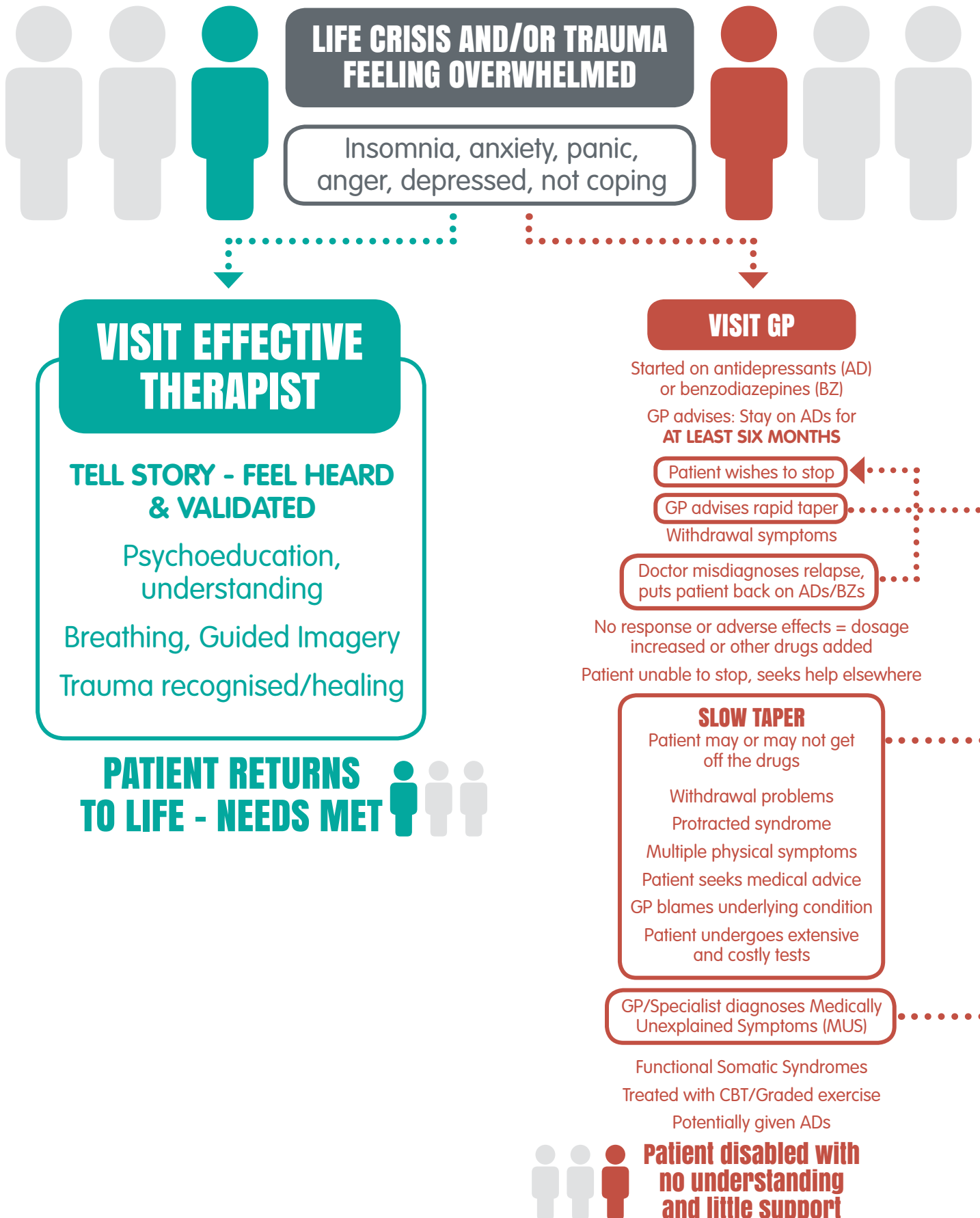


A PATIENT'S JOURNEY

Consequences of Antidepressants/Benzodiazepines



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Consequences of Antidepressants/Benzodiazepines



"Clinicians need to add SSRI to the list of drugs potentially inducing withdrawal symptoms upon discontinuation, together with benzodiazepines, barbiturates and other psychotropic drugs" (Fava G. A. et al 2015)

SIGNS AND SYMPTOMS OF WITHDRAWAL FROM SSRI

(www.karger.com/Article/FullText/370338)

SYSTEM INVOLVED	SYMPTOMS
General	Flu-like symptoms, fatigue, weakness, tiredness, headache, tachycardia, dyspnea
Balance	Gait instability, ataxia, dizziness, light headedness, vertigo
Sensory	Paraesthesias, electric-shock sensations, myalgias, neuralgias, tinnitus, altered taste, pruritus
Visual	Visual changes, blurred vision
Neuromotor	Tremor, myoclonus, ataxia, muscle rigidity, jerkiness, muscle aches, facial numbness
Vasomotor	Sweating, flushing, chills
Sleep	Insomnia, vivid dreams, nightmares, hypersomnia, lethargy
Gastrointestinal	Nausea, vomiting, diarrhea, anorexia, abdominal pain
Affective	Anxiety, agitation, tension, panic, depression, intensification of suicidal ideation, irritability, impulsiveness, aggression, anger, bouts of crying, mood swings, derealization and depersonalization
Psychotic	Visual and auditory hallucinations
Cognitive	Confusion, decreased concentration, amnesia
Sexual	Genital hypersensitivity, premature ejaculation

What is MUS?

"Medically Unexplained Symptoms (MUS) refers to persistent bodily complaints for which adequate examination does not reveal sufficiently explanatory structural or other specified pathology. MUS are common, with a spectrum of severity, and patients are found in all areas of the healthcare system.

Patients with MUS are more likely to attribute their illness to physical causes rather than lifestyle factors. This can include symptoms such as pain in different parts of the body, functional disturbance of organ systems and complaints of fatigue or exhaustion."

FUNCTIONAL SOMATIC SYNDROMES

SYMPTOMS (COMBINATION OF)	SYNDROME
Bloating, constipation, loose stools, abdominal pain	Irritable Bowel Syndrome
Fatigue (particularly post-exertional and long recovery) pain, sensitivity to smell	Chronic Fatigue Syndrome, Myalgic Encephalomyelitis
Headache, vomiting, dizziness	Post Concussion Syndrome
Pelvic pain, painful sex, painful periods	Chronic pelvic pain
Pain and tender joints, fatigue	Fibromyalgia/Chronic widespread pain
Chest pain, palpitations, shortness of breath	Non cardiac chest pain
Shortness of breath	Hyperventilation
Jaw pain, teeth grinding	Temporo-mandibular Joint Dysfunction
Reaction to smells, light	Multiple Chemical Sensitivity

Source: Joint Commissioning Panel for mental health, Guidance MUS, Feb 2017, www.jcpmh.info

NOTE THE CLEAR SIMILARITIES IN THE SYMPTOMS OF WITHDRAWAL AND 'UNEXPLAINED' SYMPTOMS