

ANTI-ANXIETY MEDS <i>Anxiolytics--primarily work on Serotonin and GABA (much like antidepressants)</i> >> Examples: Zoloft, Paxil, Celexa, Lexapro and Effexor XR, & BUSPAR Benzodiazepines: work immediately so esp. recommended for panic attacks > Examples: Valium, Xanax, Ativan, Klonopin, Librium, Serax, & Tranxene > Side effects from Benzos: more addictive but rare that occurs; loss of balance, slurred speech	ANTIDEPRESSANTS <i>MAO Inhibitors, or Monoamine Oxidase Inhibitors</i> > Examples: Nardil, Parnate, Marplan > MAO is an enzyme that attacks mood-altering neurotransmitters in the brain > Side effects: weight gain, insomnia, or death esp when combined with amino acid tyramine or pain meds/antihistamines <i>Tricyclic Antidepressants</i> > Examples: Elavil, Norpramin, Tofranil, Surmontil or Anafranil > Block the reuptake of some neurotransmitters to primarily help relieve pain and depression > Side effects: increased risk of heart failure, suicide	MOOD STABILIZERS <i>Work on regulating all the major neurotransmitters that affect mood abnormalities</i> > Examples: Lithium (creates salt & oldest but still effective), <u>Anticonvulsants</u> (Depakote, Lamictal, Neurontin, Topamax), <u>Antipsychotics</u> (Seroquel, Respidal, Geodon, and Abilify) > Side effects: acne, cloudy thinking, weight gain, kidney problems; Lithium causing most of the side effects
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ANTIPSYCHOTIC MEDS <i>Referred to as "atypical" >1985 and better @ treating psychosis with fewer side effects</i> > Examples: Haldol, Respiridone, Thorazine, Respidral, Zyprexa, Seroquel, Geodon, and Abilify > Work on increasing or decreasing levels of dopamine primarily > Side effects: weight gain, Type 2 diabetes, drowsiness, Tardive Dyskinesia (twitching/uncontrollable movements)	SLEEP-AIDS <i>Work on either the GABA or histamine neurotransmitters</i> > Examples: Ambien, Sonata, Halcion Restoril, ProSom, Xanax, Klonopin > Antihistamines work well too > Barbiturates and Narcotics (referring to as pain killers) have been used a lot in the past but are not generally recommended today	STIMULANTS <i>Stimulants used to treat ADD(or ADHD) primarily and include 2 main ones: Ritalin, Amphetamines. They work on increasing dopamine and norepinephrine</i> > Benzedrine was first one used with children in 1937 because of Charles Bradley pioneered > Examples: <u>Ritalin</u> (Focalin, Concerta, & Metadate) <u>Amphetamines</u> (Dexedrine, Adderall, & Desoxyn) & the only <u>non-stimulant</u> (Strattera) * The half-life (time meds stay in system) of these meds is key in treating esp. with kids in school all day > Side effects: appetite suppression, insomnia,
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