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~Photography Available~

JUNE IS MEN'S MENTAL HEALTH AWARENESS MONTH:

Famed Chicago Cubs National Anthem Singer and Anti-Bullying Activist John Vincent is breaking depression's stigma while seeking treatment and peace

CHICAGO, IL (JUNE 2018) – Chicago IV Solution is recognizing men during June's Mental Health Awareness Month as six million males are affected by depression each year and are less likely than women to seek help due to social norms, reluctance to talk, and downplaying of symptoms. An exception to this statistic is beloved [Chicago Cubs National Anthem Singer and Anti-Bullying Activist John Vincent](#). Having suffered from depression for over 25 years, at age 46 he's experiencing life in the present beyond his depression and says, "I've never felt better." He owes much of his evolution to intravenous ketamine treatments from IV Solution that made him "feel alive again" after only two days.

Vincent is a dynamic Chicagoan, famous for performing the anthem before Chicago Cubs games since 2003. His ability to hold a note for an inconceivable amount of time has blown many fans away, and while outwardly jovial and confident, he's struggled with OCD, depression and anxiety throughout his career. After a suicide attempt in 2018, Vincent confided in his psychiatrist and together they decided he should try ketamine because "what did I have to lose at that point?" He connected with Dr. Bal Nandra, Chief Medical Officer of [IV Solution Ketamine Centers of Chicago](#) and began his first treatment protocol in March 2019. "Before ketamine, I felt like I was standing in front of a wall," says Vincent. "What ketamine has done is brought me a ladder to get me over that wall. It's changed my entire life."

"John was a different person after his first ketamine treatment," says Dr. Nandra. "Our IV Solution patients have long experienced outstanding results, and we are thrilled John is speaking out whenever he can to raise awareness of ketamine. We want everyone suffering from treatment resistant depression to experience the life changing effects of it."

As a child, Vincent was bullied from grades 2nd-8th for being smaller than everyone else. He experienced a growth spurt that left him less of a target however, as he grew older he went from being a scared child to an angry adult. In his mid-thirties and inspired by the challenges he had as a child, he began to be very open about his mental health struggles. By speaking out openly through his anti-bullying platform at Middle and High School's around Chicagoland, he uses his big voice to speak to kids, both victims of bullying and perpetrators, and urges them to "be kind or be nothing." He appears at schools for free. IV Ketamine therapy has allowed him to further center his anti-bullying outreach and focus on de-stigmatizing depression, while managing his own.

Prior to his regular ketamine infusion protocol, Vincent says he was always looking for answers to everything. He credits ketamine for shutting this “manic” part of his brain down for him to think slower, more clearly and more controlled. “My thoughts and questions are no longer jumbled, flying at me from everywhere. Ketamine is a connector and has helped restructure my brain.” He believes our purpose on Earth is to “make other people happy and pay it forward”, and will continue speaking out against bullying and for mental health awareness- because “we all deserve to live in peace.”

“Of course I still get sad, that’s a normal part of anyone’s life whether you suffer from depression or not,” says Vincent. “I understand I’m not always going to be happy. But now the difference is, I know I can overcome sadness and live through it. I’m on a lifelong journey seeking peace and I’m able to find it by using my voice in many ways. I’m grateful for ketamine for allowing me to do this.”

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>

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.