



Esketamine for treatment-resistant depression.

Esketamine can help change the way a mood disorder makes you feel.

Major depression affects approximately 5.4% of the Canadian population, and anxiety disorders affect 4.6% of the population.¹

Many people who suffer from depression who try traditional therapies and oral antidepressants may notice only partial improvement or none at all.

Now there's new hope for those with treatment-resistant depression. Esketamine is a nasal spray prescribed to patients who are experiencing a major depressive disorder that:

- Is moderate to severe in intensity
- Has not responded to two or more separate courses of treatment in the current episode of depression

Absorbed more quickly than oral medication, results can be noticed in hours or days instead of weeks or months.²



How does Esketamine work?

Esketamine belongs to a group of medicines that work on N-methyl-D-aspartate (NMDA) receptors. It works by changing the activity of certain natural substances in the brain.³

A nasal spray that is used together with an antidepressant taken by mouth, it can take the form of either:

- A selective serotonin reuptake inhibitor (SSRI)
- A serotonin and norepinephrine reuptake inhibitor (SNRI)⁴

How is Esketamine administered?

Esketamine is taken under the supervision of a trained clinician on site at a TELUS Health Care Centre. A referral is required.

After taking it, you will be monitored by the clinician for at least 2 hours and have your blood pressure checked before you can leave the clinic.



Your dosing schedule may look like this:

1. Twice a week for the first 4 weeks.
2. After the first 4 weeks, one dose a week for 4 weeks.
3. At week 9, one dose is taken once every 2 weeks.



Personalized care from our team of specialists.

Our team offers a wealth of experience, skills, training and techniques to support you on your journey. In addition to the services of our expert clinicians, we offer an integrated, holistic approach to mental and physical wellbeing, with access to best-in-class services all under one roof, including:

- Psychologists
- Registered counsellors
- rTMS and esketamine for treatment-resistant depression
- Clinical exercise physiologists
- Dietitians
- Social workers
- Case managers
- Clinical psychologists specializing in neuropsychology

Services available at the TELUS Health Care Centres in North Vancouver and downtown Vancouver.

Contact us to learn more:

604-707-1120 | carecentres.mentalhealth@telus.com | telushealth.com/mentalhealth

