



BOBO GAZETTE JUNE 2023

This month's newsletter is about Ketamine treatments. Ketamine is used for the relief of chronic pain and mental health. We thought it beneficial to quote the article published by University Hospitals called "The Science of Health" The Benefits Of Ketamine Therapy for Depression" It is quite informative! BOBO

The Benefits of Ketamine Therapy for Depression"

Used for decades as a surgical anesthesia, ketamine has been making waves recently for the treatment of depression. But with increasing availability, experts advise that although the promising mental health therapy can be life-changing for some, it isn't for everyone.

How Ketamine "Reshapes" the Brain

Scientists believe that depression may be due to a connection problem between nerve cells in areas of the brain that regulate mood. Research suggests that people with long-term depression may have fewer of the synapses that allow these nerve cells to communicate.

Medically supervised ketamine infusion therapy has been found to reactivate existing connections and to grow new ones, helping the brain to "shake loose" negative thoughts and shift out of depression. Because the brain has actually been "reshaped," it may explain why antidepressant medications that didn't work in the past, may help after ketamine therapy.

A 2000 study conducted at Yale University School of Medicine showed that ketamine therapy significantly reduced depression symptoms within four hours, with effects lasting

up to three days or more. "Additional, more recent studies have shown that when medically supervised, ketamine can be highly effective in treating depression when other therapies have been ineffective," says Keming Gao, MD, PhD, Director of the Ketamine Infusion for Depression Clinic at University Hospitals.

Although ketamine can be administered in many ways (oral, nasal spray and injection), intravenous (IV) infusion is the most extensively studied method to date. "Most patients will require multiple infusion sessions to experience symptom relief, which may vary from less than one week to 7-8 weeks or longer," says Dr. Gao.

Ketamine treatment can be temporary or lifelong depending on a person's treatment history and an evaluation of the risks and benefits. Because ketamine therapy isn't typically covered by insurance, cost can be an issue as well.

What Are the Side Effects of Ketamine Therapy?

Ketamine works by blocking certain receptors in the brain, which can cause a dissociative experience or what may be described as a "trip." Sensations may include feelings of elation or euphoria and distorted feelings about one's body, such as the feeling that you are floating.

In addition to these effects, some people may experience nausea, dizziness, headache, pronounced drowsiness, blurry vision, mood changes, sensitivity to light and sound and temporary elevation of heart rate and blood

pressure. Most side effects are fully resolved 30 minutes after the infusion therapy is stopped but some people may experience them for an hour or more.

Long-term ketamine use may also lead to bladder damage, urinary problems and liver-toxicity in some patients. Ongoing, in-person monitoring by a medical professional is essential to mitigate these potentially serious side effects.

Ketamine is a controlled substance and people can develop a tolerance for it over time. This requires prescribers to be aware of the risks and make adjustments as needed to prevent unwanted side effects.

Who Is Eligible for Ketamine Therapy?

Ketamine infusion therapy may be an option for patients with treatment-resistant depression that has not responded to traditional therapies, including medications and psychotherapy. Perhaps the more important question is, who is not eligible for this kind of treatment? The risks of ketamine therapy may outweigh the benefits in patients with certain risk factors or health conditions, including:

Cardiovascular disease (hypertension, angina, heart rhythm disorders, history of heart attack or stroke)

- Hyperthyroidism
- Severe liver disease
- Psychiatric disorders (delirium, acute psychosis, schizophrenia)
- Alcohol or drug abuse
- Pregnancy
- Mobility restrictions

Patients should discuss their unique risk factors and the potential benefits with their doctor before starting ketamine therapy.

Patients with depressive symptoms that have not responded to traditional therapies should talk to their psychiatrist about ketamine infusion therapy as a potential treatment. For some people, this relatively new and innovative approach can offer significant, even life-saving benefits.

KETAMINE FOR PAIN MANAGEMENT

Ketamine is used for pain treatment. It blocks specific pain receptors in the brain. It also resets some of the nerve cells found in your spine and brain. This interaction is more effective at reducing some types of pain than other pain management methods.

Ketamine infusion can be used for different pain, including:

- Neuropathic pain
- Fibromyalgia
- Traumatic spinal injuries
- Cancer-related back pain
- Some types of nerve and back pain
- Complex pain syndrome in certain regions

If ketamine infusions work for you, your pain relief may last much longer than other treatment options. You may feel better for days, weeks, or sometimes months, depending on your pain and condition.

These infusions have a much lower dosage for pain management than those used for surgical anesthesia. Depending on your treatment plan, you may also receive a few other medications to help relieve your pain and reduce any potential side effects.

The most important benefits include the ability to reduce opioid intake, possible long term pain reduction, and large numbers of treatable conditions.

What to expect for your Ketamine Infusion:

- Initially, a free phone consultation is scheduled with our medical provider for any questions or concerns potential patients may have about Ketamine and whether it is deemed beneficial for the patients' needs.
- All potential Ketamine patients must have a referral from a medical professional.
- A complete medical history from the referring physician is also required.
- Video conferencing appointment with our Nurse Practitioner to review medical history to determine your fitness for treatment.
- Ketamine infusion duration and frequency is determined by condition being treated and will be discussed with prior to starting our program. We will also provide intravenous (IV) fluids while you receive this infusion to help with any side-effects or after-effects while giving your body a bump in hydration.
- All patients receiving Ketamine Infusions must have a person to drive them home. This cannot be any form of public transportation unless another friend or family member is with you.
- All Ketamine patients will receive anti-nausea medications prior to their infusion. Our goal is to prevent it rather than fight it after the fact.



Treatments are provided in a comfortable and private setting.



Please call us at 440-256-8660 with your questions regarding Ketamine treatments for mental health and/or pain.

