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**FOR IMMEDIATE RELEASE**

*~Photography Available~*

**DEPRESSION, THE HOLIDAYS AND HOW TO COPE:**  
*Innovative intravenous medical treatment proven effective in conquering depression*

**CHICAGO, IL (NOVEMBER 2017)** –The term “Happy Holidays” is a top sentiment throughout the months of November and December, but the phrase doesn’t necessarily ring true for everyone. Family stressors, issues with money, unrealistic expectations, and a full social calendar can be overwhelming for most, but for those suffering already from depression, the holidays can take a real toll.

Dr. Bal Nandra, Chief Medical Officer at [IV Solution](http://www.chicagoIVsolution.com), the first private facility to offer clinically proven intravenous ketamine therapy for the treatment of depression, chronic pain and fibromyalgia in Chicago, helps people with depression year-round through ketamine therapy. When working with patients with depression that peaks during the holidays, he acknowledges the stressors but also offers tips to help cope.

There is certainly a difference between diagnosed depression and seasonal affective disorder (SAD). Nandra offers the below tips to everyone in order to keep the holidays happy and as low-stress as possible.

1. Plan ahead for self-care during this time.
2. Acknowledge your feelings and reach out to others for reassurance and support.
3. Set realistic expectations.
4. Plan ahead. Make a list of your holiday obligations and set aside specific times to meet them.
5. If an event has caused stress in the past, it will likely continue to do so. Learn to say no.
6. Continue to exercise and eat healthy throughout the holidays. Don’t abandon positive habits.
7. Seek additional support if necessary.

Despite best efforts in place, those suffering from depression may still experience its extreme effects during the holiday season. “We urge our patients and others working with health professionals to seek out additional treatment as necessary,” says Nandra.

As opposed to oral antidepressant medications, which may only be effective in about 60 percent of patients and take up to a month or more to take effect often with undesirable side effects, ketamine is effective within minutes to hours with minimal side effects. After the first series of six 45-minute infusions for depression over a period of two weeks, most patients report immediate relief of symptoms for many weeks to months. In fact, some patients, with the guidance of their physician or mental health professional, may be able to decrease or even eliminate other medications as treatment progresses.

“After being diagnosed with clinical depression at a very young age, I spent most of my life trying to find a depression and anxiety medication that worked for me,” says Chicagoan and patient Jason Prinzo. “While some of the medications brought me relief from my depression, they also came with side effects that were impacting other parts of my life. After reading a lot of information on the results of ketamine treatments I decided to give it a shot. I can’t tell you what a difference it has made in my life! It was a very quick and noticeable change in not only my attitude and overall outlook on life, but it felt great to be excited again to go and do things with my wife and friends. I can’t recommend the folks at IV Solutions and ketamine treatments enough to anyone battling depression and anxiety. Without trying to sound too cliché, it literally changed my life.”

### **ABOUT IV SOLUTION**

IV Solution, Ketamine Centers of Chicago, is the first private facility to offer clinically proven intravenous ketamine therapies for the treatment of depression, chronic pain, fibromyalgia, and other ailments. Located at 712 North Dearborn Street in Downtown Chicago, the state-of-the-art medical facility in River North offers customized therapy in a private, confidential setting with anesthesiologists, registered nurses, and skilled staff onsite.

For more information, the public is invited to call 844-9-IV-MEDS (948-6337), or email [info@ChicagoIVSolution.com](mailto:info@ChicagoIVSolution.com).

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### **CLINICAL STUDIES**

Ketamine has been shown to help rapidly reverse depression in a number of studies:

- <https://www.medpagetoday.com/psychiatry/depression/65255>
- [Antidepressant Efficacy of Ketamine in Treatment-Resistant Major Depression: A Two-Site Randomized Controlled Trial – Am J Psychiatry \(Oct 2013\)](#)
- [Rapid and Longer-Term Antidepressant Effects of Repeated Ketamine Infusions in Treatment-Resistant Major Depression – Biological Psychiatry \(Aug 2013\)](#)
- [Ketamine as a Novel Antidepressant: From Synapse to Behavior – Clinical Pharmacology & Therapeutics \(Dec 2011\)](#)
- [Serial infusions of low-dose ketamine for major depression – Journal of Psychopharmacology \(May 2013\)](#) <http://www.ncbi.nlm.nih.gov/pubmed/23428794>