



**Empowering and Encouraging People
To Live Healthier Makes a Difference!**

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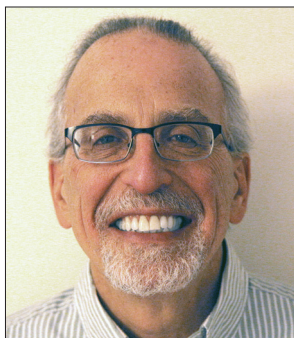
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Chronic Pain Sufferers

“New” Novel IV Ketamine Infusion Therapy Shows Promise as Non-Opioid, Lasting Pain Reliever



By Robert E. Litman, MD
Medical Director,
CBH Health and Advanced
Depression Treatment Centers

One in every four Americans suffer from chronic pain lasting more than 3-6 months. Chronic pain can be a result of an accident, sports or work injury. Common chronic low back, neck, knee, shoulder or ankle joint pain, nerve or other lasting pain, over time, can have a devastating impact on a patient's quality of life, finances and relationships, so it is important to pursue treatment and relief.

“Complex” Pain and Depression

Perhaps a better term for chronic pain is “complex pain”, as most causes of pain are multifactorial, requiring a multidisciplinary approach to treat the whole patient, not just the symptoms. According to a 2009 research study, approximately 35% of participants with chronic pain also had concurrent depression. Complex pain and depression sufferers report similar symptoms such as difficulty concentrating, trouble completing tasks, eating and sleeping disturbances. The same brain circuits that experience physical pain also mediate emotional pain, which may lead to depressive states, moodiness, and an inability to enjoy life's pleasures.

Ketamine's 50-Year History

Ketamine has been used safely for over 50 years by anesthesiologists in hospital and clinical settings as a general anesthetic, especially preferred for pediatric patients. Over the last decade, a resurgent interest and research in exploring other uses of ketamine to treat depression chronic pain, and other physical and mental health conditions, have grown exponentially. Low doses of Ketamine inhibit the NMDA receptors responsible for

central sensitization, and can work synergistically with many analgesics. What's more, the use of ketamine, is proven to relieve pain in a measurable way – not just mask the pain.

Not a Party Drug (“Special K”)

While ketamine can be abused as a hallucinogen, hallucinations are extremely rare with clinically-administered low doses in the average adult. Known to club-goers as “Special K,” illegal versions and dosages of ketamine are abused by some people seeking the dreamlike, dissociative state it puts users in. Alternatively, clinically-safe low dose treatments for chronic pain and depression show promise in providing pain relief and alleviating feelings of sadness without hallucinogenic side

effects.

Ketamine Research: Volunteers Needed

New applications of this old drug show great promise in treating complex pain, yet require additional research.

If you or a loved one are experiencing complex or severe pain, possibly accompanied by depressive feelings, you may be eligible to participate in a clinical research study of intravenous (IV) infusions of ketamine. The dosage and course of treatment are personalized for each patient, to optimally serve each patient's unique needs. Certain conditions may require a multi-faceted approach, so in addition

to pain-relieving infusions, anti-inflammatory medicines may be used along with nutritional support, talk therapy, and/or holistic practices such as yoga, to fully engage both mind and body for optimal health.

Ketamine treatment may not be for everyone. However, when safely used by a qualified, experienced medical doctor, ketamine IV infusion therapy has the potential to provide partial – if not complete – relief from complex, chronic pain, and depression.

If you or a loved one are interested in learning whether this new treatment is for you, why not take the next step and seek the relief you deserve?

Suffering from DEPRESSION?

**Is Your Current Treatment Not
Delivering Enough Relief?**

**You or a loved one may be a
candidate for an innovative, non-
opioid treatment for:**

- Chronic Depression
- Anxiety
- Post-Traumatic Stress Disorder (PTSD)
- Postpartum "Baby Blues"
- Suicidal Thoughts

LET'S TALK.

ARE YOU A CANDIDATE?

301-273-7887

Fill out a confidential online form:

AdvancedDepressionTreatment.com

**Finally – New Treatment Options Available For
Treatment Resistant or Major Depressive Disorders**



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Treatment Centers**
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