

Modern miracles (Effexor).

Posted by R76 - 29 Oct 2013 23:48

I believe in G-d, but I also believe in miracles of modern technology -- in particular medicine. I take 75mg Effexor a day, and living with my parents I will probably not be able to increase my dose.

I have read some stories of those who take 300-375mg/day. They have no depression and almost no sexual drive.

=====

Re: Modern miracles (Effexor).

Posted by yonatan - 30 Oct 2013 04:38

Please, DO NOT EVEN THINK about going off Effexor without medical guidance. Withdrawal can be very difficult and possibly dangerous. Consult your physician if you are thinking about going off it.

=====

Re: Modern miracles (Effexor).

Posted by R76 - 30 Oct 2013 05:07

I never thought of getting off Effexor. I wish I could increase the dose.

=====

Re: Modern miracles (Effexor).

Posted by airmale613 - 30 Oct 2013 05:29

You can't miss one pill of effexor without a terrible headache, let alone go off it.

=====

Re: Modern miracles (Effexor).
Posted by R76 - 01 Nov 2013 00:05

I wish I could increase my dose.

=====
=====

Re: Modern miracles (Effexor).
Posted by Machshovo Tova - 01 Nov 2013 00:50

Once upon a time, when I was taking Effexor and other such meds for anxiety/depression, I was determined to do whatever I can to wean myself from being dependent on those meds. I found that daily brisk walking helped relieve my anxiety/depression. After a while, with the guidance of my psychiatrist and my psychotherapist, I was able to gradually get off all meds, and I religiously stuck with my brisk walking regimen. B"H it worked for me. Each case is different, and I wish you much hatzlacha in finding what works best for you.

MT

=====
=====

Re: Modern miracles (Effexor).
Posted by skeptical - 01 Nov 2013 02:15

Drugging yourself up is probably not a good idea.

=====
=====

Re: Modern miracles (Effexor).
Posted by yonatan - 01 Nov 2013 06:25

It's ne thing to use Effexor and similar drugs to deal with clinical depression. But I would have grave misgivings about using such drugs to solve the problems we're on this web site to solve. I'm not an MD or any kind of healthcare professional. But I know something of these drugs.

R76 you're on Effexor now but someday you may want to get off. Please be careful.

=====
=====

Re: Modern miracles (Effexor).
Posted by R76 - 12 Nov 2013 05:33

My main issue is depression.

=====
=====

Re: Modern miracles (Effexor).
Posted by some_guy - 17 Nov 2013 23:38

Dear R76,

I take 3 different medicines everyday to help me with my depression. For the first time in years, I don't want to stay in bed for hours. I understand why you would want to increase your dose, but that is not how thing work.

The chemistry involved with anti-depressants is **very complex**. Basically, the goal is to equalize chemical imbalances in the brain by adding/subtracting chemicals with the drugs. If to much is taken, then there will be to much of that certain chemical and you will get depressed again. So increasing dosage does not always mean increased effects. Plus the side effects are so complicated that I do not even want to think about them.

Just, talk to your doctor about the dosage.

--some_guy/Elias/Eliyahu

=====
=====

