

PE1651/WWWW

Anonymous submission of 25 January 2018

I am writing this letter to bring to your attention something that I believe is unfair and requires attention.

My experience is that in general doctors don't warn about the possible consequences and risks of antidepressant use. Nor they suggest any alternative treatments for the patient to choose e.g. psychotherapy. Mostly, they prescribe psychiatric medications to simply melancholic people with everyday life-problems, however, these people don't really need medication. It is much easier for the doctors to prescribe a pill than the real thorough examination of the patient. Moreover, despite all the good ideas doctors simply don't know what causes anxiety disorders or depression.

I think that it's unfair that most doctors don't tell us about the dangers of these medications:

For example, research says that:

- the long-term use of antidepressants might predispose individuals to diabetes
- they increase suicide risk
- According to a Johns Hopkins health alert, 30 to 70 percent of people on an antidepressant will experience sexual problems as a side effect. (there is a term „pssd” post-ssri-sexual dysfunction that is a very underresearched area).

Not to mention the other side effects and long-term consequences that are still unknown and lots of patients are complaining about (brain fog, cognitive, concentration and memory problems, chronic fatigue, anhedonia, apathy, numbness/ tingling etc,)

These symptoms are usually very severe and last years after stopping the medication. There were also different webpages and facebook-groups created for the sufferers (e.g. The PSSD Forum with a total 588 members and the Surviving Antidepressants Forum).

Most of these people are ashamed about their condition and don't ask for help because others don't believe them.

The human brain is breathtakingly complex and poorly understood. The problem with antidepressants and other psychiatric medications is that very little is known about their influences on human brain processing, due to the lack of a reliable method to study neurotransmission in the live human brain (Badgaiyan, 2011a)

I insist that we don't have enough data and research about the long-term consequences of antidepressant use so doctors shouldn't prescribe them without real evidence.

Thank you for your attention to this matter.