

Medication Information

Remeron

Remeron (mirtazapine) is used in the treatment of depression. It is also effective for treating anxiety and insomnia associated with depression. The usual daily dose is 15-60 mg taken at bedtime.

Precautions: Remeron needs to be taken on a regular basis to be of benefit and should not be discontinued suddenly. It is best to avoid any use of alcohol or street drugs when taking this medication. Because this medication can cause drowsiness, dizziness, or blurred vision, do not drive or operate heavy machinery until you know how you will be affected. If there is a possibility you may become pregnant or breast feed, consult with your physician. In rare cases, Remeron has rarely been associated with a potentially serious drop in the white blood cell count. Immuno-compromised patients (such as those with HIV or on steroid therapy) should notify their physician if they develop symptoms of serious infection.). Occasionally, children and young adults treated with antidepressants may experience the onset or worsening of suicidal thoughts and impulses.

Common side effects include: drowsiness, increased appetite, weight gain, nightmares, dizziness, and blurred vision. Other adverse effects not listed here may occur. Contact your physician if you develop any unusual or disturbing symptoms.

Alternate Treatments: Other medications used to treat depression include selective serotonin inhibitors (SSRIs), Wellbutrin, trazodone, Cymbalta, tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). Electroconvulsive therapy (ECT) is often effective in severe depression resistant to medication treatment. Other medications to treat anxiety include Benzodiazepines, SSRIs, beta-blockers, and Buspar. Certain "natural" substances have been found helpful in some people with milder depression and anxiety. These are not as well studied, may be manufactured with less quality control than medications, can cause adverse reactions, and are usually less predictably effective than medication. They include St John's Wort, DL phenylalanine, SAMe, 5-HTP, GABA, L-glutamine, Valerian root, and Kava Kava. Various forms of psychotherapy are also often beneficial.

Left untreated, depression and anxiety disorders tend to become more severe and chronic.