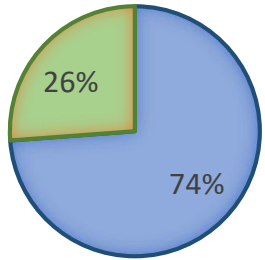


Delayed Onset – How long does it take for some individuals taking antidepressants to Lose Empathy and Lose Feelings of Love?

149 of the 263

partners who provided a testimonial also provided information on how long it took their partner to lose feelings of love (become emotionally detached) after starting medication.

- 110: Initial Dosage
- 39: Change in Dosage



(various medications are specified – dosages were not always provided, so have not been indicated for this analysis).

Initial Dosage

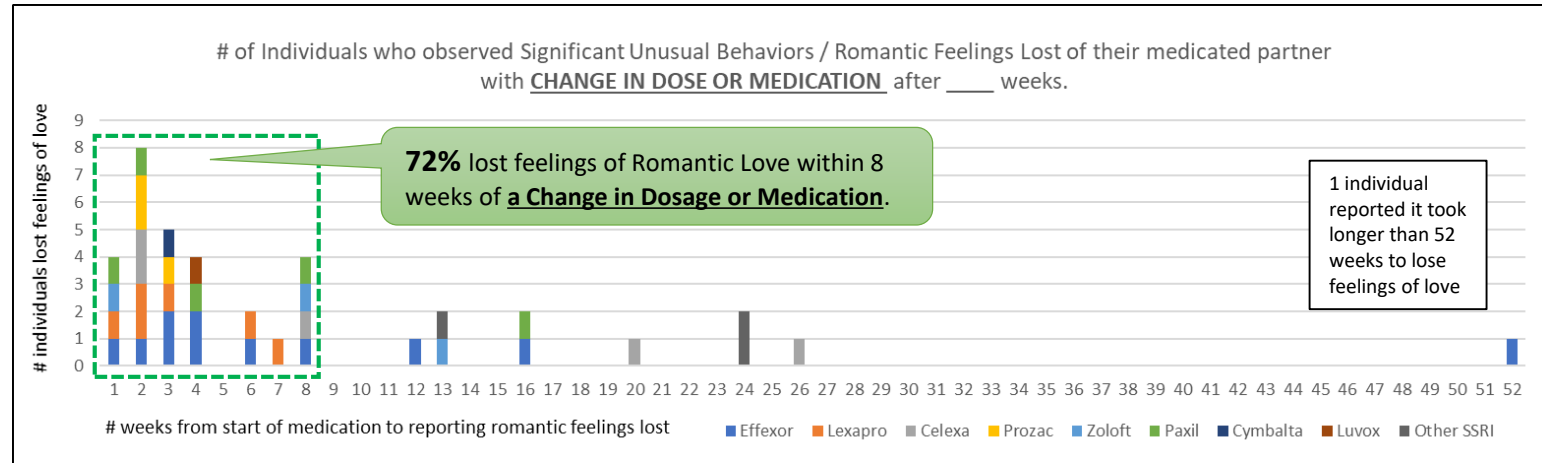
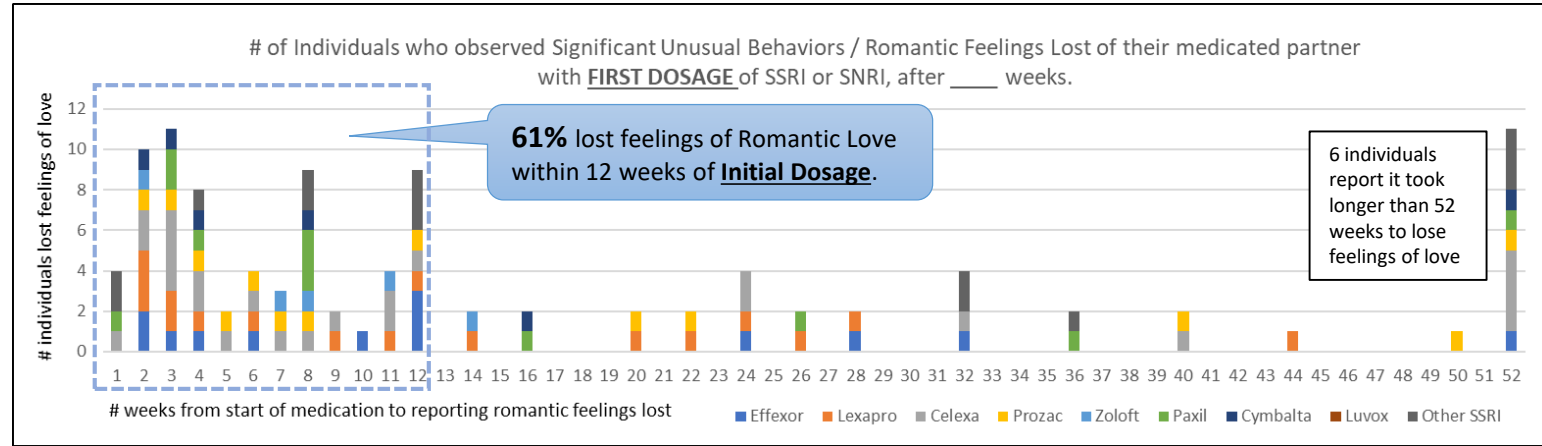
110 (74%) mentioned it was due to an Initial Dosage.

- **67 (61%)** report their partners **lost feelings of romantic love within the first 12 weeks** of their **initial dosage** of an antidepressant.
- **43 (59%)** report that it took longer and varies anywhere from 12 weeks to 3 years for them to lose feelings of Romantic love.

Change in Dosage or Medication

39 (26%) mentioned it was due to a Change in Dosage (up or down) or a change in antidepressant medication

- **28 (72%)** report their partners **lost feelings of romantic love within the first 8 weeks** of their **change in dosage or a change in medication**.
- **11 (28%)** report that it took longer and varies anywhere from 8 weeks to 1.5 years for them to lose feelings of Romantic love.



This analysis would seem to indicate that

1. all SSRIs / SNRIs cause emotional blunting and loss of romantic feelings
2. there is a distinct pattern of delayed onset to the loss of romantic feelings from these medications
3. changing medications to other SSRIs actually “speeds up” the blocking of dopamine pathways to the brain, creating a **WORSENING** of emotional awareness & romantic connection to partner.
4. both a sudden loss of feelings (based on dosage?) and a gradual loss of feelings (“slow burn”) can occur

Further studies are warranted that include

- a) dosages for each medication,
- b) duration of time individual is taking the medication
- c) involvement with romantic partners, to observe changes over time, and
- d) measurement of quality of life goals.

Delayed Onset – How long does it take for some individuals taking antidepressants to Lose Empathy and Lose Feelings of Love?

SSRIs Impair Higher Human Function. Affective or Emotional component of Frontal Lobe Syndrome.

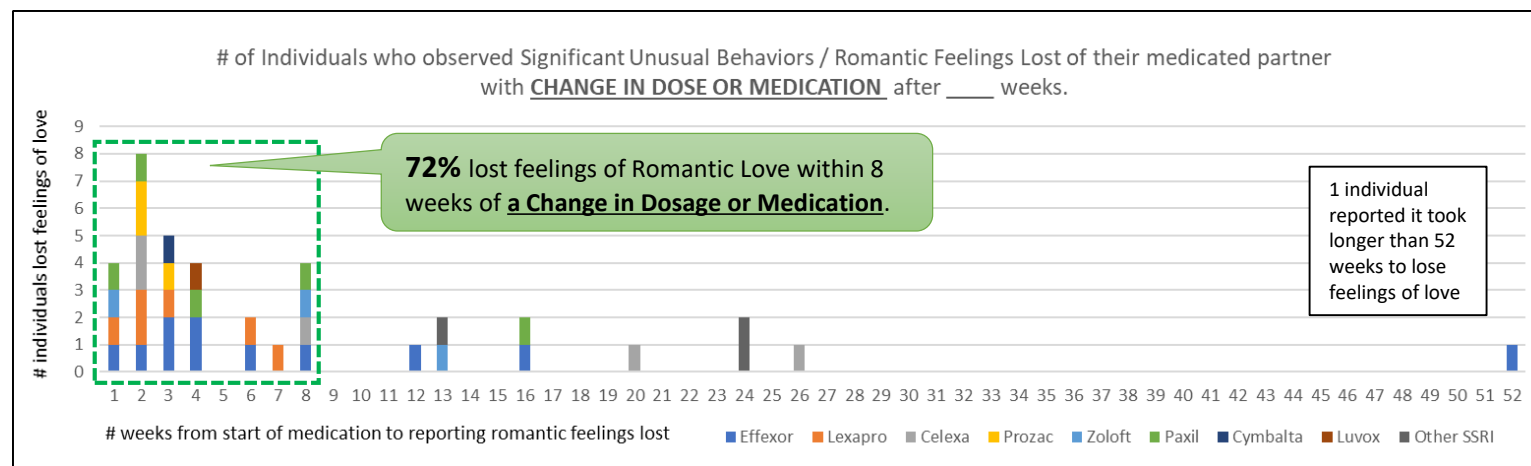
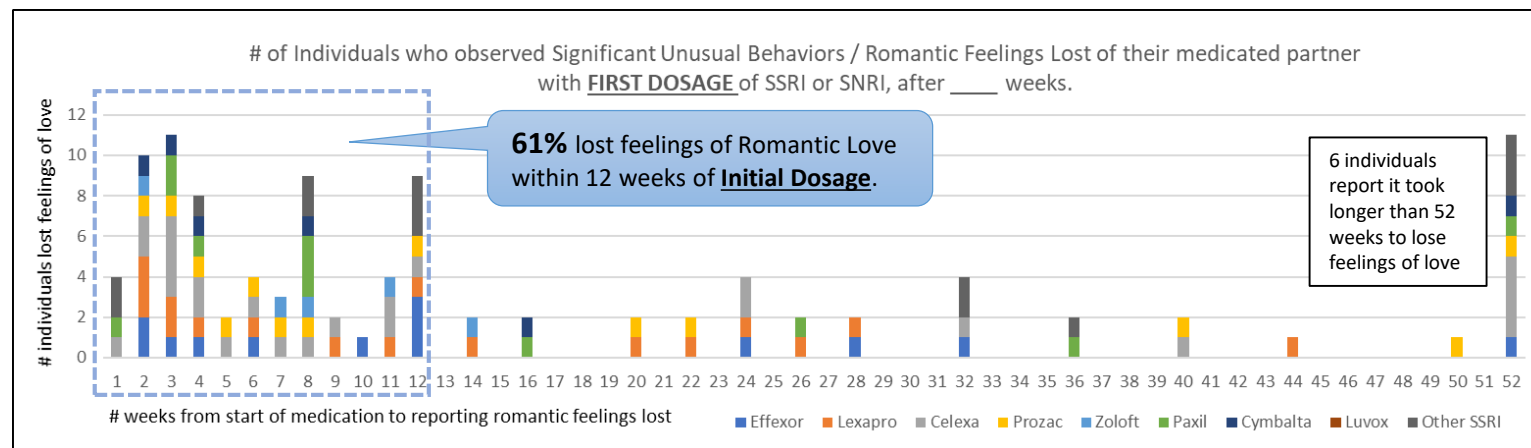
These results parallel statements made by both Grace Jackson and Peter Breggin.

Grace Jackson, M.D.: Frontal Lobe Syndrome

- The Apathy Syndrome refers to the **delayed manifestation** of behavior changes in patients receiving serotonergic drugs, whose symptoms include apathy, flat affect, diminished motivation, and disinhibited actions.
- These features suggest a **frontal lobe syndrome** occurring **eight weeks or more** after the initiation of pharmacotherapy, or in many patients, **after an increase in dose**.
- Neuroimaging studies corroborate this. A 23- year old patient treated with Prozac for OCD. A SPECT scan obtained before and after 4 months of medication revealed a **108% reduction in frontal lobe blood flow**.

Peter R. Breggin, M.D.

- Global suppression of metabolism and function in limbic system and frontal lobe, with increasing impact on the frontal lobe **over a 6-week period**: Suppressing limbic system and frontal lobe function, causing apathy and indifference. The patients no longer care enough to express their more florid symptoms, but **they also no longer care about anything**. Deactivation of the Frontal Lobes is often identified as psychomotor retardation, parkinsonian symptoms, or an **apathy like syndrome of indifference**.
- Long-term Apathy | Long-term loss of Quality of Life**: “Many studies of SSRIs show severe brain abnormalities, such as shrinkage (atrophy) with brain cell death in humans They frequently produce an apathy syndrome — a generalized loss of motivation or interest in many or all aspects of life. The SSRIs **frequently cause irreversible dysfunction and loss of interest in sexuality, relationship and love.**”



Delayed Onset – How long does it take for some individuals taking antidepressants to Lose Empathy and Lose Feelings of Love?

Raising the Bar on Treatment

Prescribers to **PROACTIVELY CARRY OUT** what is in **SECTION 5.1** of all antidepressant labels.

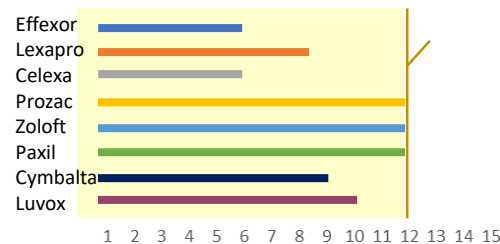
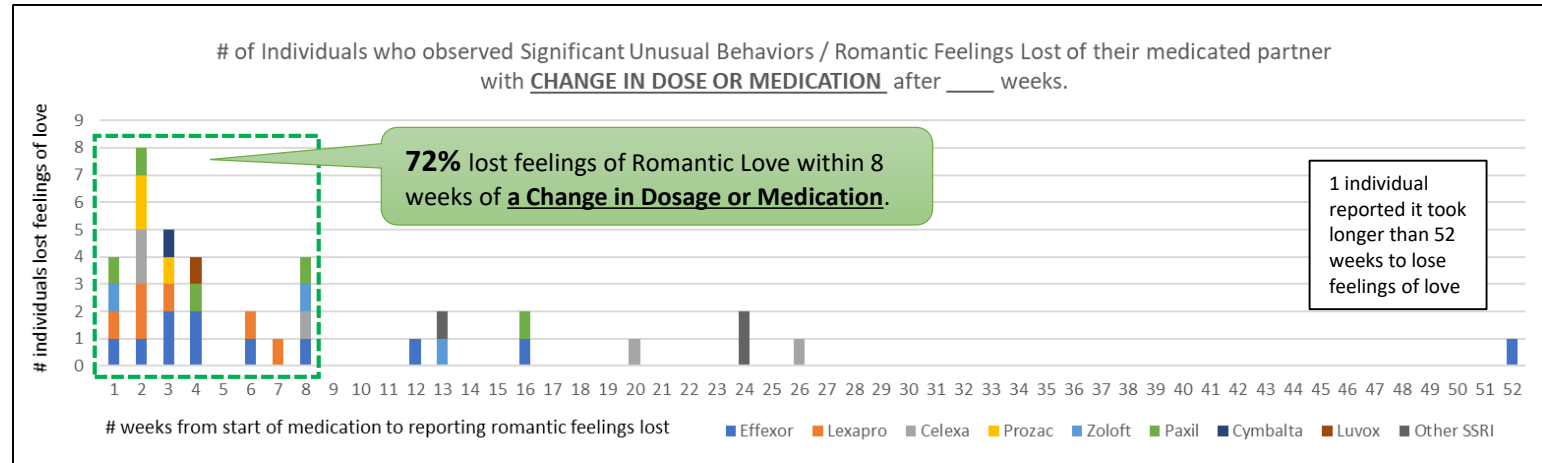
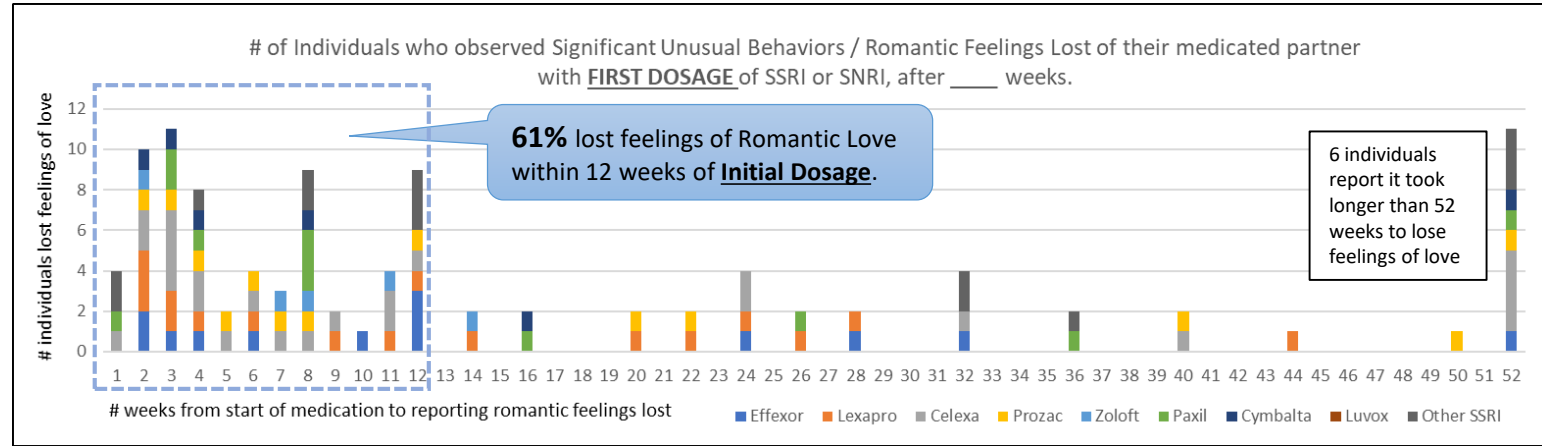
1. Inform patients AND loved ones to be aware and observant of abnormal or unusual changes in behavior on a daily basis for several months around the time of dosage change
2. Be an active listener to loved ones! Be receptive and responsive to loved-one perceptions of abnormal behavior
3. **REDUCE MEDICATIONS in a TIMELY manner** (immediately and appropriate taper) to ensure behaviors return to normal AND to ensure no loss of insight by the patient. **DELAYS IN PRESCRIBER ACTION CAN BE EXTRAORDINARILY DAMAGING TO PATIENT AND EXTENDED FAMILY** (loss of insight).

Quality of Life

Are doctors asking patients BEFORE taking medications the purpose in taking them and what they want to get out of it? How are they hoping it will **improve their quality of life**? Many people want to improve their relationships or to get closer to people, not to disconnect or be “contented” with being alone. Are doctors measuring quality of life goals before the medication and throughout the taking of this medication?

Involving Loved ones as part of Treatment

Medical doctors frequently involve family members in treating conditions. Prescribing doctors would benefit by including family (warning, precautions, and observing improvements or worsening over time), much like physicians of Alzheimer’s patients do.



Length of Clinical Trials (maximum of 12 weeks)

- These patients are often told they will need to take antidepressants for the rest of their lives. However, clinical trials range from 6- 12 weeks only.
- **These trials do not currently include the observations or inclusion of loved ones**
- Analysis of Partner observations of the STAR*D study (or similar) would be interesting. To show how changing meds over and over may impact emotional symptoms & loss of empathy.

Delayed Onset – How long does it take for some individuals taking antidepressants to Lose Empathy and Lose Feelings of Love?

SSRIs / SNRIs can cause Loss of Romantic Feelings & Relationship Destruction regardless of original diagnosis

Regardless of the diagnosis, regardless of the specific SSRI or SNRI the patient was prescribed, partners reported **loss of Romantic Feelings**, frequently resulting in the ending of a relationship.

Some of these patients tapered off of the meds and “woke up” to their feelings for their partners and families.

Nearly all 263 of these partners had not indicated that a medical professional understood that serotonin-enhanced antidepressants jeopardized a patient’s feelings of romantic love and did not believe that this was a “true” cause (side effect) of the medication.

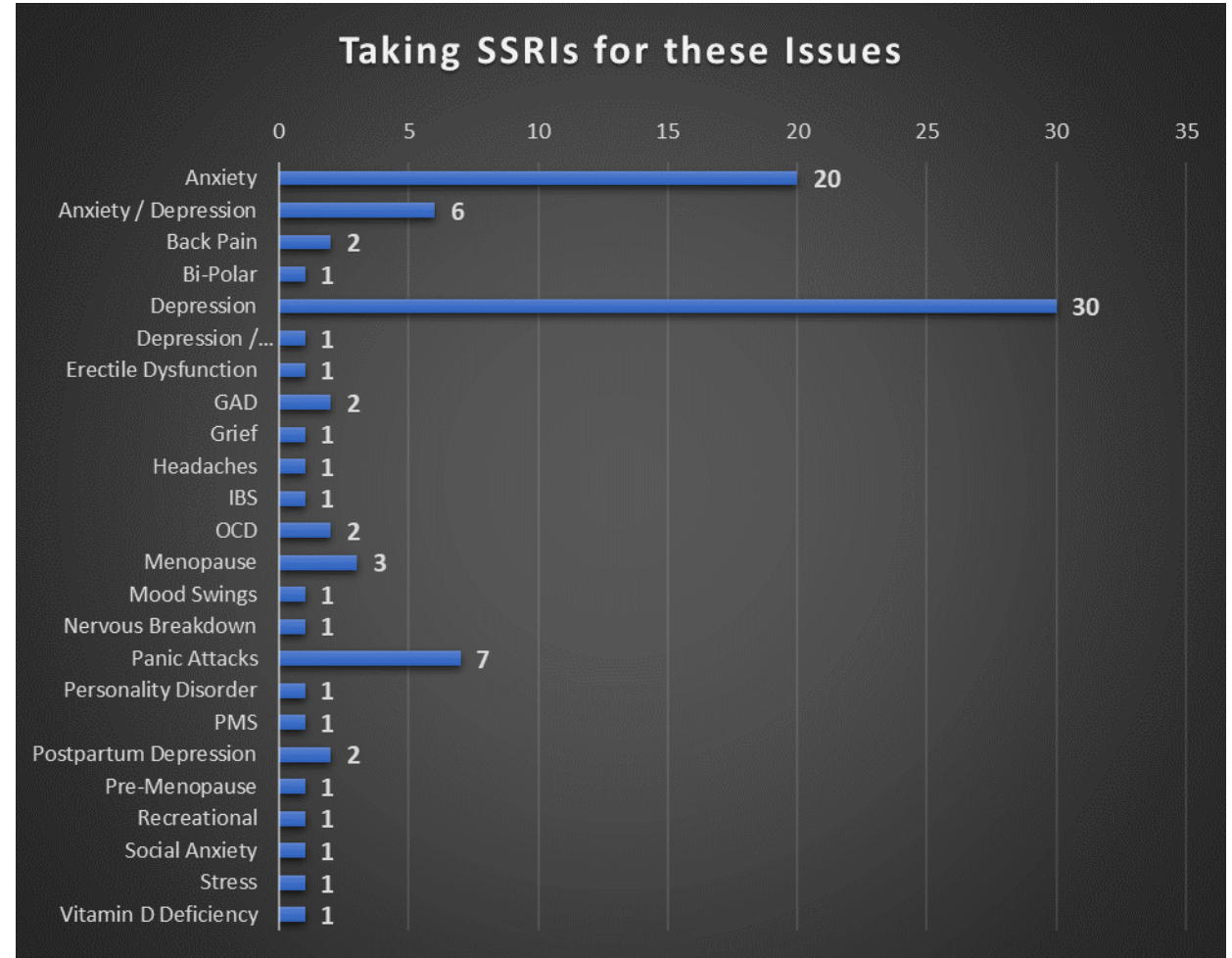
Emotional Blunting (emotional numbing) is a documented “side effect” on each of these Prescription Warnings & Precautions Labels.

In the United States, the prescriber is actually supposed to advise the patient (and loved one) of these potential side effects, and to inform the prescriber if any abnormal behaviors occur. (FDA labels + Physician’s Desk Reference)

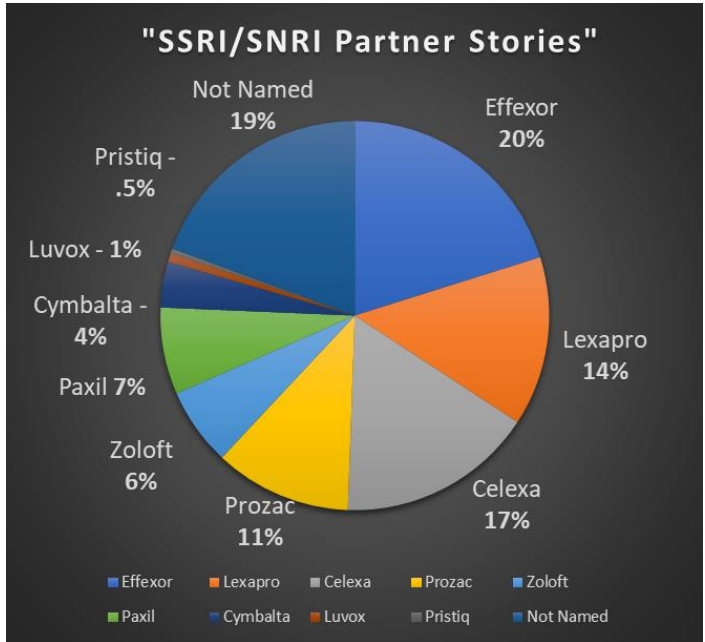
But with all of this, general practitioners, psychiatrists, and other prescribers fail to recognize the severity and long-term damage to the patient and extended family when these drugs are prescribed and/or dosages are adjusted and/or medications are changed.

**Emotional Blunting / Loss of Empathy
is a serious side effect that causes long-term damage
to the patient and extended family.**

Do No Harm



Analysis of 263 Stories of Spouses-Partners of SSRI/SNRI users



Antidepressant	#	%
Effexor	52	20%
Lexapro	37	14%
Celexa	44	17%
Prozac	30	11%
Zoloft	17	6%
Paxil	19	7%
Cymbalta	10	4%
Luvox	2	1%
Pristiq	1	.5%
Not Named	51	19%
Total	263	100%

263 Stories about distinct **Partners of Users** who were in relationships with people who were taking antidepressants (SSRI or SNRI) and the impact it has had to their life and relationships.

Legend Title	Description
"Woke Up"	After a time, while tapering or off drug, user's mind begins to clear, emotional memory comes back, regrets actions while on drug.
Memory Loss	Evidence of memory loss; partner may have noticed specific emotional memory loss.
Sexual Infidelity / Affair	User was sexually disinhibited or reckless or had sexual relationships / affairs outside of marriage/partnership.
Relationship Ended	Dissolution of relationship.
Romantic feelings lost / love lost	User expressed "I love you but not in love with you" or something similar, to their partner.
"Care-less" / No remorse	User expressed extreme indifference, insensitivity, uncaring, selfish behaviors. No concern for consequences.
Career or Job Lost	Employment lost due to antidepressant drug use.
Personality Change	Partner observed user not acting like themselves. Significant abnormal behaviors.
Emotionless Numbness	User demonstrated feelings of apathy, blandness, lack of motivation, loss of vitality.
Compelled to Leave	User feels the need to leave the relationship (including friendship) with partner. Minimal to zero contact.
Irritability	Partner observed angry or emotional outbursts, getting unusually annoyed, frustrated, unexpectedly aggressive.

