



Things You Might Not Know About Psychotropic Medications— But Wish You Did

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PAL Conference



Conflicts of Interest

None to report
I am employed by Seattle Children's and PeaceHealth, Bellingham

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- **Atorvastatin has recently been shown to effectively augment SSRI treatment in adults**

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- **SSRI's are NOT a treatment for suicidality**

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- **Other anxiolytics can be effectively used as a short term bridge for sleep onset and maintenance and for anticipatory anxiety**

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- There is no intrinsic upper limit to the dose/kg; recent study of fluoxetine + atomoxetine, slow 2D6 metabolizers + atomoxetine and atomoxetine alone (JAMA Psychiatry Online, Dec, 2015)

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- **Nasacort® 1% before application can minimize the dermal reaction to Daytrana®**

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- **Melatonin in standard doses (3-5 mg) can ameliorate metabolic side effects of atypical antipsychotics (Int Clin Psychopharm., July 4, 2016)**

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- Lithium is associated with lower rates of suicide in bipolar disorder
- **Lamotrigine is ineffective in treating or preventing mania in bipolar disorder**

