

## Our Chamfered Psyche: The Mental Dental Connection

Questions for medical history forms:

- "Do you take any medications to manage anxiety, depression, etc?"
- "Are you under the care of a mental health professional, like a psychiatrist, psychologist, counselor, marriage & family therapists, etc?"
- "Is there anything in your past, such as previous trauma that would be helpful for us to know today?"
- Medical Conditions Section
  - Anxiety
  - Depression or sadness
  - Mania
  - Addiction

"Your mental disease is not your fault...  
but it is your responsibility"

-Marcus Parks, Host- Last Podcast on the Left

DSM- Diagnostic and Statistical Manual of Mental Disorders

- Anxiety disorders'
  - Generalized anxiety disorder
  - Specific phobias
  - Panic disorder
  - Social anxiety disorder
  - Post-traumatic stress disorder
- Mood disorders
  - Elevated mood
    - Mania & Hypomania
  - Depressed mood
    - Major depressive disorder
    - Major depressive episode
    - Postpartum depression
    - Seasonal affect disorder
    - Persistent depressive disorder
- Bipolar disorder

- NOTES:

[illegible]

### Criteria of Neurotransmitters:

- Presence of chemical within the cell
- Stimulus dependent release
- Action on post synaptic cell
- Mechanism for removal

### Inactivation Methods of Neurotransmitters:

- Degradation
- Diffusion
- Reuptake

### 3 Classifications of Neurotransmitters:

- Excitatory
- Inhibitory
- Modulatory

### Types of Neurotransmitters:

- Amino Acids
  - GABA
  - Glutamate
- Peptides
  - Oxytocin
  - Endorphins
- Monoamines
  - Epinephrine
  - Norepinephrine
  - Histamine
  - Dopamine
  - Serotonin
- Purines
  - Adenosine
  - ATP
- Gasotransmitters
  - Nitric oxide
  - Carbon monoxide
- Acetylcholine

NOTES:

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## **Meds**

### **US Top 200 Meds that treat mental health issues:**

- 14. Zoloft (SSRI)
- 22. Lexapro (SSRI)
- 23. Prozac (SSRI)
- 24. Adderall (stimulant)
- 27. Wellbutrin (antidepressant)
- 31. Trazodone (antidepressant)
- 35. Celexa (SSRI)
- 36. Cymbalta (SSRI)
- 37. Xanax (Benzo)
- 45. Methylphenidate (stimulant)
- 47. Klonopin (Benzo)
- 50. Effexor (SNRI)
- 58. Ativan (Benzo)
- 59. Seroquel (antipsychotic)
- 74. Paxil (SSRI)
- 79. Amitriptyline (TCA)
- 82. Vyvanase (stimulant)
- 92. Buspar (anxiety)
- 99. Remeron (antidepressant)
- 115. Valium (benzo)
- 147. Pamelor (TCA)
- 156. Focalin (stimulant)

159. Risperdal (antipsychotic)

162. Strattera (stimulant)

188. Restoril (benzo)

194. Lithium (antimanic)

### **Anti-depressants**

- SSRIs

- SNRIs

- MAOIs

- Tricyclics

- Atypicals

### **SSRIs- Selective Serotonin Reuptake Inhibitors**

Citalopram (Celexa)

Escitalopram (Lexapro)

Fluoxetine (Prozac)

Paroxetine (Paxil, Pexeva)

Sertraline (Zoloft)

-Also used for anxiety and panic disorders; Side effects- xerostomia, bruxism, suicide ideation, sexual dysfunction

### **SNRIs- Serotonin and Norepinephrine Reuptake Inhibitors**

Venlafaxine (Effexor)

Tramadol (Ultram)

Duloxetine (Cymbalta)

Desvenlafaxine (Pristiq)

Atomoxetine (Strattera)

-Also used for OCD, ADHD, fibromyalgia; Side effects- xerostomia, hypertension, bruxism, suicide ideation, and sexual dysfunction.

### **Tricyclics**

Amitriptyline

Desipramine (Norpramin)

Doxepin

Imipramine (Tofranil)

Nortriptyline (Pamelor)

Less common than SSRIs but more common than MAOIs, Anticholinergic....Dry mouth; Withdrawal

## **Atypicals**

Wellbutrin

Trazodone

Remeron

Can be used stand alone or with SSRIs, Side effects- dry mouth, suicide ideation, arthralgia

## **Anxiolytics- Benzodiazepines**

Alprazolam (Xanax)

Clonazepam (Klonopin)

Lorezepam (Ativan)

Diazepam (Valium)

Temazepam (Restoril)

CNS depressants

GABA Enhancer

Wide therapeutic window

Side effects- drowsiness, dizziness, tolerance

## **Antipsychotics**

Seroquel

Schizophrenia, bipolar, major depressive disorder; Blocks a number of receptors; Side effects- sleepiness, weight gain, dry mouth

Risperdal

Schizophrenia, bipolar

Dopamine and serotonin antagonist

Side effects- sleepiness, dizziness, tardive dyskinesia

## **Stimulants**

Combo or Derivative of Amphetamines

ADHD, Narcolepsy

Increases Norepinephrine and Dopamine in brain

Side effects- hypertension, sleeplessness, weight loss, dry mouth, bruxism, addiction

## **Lithium Salts**

Bipolar, major depressive disorder

Maintenance drug; Mechanism unknown

Side effects- Constipation, dry mouth, diabetes, polyuria, weight gain

"Learning your emotional red flags is a way to boost your emotional intelligence."  
-Mariana Plata, Psychology Today

### **Emotional Triggers**

- Make us uncomfortable
- Highlight our self doubt
- Refresh our frustrations

### **Psychotherapy**

#### Benefits

- Modulates dysfunctional networks within corticolimbic system
- Increases activity in hippocampus, parahippocampus and dorsal cingulate
- Induces structural changes to brain which involve self-referential thoughts, executive control, emotion, and fear

#### Elements of Good Therapy

- Nonpathologizing- we are bigger than our problems
- Empowering- people can change
- Collaborative- we should be our own co-therapist
- Focus- identifying the important Traumas & traumas
- Relationship- connection between therapist & patient
- Depth- Some Traumas & traumas require more exploration

#### Types of Therapy

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Interpersonal Therapy
- Mentalization Based Therapy
- EMDR
- Psychodynamic Psychotherapy

#### Benefits of Therapy

- Develop healthy coping skills
- Process previous Trauma & traumas

- Become more empathetic
- Grow as a leader
- Foster better relationships
- BECOME MORE PROFITABLE!

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