

# OCD

## TREATMENT OPTIONS



Obsessive compulsive disorder (OCD) is a condition which causes people to worry about things being just right. People with OCD have obsessions, which usually involve doubting themselves, and compulsions, which are actions that help reduce the worry. OCD can take many forms, including checking, counting, sorting, cleaning, and asking for reassurance.

## MEDICATION

### SEROTONIN ANTIDEPRESSANTS

**Examples:** fluvoxamine, fluoxetine, sertraline, paroxetine, clomipramine.

**Benefits:** reduce obsessional worry and compulsive behavior in the high-dose range. May take several months to work fully.

**Risks:** stomach distress (this resolves with time) and decreased sex drive.

### ATYPICALS

**Examples:** Quetiapine, aripiprazole, risperidone, olanzapine, paliperidone

**Benefits:** help antidepressants work better

**Risks:** weight gain, drowsiness, restlessness, diabetes, high cholesterol, tardive dyskinesia (muscle twitching).

### OTHER MEDICATIONS

**Examples:** Ondansetron, granisetron, memantine.

**Benefits:** work alone or with antidepressants; significantly improve OCD. Well tolerated.

## NATURAL TREATMENTS

### N-ACETYLCYSTEINE (NAC)

This is the main antioxidant in the brain and improves compulsive behavior. It is available in prescription form (Cerefolin) or over-the-counter.

**Dose:** 1,000-2,000mg daily.

### OMEGA-3 FATTY ACIDS

These essential oils, which come from fish, help coat brain cells and have a mild effect on reducing OCD.

**Dose:** 1,000-5,000mg daily of DHA + EPA

## THERAPY

### COGNITIVE BEHAVIORAL THERAPY

In this therapy you learn to gain control over obsessions by scheduling regular exercises which help you overcome the anxiety. This therapy brings about similar changes in the brain as medication, and has more lasting effects.

### MEDICINE WITH THERAPY

Cycloserine is a medicine which helps the brain learn new skills faster. If you are undertaking exercises in therapy to reduce anxiety, this medication can help you brain learn from those exercises nearly twice as fast.