



Warning Signs

Treatments

Antidepressant Medications

Patent Expiration List

Depression is a common, but serious illness. All of us at some point or another will experience feelings of sadness, but these are typically short-lived and pass within a day or two. When these feelings include such things as hopelessness, helplessness, and worthlessness this may be a sign of depression rather than sadness.

Warning Signs

The diagnosis of depression is made by identifying the symptoms the patient has, along with gathering some additional information usually in the form of a questionnaire. Physicians will often times also run other tests to rule out other conditions that may cause symptoms of depression. Symptoms of depression include; having a depressed mood especially in the morning, fatigue or loss of energy, impaired concentration, change in sleeping habits, irritability, feelings of worthlessness or guilt on a daily basis, changes in weight, and a decrease interest in daily activities. Although these are some of the most common symptoms of depression, there are many different types of depressive disorders that can present in different ways.

Treatment

The good news is that clinical depression is a very treatable medical condition. Treatment of depression can involve psychotherapy, medication therapy, or a combination of both. There are many types of antidepressant medications available that have different mechanisms of action. The important thing to remember about any antidepressant is that they can take anywhere from 2-8 weeks until clinical benefits are seen. Although

most antidepressants are well-tolerated, patients may experience side effects especially during the 1-2 week time period leading up to when the medication is starting to work.

Most antidepressants work by affecting the levels of chemicals within the brain. Brain chemicals are what transmit electrical signals between brain cells that regulate mood. The most common chemicals affected by antidepressants are: norepinephrine, serotonin, and dopamine. By changing either the amount of these chemicals or the sensitivity of the receptors these chemicals work on, it may bring these chemicals back in balance and help treat depression.

If you think you may be depressed, or are experiencing the symptoms described above on a regular basis, it may be a good idea to schedule an appointment with your physician. Depression is a very serious disorder that if left untreated can negatively impact all aspects of life. Instead of suffering from a very treatable condition, get the help you need to get you back on track to enjoying your life.

BELOW IS A LISTING OF THE MOST COMMON ANTIDEPRESSANT MEDICATIONS, ALONG WITH THE MOST COMMON SIDE EFFECTS.

Medication Class	Medications	Possible Side Effects
Selective serotonin reuptake inhibitors (SSRI)	citalopram, escitalopram, fluoxetine, paroxetine, sertraline	Stomach upset, anxiety, fatigue, dizziness, insomnia, headaches, sexual dysfunction
Serotonin and norepinephrine reuptake inhibitors (SNRI)	duloxetine, venlafaxine	Stomach upset, anxiety, dizziness, fatigue, sexual dysfunction
Tricyclic antidepressants	amitriptyline, desipramine, doxepin, imipramine,	Stomach upset, dry mouth, blurred vision, changes in blood pressure
Other medications	bupropion, mirtazapine, trazodone	Stomach upset, anxiety, insomnia, dizziness

PATENT EXPIRATION LIST

Medication patents typically expire 20 years from the date of filing in the US. Many other factors can influence the duration of patent protection/exclusivity for a medication. When a patent expires or is determined to be invalid, the opportunity may exist for a company to bring to market a generic form of the medication.

January 2014

- Asacol DR (mesalamine)
- LoEstrin 24 Fe (ethinyl estradiol/norethindrone)
- Micardis (telmisartan)

March 2014

- Avelox (moxifloxacin)
- Evista (raloxifene)
- Renvela (sevelamer)
- Vytorin (exetimibe/simvastatin)

May 2014

- Celebrex (celecoxib)
- Nexium (esomeprazole)

June 2014

- Actonel (risedronate)

August 2014

- Temodar (temozolomide)



PROACT, INC.
1230 US HIGHWAY 11
GOUVERNEUR, NY 13642

PHONE: 1-866-640-4430
FAX: 315-287-7864
EMAIL: NEWSLETTER@PROACTRX.COM

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