

Antidepressants and Sedatives

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Depression

- ◆ **A frequent problem, affecting up to 5% of the population**
- ◆ **Common presentations include low mood, loss of energy, disinterest in activities**
- ◆ **May also include weight loss, sleep disturbance, or psychosis**
- ◆ **Should be considered in patients with atypical dementia and chronic pain**

A stricter standard for the diagnosis of depression - DSM-IV

- ◆ Five of the following present during the same 2-week period and represent a change from previous functioning:
 - depressed mood
 - markedly diminished interest or pleasure in all, or almost all, activities
 - significant weight loss when not dieting or weight gain
 - insomnia or hypersomnia
 - psychomotor agitation or retardation
 - fatigue or loss of energy
 - feelings of worthlessness or excessive or inappropriate guilt
 - diminished ability to think or concentrate, or indecisiveness
 - recurrent thoughts of death, recurrent suicidal ideation or a suicide attempt
- ◆ The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- ◆ The symptoms are not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., hypothyroidism).
- ◆ The symptoms are not better accounted for by Bereavement

Pathophysiology of depression

- ◆ At present, mechanism is unknown - may be more than one mechanism.
- ◆ No useful biomarkers or imaging abnormality during life
- ◆ Study of postmortem brain has not revealed any consistent structural or neurochemical abnormality
- ◆ Majority of the currently available medications were discovered empirically
- ◆ Most current theories are based on “amine hypothesis”

Biogenic amines

◆ Dopamine

- Synthesis: tyrosine $\xrightarrow{\text{TH}}$ L DOPA $\xrightarrow{\text{AADC}}$ dopamine
- Origin: substantia nigra, ventral tegmental area
- Targets: basal ganglia, cerebral cortex

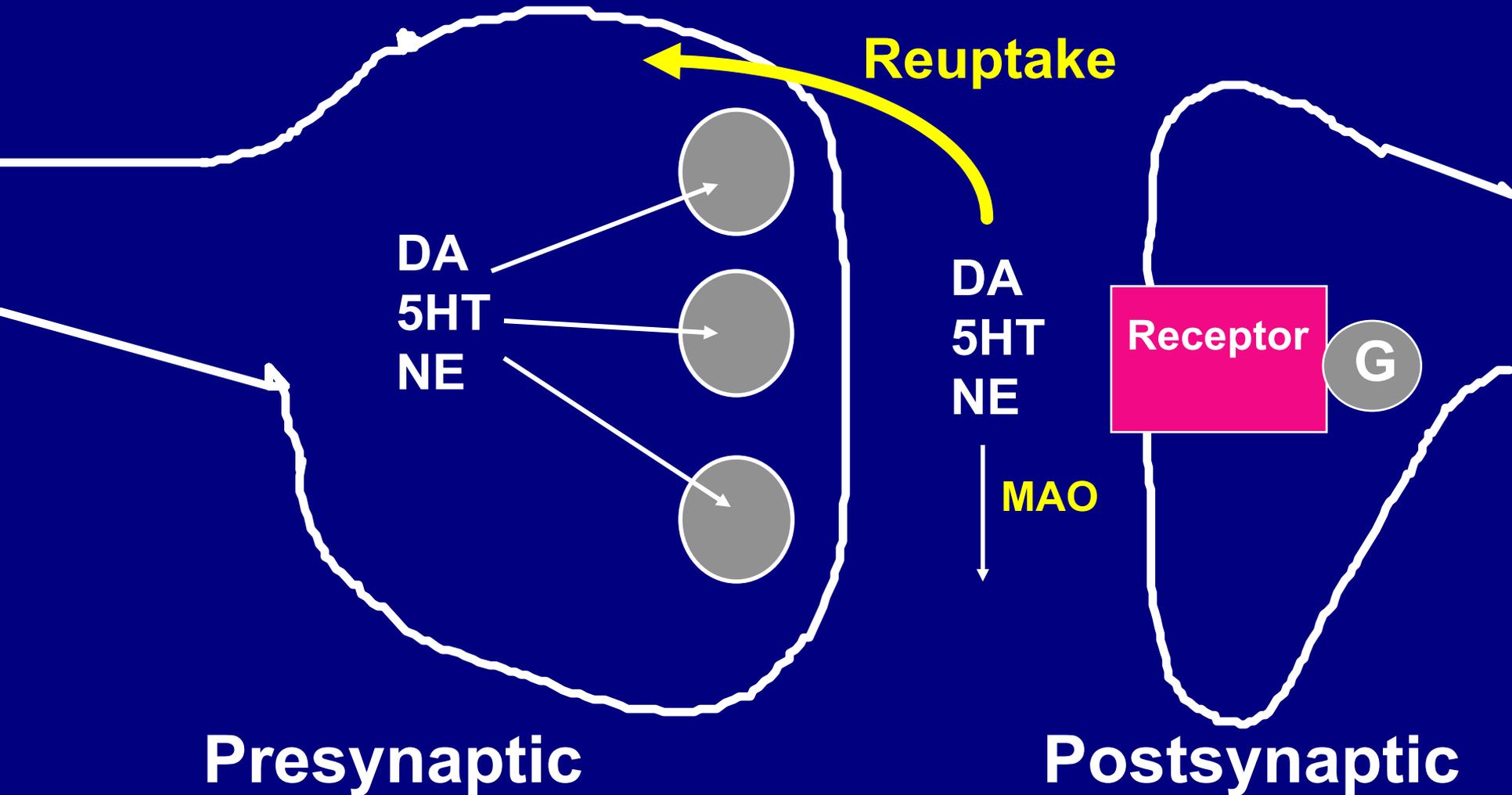
◆ Norepinephrine

- Synthesis: dopamine $\xrightarrow{\text{D}\beta\text{H}}$ Norepinephrine
- Origin: locus ceruleus
- Targets: cerebral cortex

◆ Serotonin

- Synthesis: tryptophan $\xrightarrow{\text{TPH}}$ 5 HTP $\xrightarrow{\text{AADC}}$ serotonin
- Origin: raphe nuclei
- Targets: cortex, basal ganglia, hippocampus, brainstem

Turnover of Biogenic Amines



Classes of Antidepressants

- ◆ **Tricyclics and heterocyclics**
- ◆ **Selective serotonin reuptake inhibitors (SSRI's)**
- ◆ **Bupropion**
- ◆ **Nonselective MAO inhibitors**
- ◆ **Non-pharmacological therapy**
 - ECT
 - Psychotherapy

Tricyclics and heterocyclics - Clinical pharmacology

- ◆ **Large family of structurally related compounds**
- ◆ **Multiple pharmacological actions**
 - Therapeutic effect probably due to ability to block reuptake of serotonin and/or norepinephrine
 - All may be sedating, although some much more than others
 - Many of these drugs have anticholinergic (anti-muscarinic) actions - leads to somnolence, dry mouth, urinary retention

Tricyclics and heterocyclics - pharmacokinetics and toxicity

- ◆ All are primarily metabolized by the liver, and undergo first pass metabolism
- ◆ Biochemical half-lives range from 4 to more than 24 hours, but clinical response is much slower - typically several weeks of therapy is required to observe any clinical improvement
- ◆ Overdose of tricyclics (more than 1 gram) is often lethal due to cardiac conduction disturbances. Great care must be taken when these drugs are prescribed for potentially suicidal patients.

Some commonly used tricyclics and heterocyclics

- ◆ **Amitriptiline (Elavil®)**
 - Inhibits serotonin & NE reuptake
 - Prominent anticholinergic effects
 - Metabolite is nortriptyline
- ◆ **Desipramine (Norpramine®)**
 - Inhibits NE reuptake
 - Mild anticholinergic effects
- ◆ **Trazodone (Desyrel®)**
 - Heterocyclic
 - Inhibits serotonin reuptake
 - Minimal anticholinergic effects
 - Sedating

Selective Serotonin Reuptake Inhibitors (SSRI's)

- ◆ Act by inhibition of presynaptic reuptake of serotonin in central synapses.
- ◆ Not as sedating as many of the tricyclic compounds
- ◆ Also do not have the anticholinergic side effects of the tricyclics

Some commonly used SSRI's

- ◆ **Fluoxetine (Prozac®)**
- ◆ **Sertaline (Zoloft®)**
- ◆ **Citalopam (Celexa®)**
- ◆ **Paroxetine (Paxil®)**
 - All are potent inhibitors of serotonin reuptake
 - Adverse effects: anxiety, tremor
 - Overdose of SSRI alone is rarely lethal
 - Should not be administered with nonselective MAO inhibitors
 - Suicide as an adverse effect?

Bupropion

- ◆ Structurally related to the tricyclics, but seems to have a different therapeutic mechanism, related to altered release of NE
- ◆ Not sedating or anticholinergic, but does sometime induce hallucinations or seizures
- ◆ Also effective in treating tobacco addiction

MAO Inhibitors

- ◆ **Non-selective, irreversible enzyme inhibitors - long duration of action**
- ◆ **Therapeutic effect is due to is enhancement of CNS amine levels**
- ◆ **Major adverse effects are due to excessive accumulation of amines in the circulation**
 - Tyramine: the “cheese effect.”
 - Drug interactions: SSRI’s, sympathomimetics
- ◆ **Safe in carefully controlled circumstances, but “real world” use may lead to serious adverse effects.**

Treatment of depression

- ◆ Many patients will not report symptoms of depression unless asked specifically
- ◆ Patients who are depressed may be suicidal - it is essential to inquire about their intentions
- ◆ The response of an individual patient to a particular antidepressant cannot be predicted, and treatment often requires sequential trials of several drugs
- ◆ In severely depressed patients, ECT often produces a rapid improvement and may be the best initial treatment

Sedatives and hypnotics

- ◆ **Used to reduce anxiety, or induce sleep**
- ◆ **Very commonly prescribed**
- ◆ **Two principal chemical classes:**
 - **Benzodiazepines**
 - **Barbiturates**
- ◆ **Both work by enhancing activity of the inhibitory neurotransmitter, GABA**

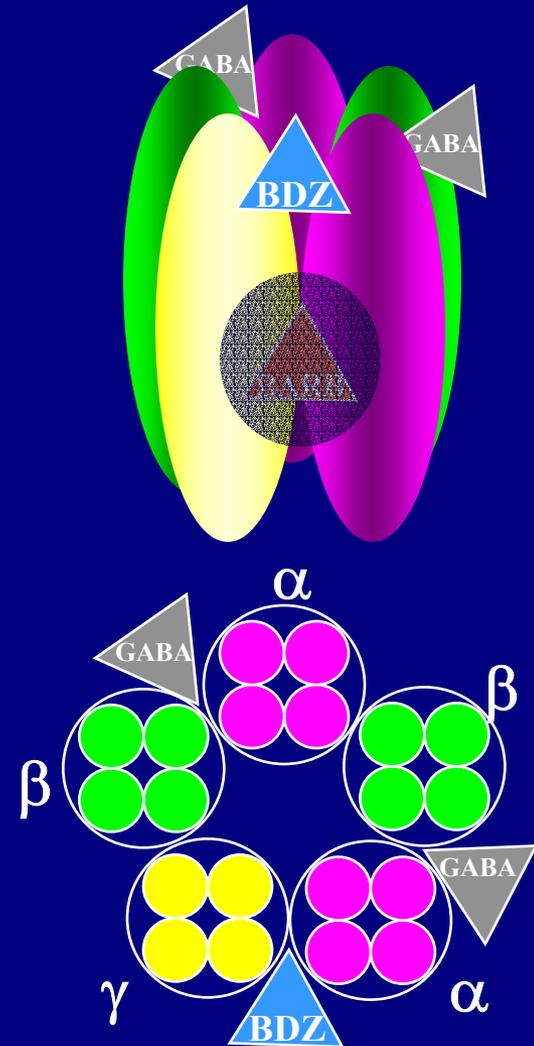
GABA (γ -aminobutyric acid)



- ◆ **Principal inhibitory transmitter of the mammalian brain**
- ◆ **Receptors:**
 - **GABA_A**: ligand gated ion channels, regulate chloride ion, at least 15 different subunit proteins
 - **GABA_B**: G-protein coupled receptors

Effects of benzodiazepines and barbiturates on GABA_A

- ◆ Both drugs bind to GABA_A receptor subunits, but at different sites.
- ◆ Neither one binds to the agonist site
- ◆ Benzodiazepines increase the frequency of channel opening, but do not alter conductance or duration of opening
- ◆ Barbiturates prolong the duration of channel opening



Benzodiazepines

- ◆ More than a dozen benzodiazepines are marketed in the US
- ◆ They are distinguished primarily by their profiles of distribution and half-life.
- ◆ Toxicity is mainly excessive sedation.
- ◆ After chronic use, withdrawal seizures may occur, especially with short half-life agents

Examples of some benzodiazepines			
	<i>trade name</i>	<i>t1/2 - hours</i>	<i>typical application</i>
midazolam	<i>Versed</i>	1 - 3	IV - brief sedation for procedure
triazolam	<i>Halcion</i>	2 - 4	hypnotic - may produce amnestic syndrome
temazepam	<i>Restoril</i>	10 - 17	hypnotic
lorazepam	<i>Ativan</i>	10 - 20	hypnotic, sedative
diazepam	<i>Valium</i>	30 - 60	hypnotic, sedative
flurazepam	<i>Dalmane</i>	50 - 100	old hypnotic - not recommended

Barbiturates

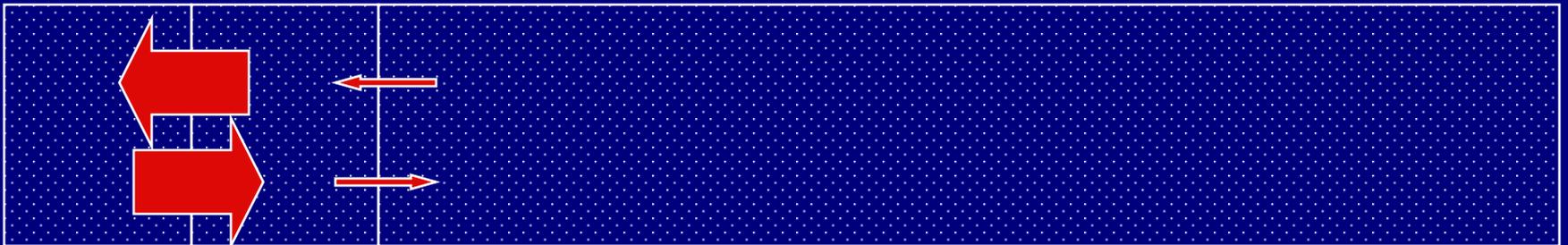
- ◆ Also distinguished largely by half-life and duration of action.
- ◆ Toxicity is excessive sedation, but unlike benzodiazepines, often leads to respiratory depression which may be fatal.
- ◆ Biochemical half lives range from 3 hours (methohexital) to 100 hours (phenobarbital)
- ◆ Redistribution is a key mechanism regulating duration of the biological effect of barbiturates (and benzodiazepines) when administered rapidly.

Redistribution

Brain

Blood

Muscle, adipose tissue and other organs



Clinical use of sedatives

◆ Anxiolytic use

- Usually a medium to long acting benzodiazepine, such as diazepam, administered orally.

◆ Hypnotic use

- Usually a short to medium acting benzodiazepine, such as temazepam, administered orally - *but note that all hypnotics lose efficacy if taken daily.*

◆ Sedative use (for surgical procedures)

- A short acting benzodiazepine, such as midazolam
- A short acting barbiturate, such as thiopental
- Administered intravenously, and action terminated by redistribution.

Tolerance, cross-tolerance, and addiction

- ◆ **Chronic use of sedatives of either class (benzodiazepine or barbiturate) induces tolerance to all members of the class, and cross-tolerance to members of the other class.**
- ◆ **Both also induce tolerance to ethanol, which acts in part through GABA receptors.**
- ◆ **Both benzodiazepines and barbiturates may produce dependence and are susceptible to abuse. Potentially lethal actions of the barbiturates makes them particularly problematic when abused.**
- ◆ **Rapid withdrawal from either class of sedatives may lead to anxiety, agitation, and seizures**