

SSRI/SNRI

SEROTONIN FACTS

- Chemical neurotransmitter that passes signals between brain cells
- Can either enhance or slow the signal being passed
- Influences many brain related functions
 - Mood and emotions
 - Sleep
 - Appetite
 - Memory and learning
 - Temperature regulation
 - Sexual desire and function

CAUSES OF ALTERED LEVELS

- Inadequate production by brain cells
- Lack of receptor sites in the brain
- Shortage of tryptophan, an amino acid from which serotonin is made

SIGNS AND SYMPTOMS OF LOW LEVELS

- Depression
- Anxiety
- Panic attacks
- Obsessive-compulsive disorder
- Aggression
- Irritability
- Impulsiveness

- Insomnia
- Low self-esteem
- Poor appetite

SELECTIVE SEROTONIN REUPTAKE INHIBITOR (SSRI) TREATMENT

Actions

- Prevents the body from reabsorbing serotonin
- Because reuptake is blocked more is available for use in the brain

Medications

- Citalopram (Celexa)
- Escitalopram (Lexapro)
- Sertraline (Zoloft)
- Fluoxetine (Prozac)
- Paroxetine (Paxil)

Side Effects

- Fatigue
- Anxiety
- Sweating
- Unusual dreams
- Lower sex drive
- Serotonin syndrome
 - Read the website document Serotonin Syndrome for more information.

NOREPINEPHRINE FACTS

- Chemical neurotransmitter that passes signals between brain cells
- Naturally increases during times of intense stress
- Influences many brain related functions
 - Mood and emotions
 - Sleep
 - Memory and learning
 - Attention
 - Pain response

CAUSES OF ALTERED LEVELS

- Chronic stress
- Poor nutrition
- Obesity
- Inefficient use of existing norepinephrine
- Dementia
- Parkinson's disease

SIGNS AND SYMPTOMS OF LOW LEVELS

- Anxiety
- Depression
- Apathy
- Lack of energy
- Insomnia
- Difficulty concentrating
- Memory problems

SEROTONIN AND NOREPINEPRHINE REUPTAKE INHIBITOR (SNRI) TREATMENT

Action

- Prevents the body from reabsorbing both serotonin and norepinephrine
- Because reuptake is blocked more is available for use in the brain
- May be prescribed for chronic pain

Medications

- Venlafaxine (Effexor)
- Desvenlafaxine (Pristiq)
- Duloxetine (Cymbalta)

Side Effects

- Nausea
- Dry mouth
- Dizziness
- Headache
- Excessive sweating
- Euphoria
- Hyperactive behavior
- Panic attacks
- High blood pressure
- Serotonin syndrome
 - Read the website document Serotonin Syndrome for more information.