

# The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

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## Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,  
*Dan, Monica and John*

## Depression – When Treatment isn't Working

Depressive disorders have symptoms that vary from person to person. Depression is often paired with other issues, and can lead to severe disability. In spite of decades of research on the causes of depression and the wide variety of treatments available, some people only respond partially or become resistant to treatment. Recent scientific evidence has been pointing out the essential role of biological systems, in particular glutamatergic neurotransmission, which can be inhibited by the medication ketamine.



Ketamine is approved by the FDA to be used as an anesthetic; however, recent reports have shown its success in the treatment of major depressive disorder (MDD). Studies have suggested that a sub-anesthetic dose produces rapid antidepressant activity, providing significant symptomatic relief particularly in patients with a history of treatment resistant depression. Many reports have been published on the use of ketamine nasal spray in the treatment of depression.

Never stop taking an antidepressant without talking to your doctor. If treatment is not working, tell your doctor, and ask if compounded intranasal ketamine might be an option. Our pharmacist can discuss the benefits of ketamine and other customized medications with you and your physician.

***Your questions are always welcome!***

**J Psychiatr Res. 2019 May;112:7-11.**  
**Curr Pharm Des. 2019 Mar 11. [Epub ahead of print]**

Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

[SCHEDULE A CONSULTATION](#)

