

but only for short periods. Diet and exercise regimens should be used concurrently with amphetamine use for weight loss.

The primary treatment in patients with narcolepsy is CNS stimulant drugs such as modafinil (Provigil) or armodafinil (Nuvigil) to help them to stay awake and alert.



CRITICAL THINKING

Why should amphetamines not be prescribed routinely for obese patients who are trying to lose weight?

Antidepressants

Clinical depression is characterized by excesses of sleeping and eating, an inability to concentrate, avoidance of the companionship of other people, decreased interest in sex and activities one usually enjoys, and feelings of despair. Depression is usually a combination of genetic and environmental causes, which lead to a change in the brain's biochemistry, and can be devastating to the patient. When neurotransmitters are depleted, the patient does not think as clearly as usual, and mood becomes depressed. Antidepressants preserve neurotransmitters at the synapse.

Many medication options for depression exist, and most patients find that the first medication they try is a good fit. Other patients must try numerous medications before they find an antidepressant that works for them and has tolerable side effects. Four categories of antidepressant agents are monoamine oxidase (MAO) inhibitors (MAOIs), tricyclic antidepressants (TCAs), selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs).

Monoamine Oxidase Inhibitors (MAOIs)

MAOIs inhibit MAO, an enzyme that terminates the action of neurotransmitters at the synapse. Inhibiting or stopping MAO improves the retention of neurotransmitters at the site. An example of an MAOI is selegiline (Eldepryl). Unfortunately, this drug classification requires dietary exclusion of foods containing tyramine (Box 13-1). A patient who eats any of these foods while taking an MAOI can suffer critical hypertension. Because tyramine is common in many foods, these drugs are rarely prescribed today.



CRITICAL THINKING

If a patient who is taking an MAOI went to a Super Bowl party, which typical party foods would he or she be unable to eat?

Tricyclic Antidepressants (TCAs)

TCAs are medications with a three-ring (tricyclic) chemical structure that keeps norepinephrine and serotonin at the nerve terminals and thereby helping electrical impulses cross the synapse (see Fig. 13-2). TCAs such as amitriptyline (Elavil) have been used for decades but have many more side effects than the more

BOX 13.1 Foods High in Tyramine

Avocados	Papayas
Bananas	Paté, beef
Beer	Pepperoni
Bologna	Raisins
Chocolate	Salami
Dairy products, aged	Sausage
Fava beans	Soy sauce
Figs	Wine
Herring	Yeast
Hot dogs	