

SANDHILLS CENTER

Managing Mental Health, Intellectual/Developmental Disabilities and Substance Abuse Services
910-673-9111 (FAX) 673-6202 www.SandhillsCenter.org Victoria Whitt, CEO

INTEGRATED CARE NEWS

Periodic Updates and Information for the Sandhills Center Provider Network

ISSUE 5

AUGUST 2017

SIDE EFFECTS OF PSYCHIATRIC MEDICATIONS MANIFESTED AS MEDICAL CONDITIONS

Information about psychotropic medications changes frequently. Sandhills Center has compiled a list of medical conditions that may result from prescribed medications. These conditions can be serious, and may occur frequently or infrequently. Here is the list of some medications and their side effects:

Antidepressants

- Reduced sex drive in women and erectile dysfunction in men.
- Serotonin syndrome, which is a life-threatening condition characterized by fever, blood pressure lability, hallucinations and agitation.
- Seizures.
- Constipation, hypotension, obesity and insomnia.
- Birth defects, including withdrawal symptoms in babies.

Antianxiety medications (e.g., Valium, Librium, Ativan and Xanax)

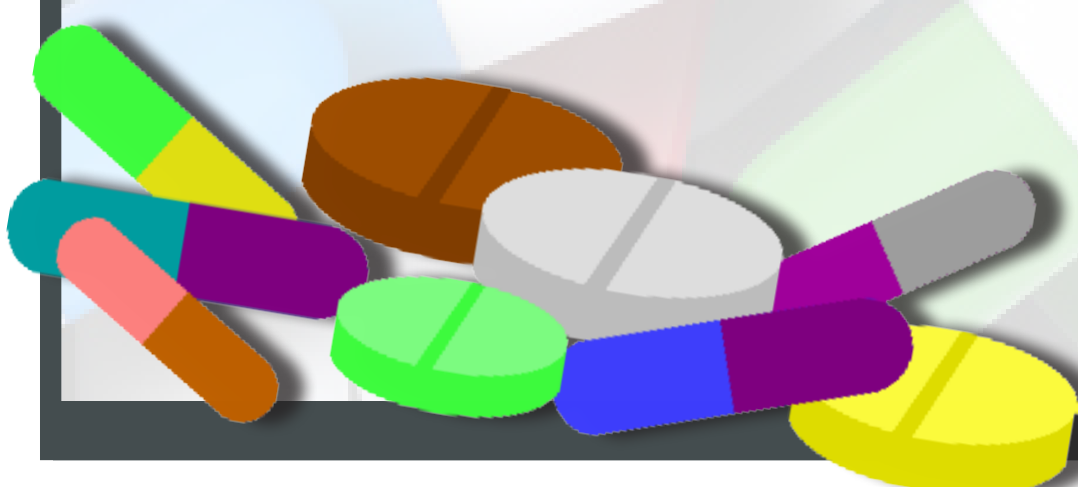
- Urinary incontinence.
- Confusion, cognitive impairment, delirium, dizziness, and/or orthostatic hypotension
- Loss of alertness, memory loss or motor incoordination. Note that hip fractures are associated with a 25 percent mortality rate within one year of a fall, and may lead to permanent loss of independence.
- Memory problems.
- Birth defects, especially if used in the first trimester.
- Accidental death risk, particularly if used with alcohol.

PLEASE NOTE

THIS IS NOT AN EXHAUSTIVE LIST. PRESCRIBERS SHOULD REVIEW THE MEDICATION INFORMATION PROVIDED BY THE MANUFACTURER FOR INDICATIONS, CONTRAINDICATIONS, DOSAGE AND SIDE EFFECTS.

CONTAINED IN THIS NEWSLETTER ARE SOME OF THE MOST COMMONLY-USED CLASSES OF PRESCRIPTION PSYCHIATRIC MEDICATIONS AND THEIR SIDE EFFECTS, WHICH NEED TO BE MONITORED.

(CONTINUED ON PAGE 2)



Mood-stabilizing medications (Lithium Carbonate, Eskalith, Lithobid)

- Hypothyroidism, associated with lithium therapy, is well known.
- A serious side effect of Lamictal is a rash that may require hospitalization.
- Stevens-Johnson syndrome -- rare cases of toxic epidermal necrolysis may lead to death.
- Birth defects, especially if taken during the first trimester.
- Problems with neural tube closure and brain development associated with valproic acid. If essential, give high doses of folic acid, exceeding 4 mg per day.

Antipsychotic medications

- QTc prolongation and cardiac events, most notably with Mellaril and Geodon.
- Neuroleptic malignant syndrome.
- Severe extrapyramidal symptoms (EPS), notably with Haldol and Prolixin.
- Tardive dyskinesia (this is more of a problem with first generation antipsychotic medications).
- Torsades de pointes
- Seizures
- Syncope
- Stroke
- Xerostomia
- Sialorrhea
- Obesity
- Hypertension
- Hyperglycemia
- Diabetes mellitus
- Hyperthermia
- Severe dysphagia
- Neurotopenia
- Agranulocytosis
- Dyslipidemia/hypercholesterolemia
- Metabolic syndrome
- Birth defects

AntiParkinson's disease medications -- Typically used to treat side effects of antipsychotic medications, such as EPS, muscle stiffness (rigidity) and restlessness, but have their own problems with side effects.

- Constipation
- Increased intraocular pressure
- Urinary retention
- Blurred vision

ADHD medications

- Headaches
- Abdominal pains
- Anorexia
- Insomnia
- Motor tics
- Verbal tics
- Failure to thrive
- Hypertension
- Tachycardia

