Title: Ketamine Infusion therapy: An Innovative Approach to Rapid Relief from Depression and Suicidality

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Abstract:

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.

Bio:

Steven L. Mandel, M.D. is the founder and president of Ketamine Clinics of Los Angeles. He is a board-certified Anesthesiologist with a master's degree in psychology who has been practicing medicine for over 35 years. Dr. Mandel is an internationally recognized pioneer in the use of IV Ketamine Infusion Therapy for the treatment of depression, suicidality, other mood disorders, and chronic pain conditions. He has been interviewed by numerous publications such as Wired, LA Magazine, The Doctor's show, CBS and more. Dr. Mandel has personally administered over 6,000 infusions since opening Ketamine Clinics of Los Angeles in 2014.