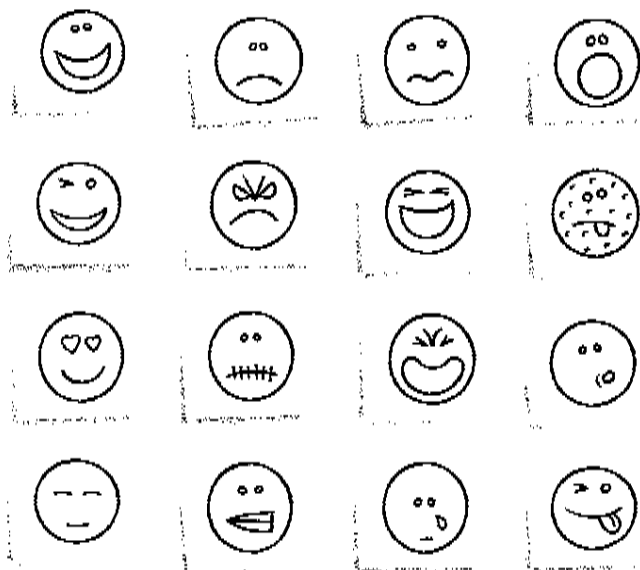


Medicines That Affect Your Mood

BY SARI HARRAR

Suddenly feeling tired, depressed, or anxious? Maybe it's your medicine.



While medicines help you feel better and treat health conditions, they can have side effects, too. "Prescription drugs and over-the-counter remedies and supplements change your body chemistry, and can change your brain chemistry," explains Ken Tuell, Humana regional Medicare pharmacy consultant.

Talk with your doctor to make sure you understand why and how to take a medicine, and what to do if you have side effects. Make sure he or she knows all of the medicines you're taking, including vitamins and supplements.

"If you think a medicine is affecting your mood or energy level, call your doctor," Tuell says. "He or she can suggest other treatments or ways to decrease side effects. Don't stop taking it on your own. You can also ask your pharmacist about a medicine you're already taking or a new prescription." ☞

NAME	USED FOR	MAY MAKE YOU FEEL
BLOOD PRESSURE DRUGS	High blood pressure	Tired; you may have trouble sleeping because of slowed heartbeat, nervous system
"WATER PILLS" (DIURETICS)	High blood pressure, water retention, congestive heart failure	Tired, weak, depressed due to fewer minerals (like potassium) in the body, or because you get up often at night to go to the bathroom, interrupting sleep
ANTIHISTAMINES	Colds, allergies, trouble sleeping	Tired, confused; older types of antihistamines affect brain areas that help with alertness
ANTIDEPRESSANTS	Depression, anxiety, or to stop smoking	Tired; you may have trouble sleeping because they affect brain chemicals; may also cause problems with your sex drive and sexual response; in rare cases, thoughts of suicide
TRANQUILIZERS	Anxiety	Tired, hung over, depressed, worked up; affects nervous system
ANTIPSYCHOTICS	Schizophrenia, bipolar disorder	Tired; affects nervous system, decreases brain chemical (dopamine)
ANTICONVULSANTS	Seizure disorders, nerve pain (as in shingles)	Tired, anxious, depressed; slows signals in brain

RESOURCES

Find out more about your medicine's possible side effects at www.nlm.nih.gov/medlineplus/druginformation.html.

Get help managing your medicines with the **RxMentorSM** program. For more information, visit **RightSourceRx.com** or call **1-800-379-0092 (TTY: 711)**, Monday through Friday, 8 a.m. to 11 p.m., and Saturday, 8 a.m. to 6:30 p.m. Eastern time.