

Ketamine is a drug that has been used by anesthesiologists since 1962 for sedation and anesthesia. In 2000 it was shown that, when a low dose of ketamine is given by intravenous infusion, it can rapidly relieve depression. More recent research has shown potential relief for patients with treatment resistant-Post-traumatic Stress Disorder (PTSD).

We offer ketamine infusion therapy monitored by a registered nurse and supervised by an anesthesiologist with over 25 years experience using ketamine in the out-patient setting.



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## HOPE



Antidepressants, talking therapy, even electroconvulsive therapy may have failed but ketamine treatment can offer hope. While it does not work for every patient, it can be life saving for some.

About 70% of patients with treatment-resistant depression (including bipolar patients) experience rapid relief after a low-dose ketamine infusion.

Although not as well established for treatment resistant-PTSD, ketamine treatment does help some of these patients.

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## KETAMINE TREATMENT

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Major Depressive Disorder, Bipolar Disorder, and Post-traumatic Stress Disorder (PTSD) are among the most painful experiences a human being can endure. People with extreme cases do not respond to standard treatments. For them, depression/bipolar/PTSD is often a life sentence – or a death sentence – but ketamine treatment offers a new source of hope.





## KETAMINE INFUSION TREATMENT

**The Infusion:** You will be placed in a private treatment room with a reclining chair. You won't need to disrobe and usually the doctor will allow a loved one to stay in the room with you if you choose. An intravenous infusion will be started and your blood pressure, heart rhythm and oxygen saturation will be monitored. You will feel extremely relaxed, but your mind will be fully engaged. The sensation may feel weird, but most patients describe it as pleasant. An observer will see a motionless patient who appears asleep.

**The Relief:** Symptom relief is fast and it can be life-changing, but "fast" doesn't always mean "instant". Sometimes it takes several days to appear, and it might take multiple infusions. Ketamine doesn't cause instant happiness. It simply takes away some of the horrible symptoms of depression.

# KETAMINE AN OLD DRUG WITH A NEW USE

Ketamine has been FDA approved as an anesthetic for 50 years and is used in virtually every operating room in the world. It is on the World Health Organization's List of Essential Medicines, and doctors around the world have extensive clinical experience with it; however, ketamine is not FDA approved for depression; therefore, insurance companies may not pay when it is used to treat depression.

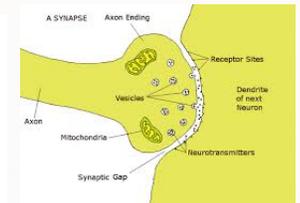


### HOW KETAMINE WORKS:

We don't completely understand yet exactly how ketamine relieves symptoms. We think that it affects certain receptors and pathways in the brain resulting in a rapid growth of new neural connections (synapses). This causes a "rewiring" of cells in the brain that somehow results in an antidepressant effect.



*New connections are made between brain cells.*



*Brain cells communicate through synapses.*

### DURATION OF EFFECT:

Relief will begin to diminish eventually. Duration varies from patient to patient. In general, a series of multiple infusions provides longer lasting relief than a single infusion. Only a few hundred patients so far have been treated longer than one year. It is not known whether the infusions can be repeated indefinitely with sustained effect.



*70% of patients improve with ketamine. Repeated infusions may be needed to sustain relief.*



*Many people can break out of their negative behaviors.*

### WHO IS KETAMINE FOR:

Ketamine is for patients with treatment-resistant depression (including depression in bipolar disorder) and PTSD. Ketamine is not for cases of depression or PTSD that respond to standard treatment. Most patients referred for ketamine will have tried psychological counseling, antidepressants, mood stabilizers, and many other medications without success.



*Most patients will have failed multiple treatments prior to using ketamine.*



*Ketamine may mean freedom.*