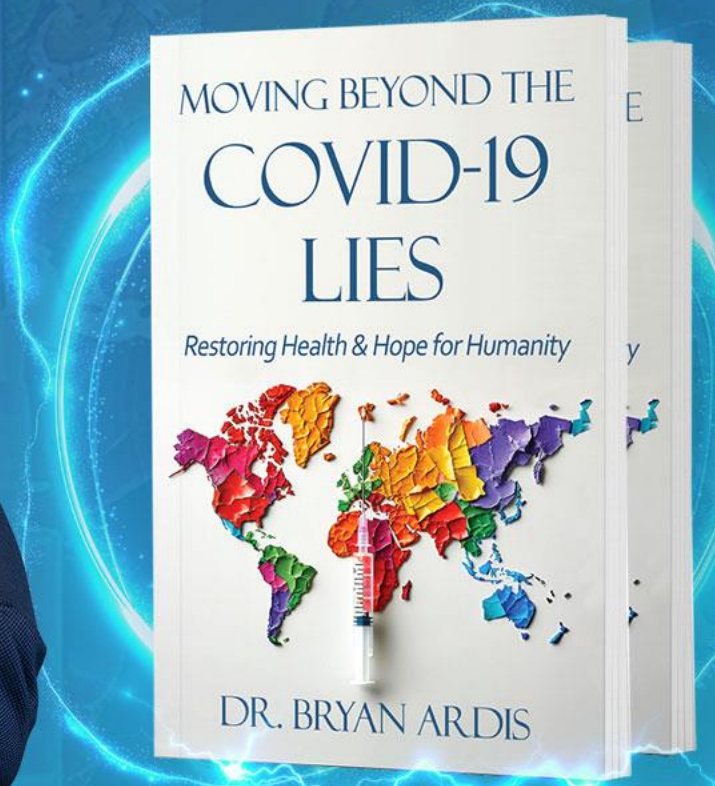

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