

World Summit on

# Psychiatry, Mental Health Nursing and Healthcare

International Conference on

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# Applied Psychology, Psychiatry and Mental Health

November 26-27, 2018 | Los Angeles, USA

## **Ketamine infusion therapy: An innovative approach to rapid relief from depression and suicidality**

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Depression is the leading cause of disability worldwide. Suicide often follows depression when it goes unchecked. Depression is the 10th leading cause of death in the United States. "Recent data suggest that ketamine, given intravenously, might be the most important breakthrough in antidepressant treatment in decades," according to Dr Thomas Insel, the former Director of the National Institute of Mental Health. For the past two decades researchers at Yale University, the National Institute of Health, Harvard University, John Hopkins University, Mount Sinai Medical School, Stanford University, among others, have studied ketamine given intravenously for the treatment of major depressive disorder. Their findings have been consistently groundbreaking. In study after study, 70% of subjects suffering from treatment-resistant depression have been relieved of their depression. The typical protocol is to administer a subanesthetic dose of ketamine (usually 0.5mg/kg body weight) over a 40 minute infusion. Most clinics offer 6 infusions administered over 2 weeks for the initial series of treatments. Patients find relief from depressive symptoms within a few hours to a few days, as opposed to the 4-6 weeks that most conventional antidepressant medications take. Patients seek Ketamine Infusion Therapy for treatment-resistant depression, suicidality, PTSD, anxiety, OCD, bipolar disorder, PPD and addiction. Ketamine Infusion Therapy should be offered to patients suffering from these afflictions. It is an excellent option, particularly for those who have not benefited from other treatments. Educating medical professionals on the benefits, safety and efficacy of Ketamine Infusion Therapy and making it more available to patients will save lives.

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