Conflicts of Interest

None to report
I am employed by Seattle Children’s and PeaceHealth, Bellingham
Selective Serotonin Reuptake Inhibitors

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• **Atorvastatin has recently been shown to effectively augment SSRI treatment in adults**
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• In 2004 there were an estimated 800 excess deaths by suicide among adolescents in the US, following the black box warning.

• SSRI’s are NOT a treatment for suicidality
For chronically anxious patients who have not fully responded to multiple trials of SSRI's and adequate psychosocial treatments, only clonazepam should be added to supplement other treatments.
Anxiolytics

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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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- Lamotrigine is ineffective in treating or preventing mania in bipolar disorder.