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~Photography Available~

ESKETAMINE NASAL SPRAY VERSUS IV KETAMINE INFUSIONS
FDA approves another form of treating depression and resistant depression

CHICAGO, IL/KANSAS CITY, KS (MARCH 2018) – Esketamine nasal spray is the newest FDA approved ketamine based drug for treatment resistant depression (TRD) offering patients another option. Dr. Bal Nandra, Chief Medical Officer of [IV Solution Ketamine Centers of Chicago](http://www.chicagoIVsolution.com) (712 North Dearborn Street) has been administering intravenous Ketamine for over two years, says “this is a great step forward in the advancement of mental health to have another FDA approval of a novel drug class and another route of administration for the first time in many decades.”

In addition to ketamine IV therapy, the nasal spray is to be administered in a qualified physician's office where the patient must be observed for two hours after treatment. Patients will have to return to the office for subsequent visits every few days for some weeks and then weekly or bi-monthly following that.

“Patients now have two options for treatment resistant depression in the form of ketamine,” says Dr. Nandra. “While currently esketamine registers at about half as effective than ketamine by intravenous infusion, as the use of esketamine increases, we look forward to additional results, statistics and success.”

Janssen Pharmaceutical Companies of Johnson & Johnson’s esketamine nasal spray, called by the brand name SPRAVATO, put esketamine through five Phase 3 clinical studies. Of these five studies, two showed that esketamine nasal spray was significantly more effective than the control group. And, one of these two studies was of the study design that the FDA typically weighs heavily in the approval process. The other was a maintenance-of-effect study that showed it was safe, tolerable, and with a decreased risk of relapse over a 52 week period.

Furthermore, in their positive short-term Phase 3 study, esketamine nasal spray was found to be 30-40% more effective than the control group (not receiving the treatment). To compare, intravenous ketamine infusions like some administered at IV Solution, have been proven to be up to 80% effective against treatment resistant depression and can be effective after just one 45-minute infusion.

Points to note regarding ketamine IV infusions:

- Ketamine was identified as an effective antidepressant more than a decade ago, and continues to gain positive feedback and results from patients and doctors, being hailed as “revolutionary” and “life altering” time and again.

- 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.

“Our IV Solution patients have long experienced outstanding results, and we want everyone suffering from treatment resistant depression to experience the life changing effects of ketamine,” says Dr. Nandra “Alternative therapies like ketamine are key in the quest to de-stigmatize mental illness and regardless of ketamine treatment route taken, we want those suffering to experience the best results.”

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. They collaborate with patients and their primary care physician, specialist, or mental health professional to optimize treatment and ensure continuity of care.

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.

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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>