

Ixtapa, Zih. GRO. **4-7 JUNIO**

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LABORATORIOS



Ponente: **Dr. Leonardo Ruiz Flores**

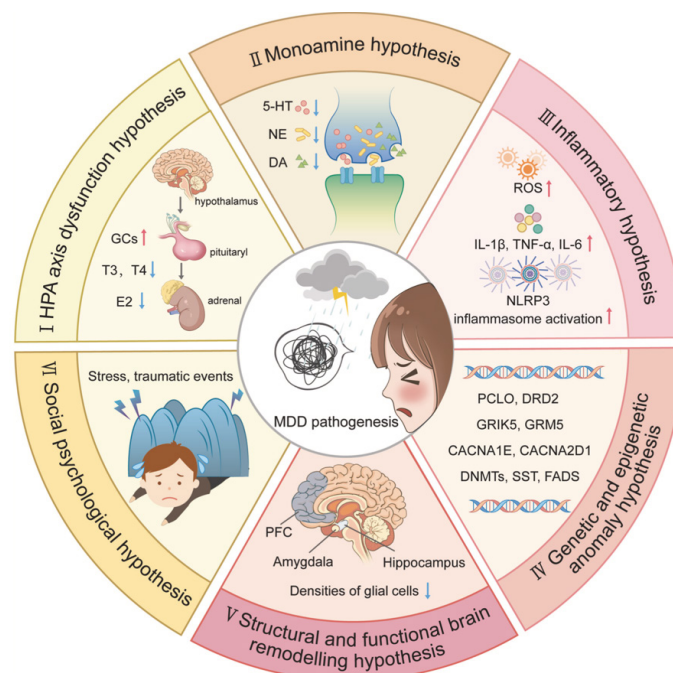
LÍDERES EN INNOVACIÓN MÉDICA 2024

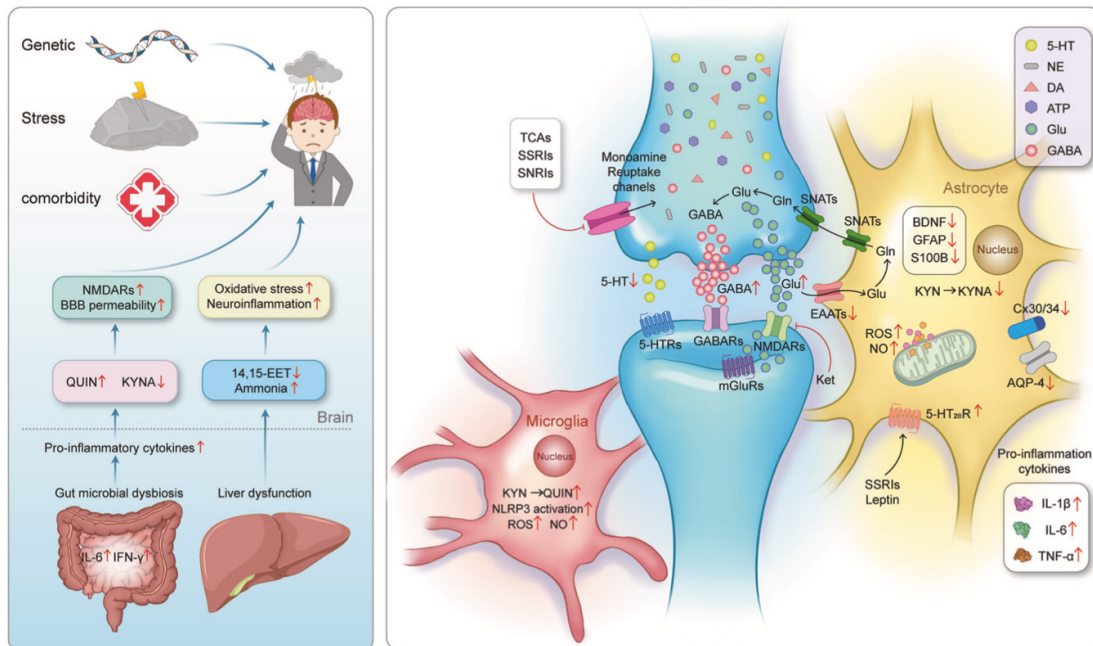
Tema: **Neurotransmisores, sintomatología depresiva y antidepresivos. ¿Realmente hay una primera línea?**

Tendencias en investigación en TDM 2009-2019

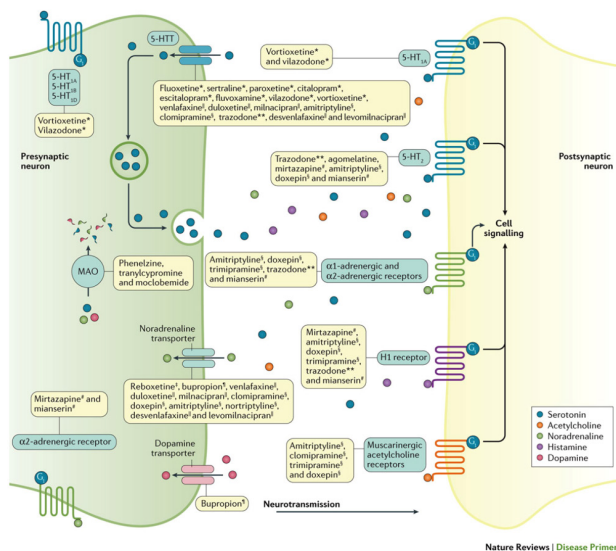
- Manejo del TDM en atención primaria
- Intervenciones para prevenir el TDM
- Patogénesis del TDM
- TDM y comorbilidades
- TDM y riesgos
- TDM y neuroimagen
- TDM y tratamiento con antidepresivos

Complejidad del tratamiento
Complejidad de la enfermedad



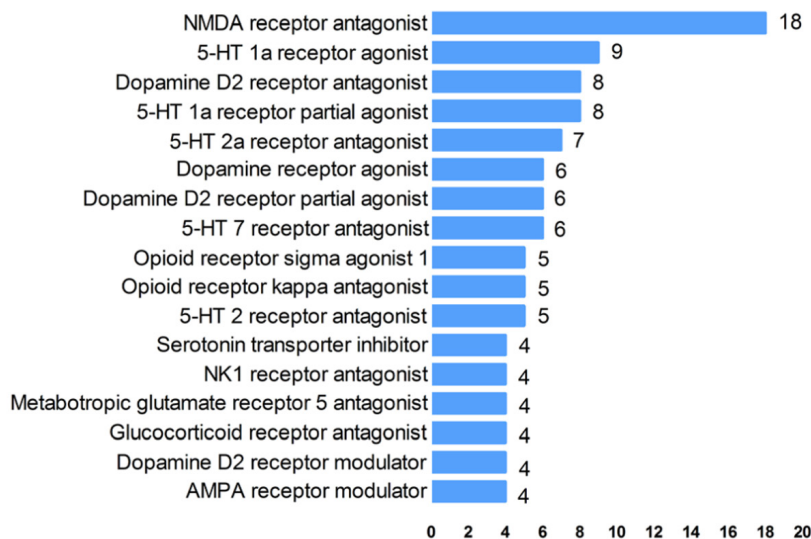


Cui L, Li S, Wang S, Wu X, Liu Y, Yu W, Wang Y, Tang Y, Xia M, Li B. Major depressive disorder: hypothesis, mechanism, prevention and treatment. *Signal Transduct Target Ther.* 2024 Feb 9;9(1):30. doi: 10.1038/s41392-024-01738-y. PMID: 36331979; PMCID: PMC10853571.



Otte, C., Gold, S., Penninx, B. et al. Major depressive disorder. *Nat Rev Dis Primers* 2, 16065 (2016). <https://doi.org/10.1038/nrdp.2016.65>

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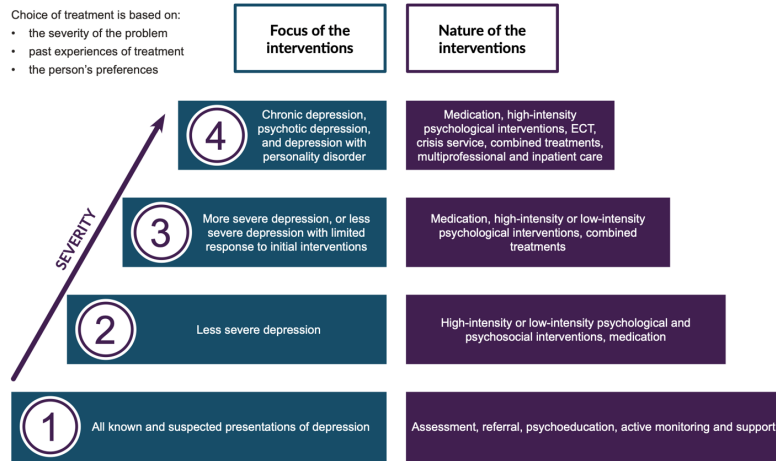


Guías de tratamiento

Depression in adults: the matched care model

Choice of treatment is based on:

- the severity of the problem
- past experiences of treatment
- the person's preferences

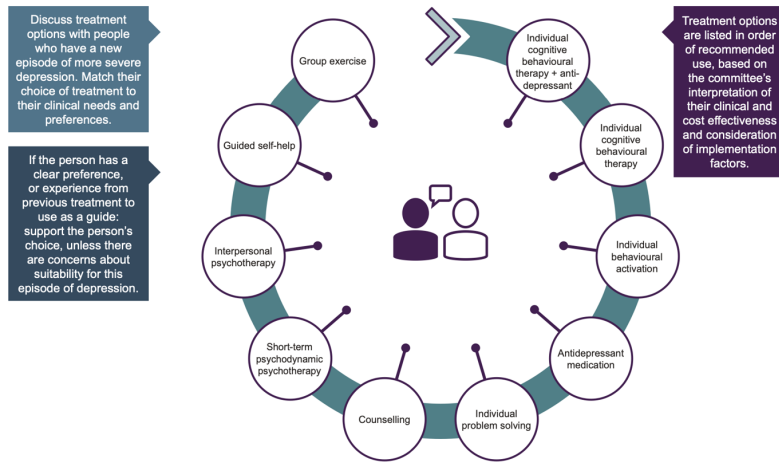


NICE National Institute for Health and Core Excellence

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<https://www.nice.org.uk/guidance/ng222/resources/treatment-options-for-chronic-depression-depression-with-personality-disorder-or-psychotic-depression-pdf-11131007010>

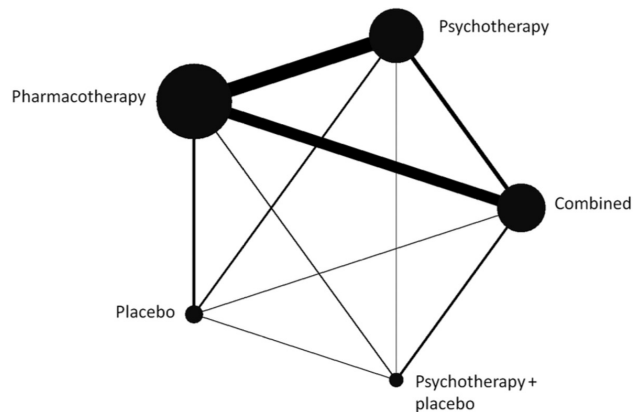
Depression in adults: discussing first-line treatments for more severe depression



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Use this summary in conjunction with table 2 in the NICE guideline on depression in adults: treatment and management. © NICE 2022. All rights reserved. Subject to notice of rights.

<https://www.nice.org.uk/guidance/ng222/resources/treatment-options-for-chronic-depression-depression-with-personality-disorder-or-psychotic-depression-pdf-11131007010>



Cuijpers P, Noma H, Karyotaki E, Vinkers CH, Cipriani A, Furukawa TA. A network meta-analysis of the effects of psychotherapies, pharmacotherapies and their combination in the treatment of adult depression. *World Psychiatry*. 2020 Feb;19(1):92-107. doi: 10.1002/wps.20701. PMID: 31922679; PMCID: PMC6953550.

Guía de tratamiento del TDM

Departamento de Defensa de EEUU

Tratamiento farmacológico como una de las primeras opciones

Considerar de manera especial a poblaciones como las mujeres embarazadas, los pacientes geriátricos, pacientes con otras enfermedades.

Guías del Colegio Americano de Médicos

Anales de Medicina Interna

-Recomendación Uno

Monoterapia con: terapia cognitivo conductual o inicio de tratamiento con antidepresivo de segunda generación.

-Recomendación Dos

Inicio de tratamiento con terapia cognitivo conductual

-Recomendación Tres

Cambiar a otro antidepresivo de segunda generación (diferente familia farmacológica) o agregar un segundo fármaco con evidencia para TDM (adyuvante).

Guías CANMAT

Fármacos de primera línea

Guías CANMAT

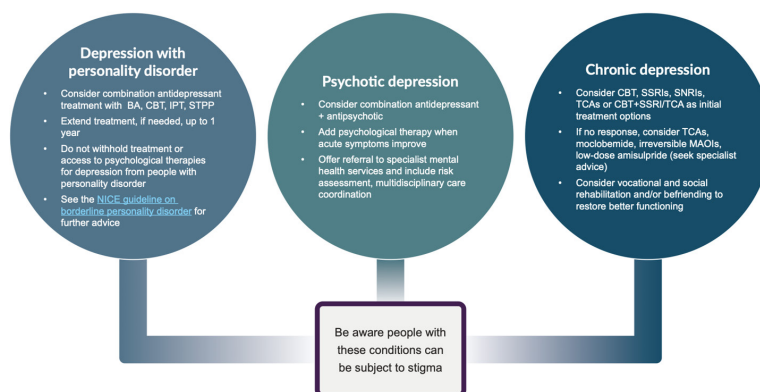
Table 3.3. Summary Recommendations for Antidepressants.

Line of treatment	Antidepressant	Daily dose ¹	Mechanism	Level of evidence
First line	Citalopram	20–40 mg	SSRI	●
	Escitalopram	10–20 mg	SSRI	●
	Fluoxetine	20–60 mg	SSRI	●
	Fluvoxamine	100–300 mg	SSRI	●
	Paroxetine	20–50 mg	SSRI	●
	Sertraline	50–200 mg	SSRI	●
	Desvenlafaxine	50–100 mg	SNRI	●
	Duloxetine	60–120 mg	SNRI	●
	Levomilnacipran*	40–120 mg	SNRI	●
	Venlafaxine-XR	75–225 mg	SNRI	●
	Bupropion	150–450 mg ²	NDRI	●
	Mirtazapine	30–60 mg	α_2 antagonist; 5-HT ₂ antagonist	●
	Vilazodone*	20–40 mg	SRI; 5-HT _{1A} agonist	●
	Vortioxetine	10–20 mg	SRI; 5-HT _{1A} , 5-HT _{1B} agonist; 5-HT _{1D} , 5-HT _{3A} , 5-HT ₇ antagonist	●
	Agomelatine #	25–50 mg	MT ₁ , MT ₂ agonist; 5-HT ₂ antagonist	●
	Mianserin #	30–90 mg	α_2 antagonist; 5-HT ₂ antagonist	●
Milnacipran #	50–200 mg	SNRI	●	

Lam RW, Kennedy SH, Adams C, Bahji A, Beaulieu S, Bhat V, Blier P, Blumberger DM, Brietzke E, Chakrabarty T, Do A, Frey BN, Giacobbe P, Gratzler D, Grigoriadis S, Habert J, Ishrat Husain M, Ismail Z, McGirr A, McIntyre RS, Michalak EE, Müller DJ, Parikh SV, Quilty LS, Ravindran AV, Ravindran N, Renaud J, Rosenblatt JD, Samaan Z, Saraf G, Schade K, Schaffer A, Sinyor M, Soares CN, Swainson J, Taylor VH, Tourjman SV, Uher R, van Ameringen M, Vazquez G, Vigod S, Voineskos D, Yatham LN, Milev RV. Canadian Network for Mood and Anxiety Treatments (CANMAT) 2023 Update on Clinical Guidelines for Management of Major Depressive Disorder in Adults: Réseau canadien pour les traitements de l'humeur et de l'anxiété (CANMAT) 2023 : Mise à jour des lignes directrices cliniques pour la prise en charge du trouble dépressif majeur chez les adultes. Can J Psychiatry. 2024 May 6;70(6):7437241245384. doi: 10.1177/07067437241245384. Epub ahead of print. PMID: 38711351.

¿La primera línea es igual para todos los pacientes?

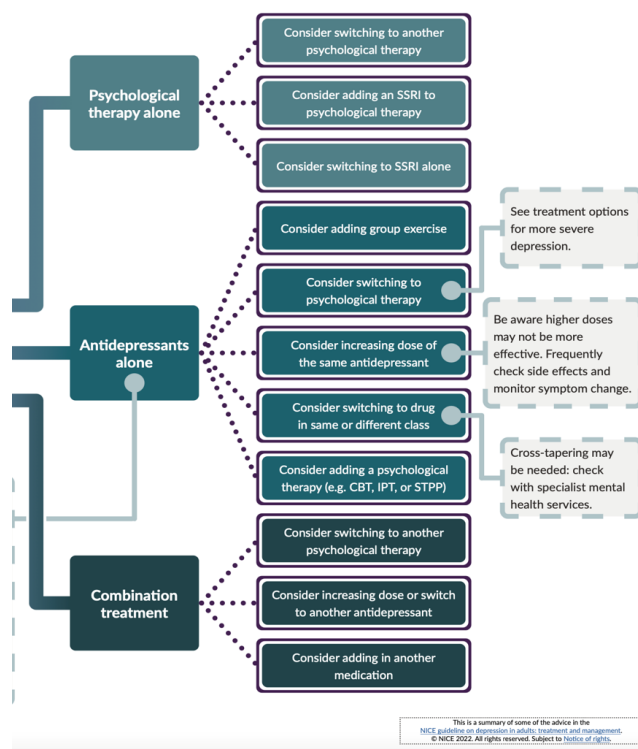
Depression in adults: treatment options for chronic depression, depression with personality disorder or psychotic depression



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Table 7.2. Summary Recommendations for Adjunctive Medications for (DTD).

Line of treatment	Adjunctive agent	Target dose ¹	Level of evidence
First line	Aripiprazole	2–10 mg	●
	Brexipiprazole*	0.5–2 mg	●
Second line	Bupropion	150–450 mg	●
	Intranasal esketamine*	56–84 mg intranasally	●
	IV racemic ketamine*	0.5–1.0 mg/kg IV	●
	Olanzapine	2.5–10 mg	●
	Quetiapine-XR*	150–300 mg	●
	Risperidone*	1–3 mg	●
	Lithium	600–1200 mg (therapeutic serum level: 0.5–0.8 mmol/L)	●
	Cariprazine*	1.5–3 mg	●
	Mirtazapine/Mianserin	30–60 mg/30–90 mg	●
	Modafinil	100–400 mg	●
	Triiodothyronine	25–50 mcg	●

Lam RW, Kennedy SH, Adams C, Bahji A, Beaulieu S, Bhat V, Blier P, Blumberger DM, Brietzke E, Chakrabarty T, Do A, Frey BN, Giacobbe P, Gratzler D, Grigoriadis S, Habert J, Ishrat Husain M, Ismail Z, McGirr A, McIntyre RS, Michalak EE, Müller DJ, Parikh SV, Quilty LS, Ravindran AV, Ravindran N, Renaud J, Rosenblatt JD, Samaan Z, Saraf G, Schade K, Schaffer A, Sinyor M, Soares CN, Swainson J, Taylor VH, Tourjman SV, Uher R, van Ameringen M, Vazquez G, Vigod S, Voineskos D, Yatham LN, Milev RV. Canadian Network for Mood and Anxiety Treatments (CANMAT) 2023 Update on Clinical Guidelines for Management of Major Depressive Disorder in Adults: Réseau canadien pour les traitements de l'humeur et de l'anxiété (CANMAT) 2023 : Mise à jour des lignes directrices cliniques pour la prise en charge du trouble dépressif majeur chez les adultes. Can J Psychiatry. 2024 May 6;7067437241245384. doi: 10.1177/07067437241245384. Epub ahead of print. PMID: 38711351.

Factores para considerar en la elección del tratamiento

- Respuesta al tratamiento previo
- Gravedad
- Cronicidad
- Comorbilidad
- Riesgo de suicidio
- Psicosis
- Rasgos catatónicos o melancólicos
- Estado funcional
- Tolerabilidad de tratamientos previos

Figure 4. Second-generation antidepressants: cautions and contraindications.

! = Caution ⊗ = Contraindication

Class	Drug	Alcohol Use Disorder or Alcohol Use	Bipolar Disorder	Bleeding Disorder	Bradycardia	Bulimia or Anorexia Nervosa	Cardiac Disease or Recent Myocardial Infarction	Child–Pugh Class A to C Hepatic Impairment or Chronic or Acute Hepatic Disease	Congestive Heart Failure	Diabetes (Type 1 or 2)	Electrolyte Abnormalities (Uncorrected)	Monoamine Oxidase Inhibitor Use Within 14 Days	Renal Impairment (Moderate to Severe)	Seizure Disorder or Seizure History	QT Prolongation
SSRIs	Citalopram	!	NR	!	⊗	NR	⊗	!	⊗	NR	⊗	NR	!	⊗	
	Escitalopram	!	NR	!	!	NR	!	!	!	NR	!	⊗	NR	!	
	Fluoxetine	!	NR	!	!	NR	!	!	!	!	!	⊗	NR	!	
	Fluvoxamine	!	NR	!	NR	NR	NR	!	NR	NR	NR	⊗	NR	!	
	Paroxetine	!	NR	!	NR	NR	NR	!	NR	NR	NR	⊗	!	!	
	Sertraline	!	NR	!	!	NR	!	⊗	!	NR	!	⊗	NR	!	
SNRIs	Desvenlafaxine	!	NR	!	NR	NR	!	!	NR	NR	NR	⊗	!	!	
	Duloxetine	⊗	NR	!	NR	NR	!	⊗	NR	!	NR	⊗	⊗	!	
	Levomilnacipran	!	NR	!	NR	NR	!	NR	NR	NR	NR	⊗	!	!	
	Venlafaxine	!	NR	!	!	NR	!	!	!	NR	!	⊗	!	!	
Others	Bupropion	!	!	NR	NR	⊗	NR	!	NR	!	NR	⊗	!	⊗	
	Mirtazapine	NR	!	NR	!	NR	!	!	!	NR	!	⊗	!	!	
	Nefazodone	NR	!	NR	NR	NR	!	⊗	NR	NR	NR	⊗	NR	!	
	Trazodone	!	!	!	!	NR	⊗	NR	!	NR	!	⊗	NR	!	
	Vilazodone	NR	!	!	NR	NR	NR	NR	NR	NR	NR	⊗	NR	!	
	Vortioxetine	NR	!	!	NR	NR	NR	NR	NR	NR	NR	⊗	NR	!	
Anxiolytic	Bupirone	NR	NR	NR	NR	NR	NR	!	NR	NR	NR	⊗	⊗	NR	

Qaseem A, Owens DK, Etzeandia-Ikobaltzeta I, Tuft JE, Cross JT Jr, Wilt TJ; Clinical Guidelines Committee of the American College of Physicians; Crandall CJ, Hicks LA, Balk EM, Cooney TG, Fitterman N, Lin JS, Maroto M, Miller MC, Obley AJ, Owens DK, Shekelle PG, Harrod CS, Yost J. Nonpharmacologic and Pharmacologic Treatments of Adults in the Acute Phase of Major Depressive Disorder: A Living Clinical Guideline From the American College of Physicians (Version 1, Update Alert). *Ann Intern Med.* 2024 Apr;177(4):eL230440. doi: 10.7326/L23-0440. Epub 2024 Mar 19. PMID: 38498880.