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DEPRESSION, THE HOLIDAYS AND HOW TO COPE:

Innovative intravenous medical treatment proven effective in conquering depression

CHICAGO, IL (NOVEMBER 2018) –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. In fact, according to a survey conducted by National Alliance on Mental Illness (NAMI), 64% of people with mental illness report increased stress in the months of November and December. Family stressors, issues with money, unrealistic expectations, and a full social calendar can be overwhelming for most, but for those suffering already from depression and/or anxiety, 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 suggestions 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. “Ketamine infusions often provide immediate relief for many patients and can be an answer to holiday stress and anxiety.”

As opposed to oral antidepressant medications, which may only be effective in about 40 percent of patients and take up to two months or more to take effect often with undesirable side effects, ketamine is effective within hours to a few days with minimal side effects. After the first series of six 45-minute infusions for depression over a period of 2-3 weeks, most patients report dramatic 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.

“I noticed a change the day after my first treatment,” says patient Kathy Wrubleski. “I think clearly, I make decisions effortlessly, I am calm. I’m fully present in the moment and I get goose bumps just thinking about how much I am now loving life. I liken it to waking from a coma. I have to learn how to live again.”

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.

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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>](#)