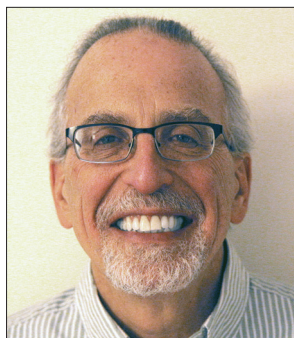


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Customer/Authorized Signature (REQUIRED) _____ Date _____



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

Depression is a common, but serious, mood disorder that affects people in different ways. Many people experience overall sadness, apathy, and a loss of energy and interest in normal activities. It may be situational – a reaction from a serious life event such as a death of a loved one, divorce, or a harmful experience. For others, depression may reflect a serious illness, major depression, which may be based on genetic factors, lifelong trauma or both. People with major depression may feel overwhelmed, emotionally-charged, anxious and unable to function and sleep normally, suicidal; they need help.

Solving the Brain's Puzzle

Depression can be tricky to treat effectively. Whereas the disease process underlying treatable illnesses like infections, high blood pressure, or diabetes are fairly well known, the disease process underlying brain disorders like depression are much more mysterious. Because of this, developing effective medications for the treatment of depression is very challenging. Many antidepressants have been developed, helping some, but leaving others with undertreated depression ("Treatment Resistant Depression"), or severe side effects that make taking the drug unpleasant. Also, even when they are effective, antidepressants take several weeks or more to kick in, and for the patient to start to feel if it is working for them.

Some patients feel better after finding the right medication, and through counseling are able to gain better awareness of their feelings and how to handle them. Unfortunately, for others, finding the right medication can be frustrating, leaving them with few or no options left to consider, until now.

Introducing Ketamine

A new treatment, called ketamine, is being studied for people who have tried several antidepressants but none seemed

to help them feel better. Ketamine is a type of medication used to produce relaxation, and relieve pain. It is a class III scheduled drug and is approved for use in hospitals and other medical settings as an anesthetic. Ketamine infusions have been shown to reverse depression in as many as 70-80% of patients with treatment-resistant depression. This novel approach may help people suffering from depression, but also anxiety, and post-traumatic stress disorder (PTSD).

Recently, researchers have observed how in low doses, this drug is an effective antidepressant, elevating a patient's mood within minutes, which may last several weeks. Because it works on different chemical systems than currently

available standard antidepressants, it can bring relief to those who don't get relief from traditional antidepressants.

Not "Special K"

Ketamine is also well known as a drug of abuse. Known to club-goers as "Special K," illegal versions of ketamine, at very high, at times dangerous doses, are abused by some people seeking the "dreamlike" state it puts users in. However, the proper use of ketamine to treat depression involves much lower doses (lower than those used in anesthesia) that are clinically-safe and alleviate depression without the hallucinogenic experience sought by drug abusers.

**Seek Help, Consider Volunteering
for a Clinical Study**

Right now, ketamine-like investigational agents for the treatment of depression are being studied in clinical trials for patients with severe depressions.

If you or a loved one are experiencing symptoms of depression, seek help from a qualified, licensed medical provider such as a board-certified psychiatrist. You also might consider volunteering for a clinical study in your area. If you qualify, you may obtain free medical evaluations and treatments, including medications. As a research participant, you may also be reimbursed for your time and travel expenses, all while contributing to improving the quality of care for future generations to come.

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



**Advanced Depression
Treatment Centers**
An Evergreen Mental Health Services Affiliate

