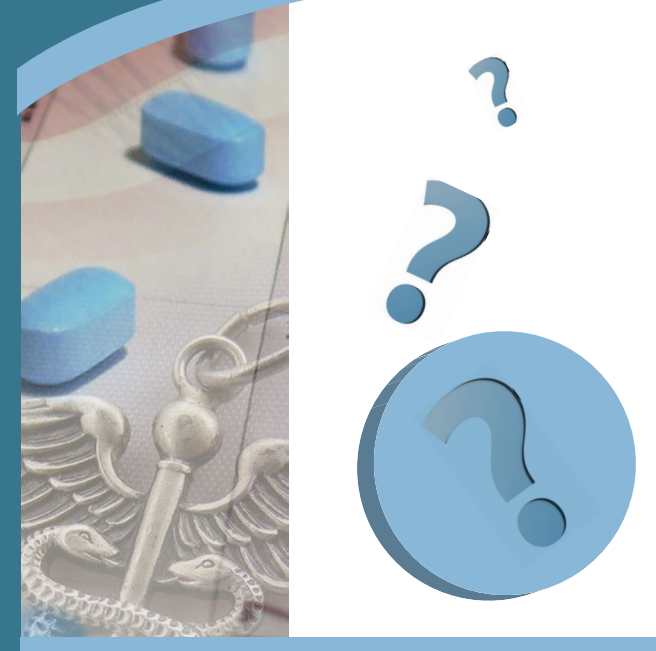




## Answering Your Questions About Antipsychotic Medicine and Depression



*“Still trying to get ahead of your depression? Adding Seroquel XR® may help.”*

*“When an antidepressant alone is not enough, add Abilify®”*

**These ads are aimed directly at you.**

Like all commercials, the goal is to get you to buy the product.

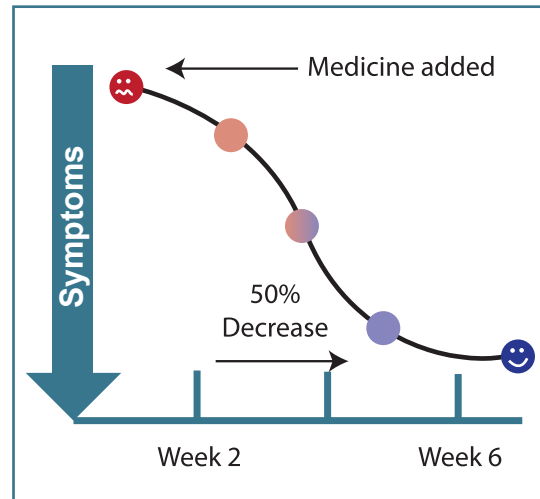
Aripiprazole (Abilify®) and Quetiapine (Seroquel XR®) are antipsychotics. There are safer options for your depression.

**Learn about all available treatments.**

*Please do not stop taking your medicines without talking to your provider.*

*Your provider and the VA want to answer your questions*

Studies have shown that most patients’ depression symptoms decrease by at least 50% after adding *bupirone, mirtazapine, bupropion, lithium, or thyroid hormone* to their current antidepressant.



**Psychotherapy works!**

*It treats your depression without side effects.*



## I am a partner in my care. What should I know?

What commercials don't tell you about antipsychotics:

- Medicines advertised may be compared to a "sugar pill." This means that people who took their medicine did better than the people who received no treatment at all.

Side effects your doctor should check for if an antipsychotic is started:

- Weight gain; high blood pressure; high cholesterol; diabetes; involuntary movements of the mouth, lips and tongue; tremors; and sleepiness.

## You asked about antipsychotics...

**Q:** Why was I prescribed an antipsychotic? I am not psychotic.

**A:** Antipsychotics can be used to treat depression after you have tried other medicines. They only work if used with an antidepressant.

**Q:** Antipsychotics are the new treatment for depression, so they must work better than older medicines, right?

**A:** Adding an antipsychotic only helps about 10-20% of patients with depression. The risks with antipsychotic use often outweigh the benefits of helping depression.

## We listened.

**Q:** That commercial sounds just like me! I take my antidepressant medicine, but still feel depressed. Should I try an antipsychotic?

**A:** You may not need an antipsychotic. In commercials, drug companies often leave out important safety information. Your doctor will consider many things before choosing the right medicine for you.

**Q:** I hate taking medicines. Is there a way to treat depression without medicines?

**A:** Yes, there are many ways to treat depression besides medicine. Medicine is not always the answer.

**Other options: Support groups, exercise, meditation and keeping a healthy diet.**

