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## mental illness/viewpoints and discussions

Posted by cashcarstar1919 - 2006/06/16 18:19

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i have bi-polar i get moody but i take lithium and buspar for anxiety and it helps,but i know some people think u should not take medicine some say just deal with your problems so i dunno,i mean my condition is labled by a doctor and the way he sees it his opinion if you will so what do u all think medicine good or bad?or me if i saw ten different doctors i could have different medicine and diagnosis's? :D

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## Re: mental illness/viewpoints and discussions

Posted by cashcarstar1919 - 2006/06/16 18:59

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for instance i was labeled major depression and anxiety disorder and bi-polar of course all different doctors so what does that tell u,its all interpreting by the different doctors

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## Re: mental illness/viewpoints and discussions

Posted by The I of the Radio - 2006/06/16 20:35

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i think you should do whatever you can to help yourself.

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## Re: mental illness/viewpoints and discussions

Posted by blistered\_avalon501 - 2006/06/16 23:50

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I think that you should do what works best for you from a clinical standpoint. As long as you feel better that's what should matter. But just please make sure not to let your psychiatrist over-prescribe or just the same, under-prescribe for you. I have a friend who gets her anti-depressant dosage arbitrarily increased every time she gets a new refill from her doctor just because the guys "feels" like upping it. That's really dangerous.

But as long as it's working for you, then I think medication is a very good thing. :)

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## Re: mental illness/viewpoints and discussions

Posted by venison - 2006/06/17 00:16

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Well I suspect that a lot of medication is extraneous, and ends up as little else than extra money in the pockets of pharmaceutical companies. And some medicines are so overpriced it makes me mad...particularly when insurance troubles are a pain and I have to pay for them myself!

On the other hand, though, I think medication does have the potential to help people, provided they are able to find the right ones. I've had problems with severe depression and an anxiety disorder, and I've been on several medications like Paxil, Wellbutrin, and Neurontin, but I never noticed anything significant until I started taking Mirtazapine, which is the generic form of Remeron. Psychiatrists say that it can often take 5 or 6 tries before someone finds a medicine that works for them, even though drug commercials make it sound like their product WILL immediately benefit you. Hmph. I'm sure the individuals who develop these things may have good intentions, but the way the business works, it seems like suffering victims are considered as nothing more than just sources of income.

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## Re: mental illness/viewpoints and discussions

Posted by pumpkinjodi - 2006/06/17 06:44

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I would say take/demand whatever medication makes you feel well - that YOU actually notice a difference with and refuse meds with side effects or that don't actually help. I've never had your situation, but I do have horrible allergies,

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and I've learned over time which prescriptions I can take that actually work, and don't knock me out cold. My Dr. one time gave me medicine for an ear infection that literally knocked me on my ass for like 21 hours, I couldn't even function. So, now, when I need anything, I will go TELL the Dr. what to give me or not to give me. You really have to be pro-active in your own medical care, because today's Drs. are so busy and don't listen much - you almost have to already know what is wrong with you and what the treatment should be before you even go.

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## Re: mental illness/viewpoints and discussions

Posted by cashcarstar1919 - 2006/06/17 09:08

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thank u beautiful pumpkinjodi!!

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## Re: mental illness/viewpoints and discussions

Posted by Sandoz - 2006/06/17 09:40

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who decides whats crazy?

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## Re: mental illness/viewpoints and discussions

Posted by 1979 - 2006/06/17 10:11

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i suggest just sticking to medicine.

i have anxiety problems too :( i might start taking medicine for that too because i tried just ignoring it but it keeps coming back to haunt me badly.

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## Re: mental illness/viewpoints and discussions

Posted by PopTart - 2006/06/17 15:53

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I'm gonna try to stay on topic. I've worked in health care for over 6 years and there are a lot of problems and I can go on big long rants about the U.S.'s screwed up health-care system, how messed-up I think Big Pharmacy companies are and how i am scared to death to get old because of the decline in Social Security and the incline in health care costs. Plus I can go off on nursing shortages and all of that fun stuff...

But back to the thread. I did work in a mental hospital for 2 years and some people the heavy duty anti-psychotic dugs did help, some they didn't and others the snowed them. Also in that environment the psychiatrists viewed these people (mostly cases of the state) as numbers and not as people meaning they were not getting the proper levels of meds. I would only take the drugs you think are making a positive difference for you. But I would also try to work through your problems. Don't just take the drugs and think you are cured. Talk with your psychiatrist/psychologist and discuss your problems and try to find lifestyle changes that help you as an alternative to drugs.

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## Re: mental illness/viewpoints and discussions

Posted by cashcarstar1919 - 2006/06/17 15:57

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yes sounds good medicine is not the only type of help out there thanks for da input :heart

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## Re: mental illness/viewpoints and discussions

Posted by venison - 2006/06/17 19:40

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Oh yes, I think it's generally agreed that medication combined with therapy seems to be the best choice. After an incident with self-injury, I was told to see a counselor, and it helped immensely just to be able to verbally let out all the negative things that troubled me. The only problem is, I'm expected to go to therapy every week, and when I don't have anything to say, an expensive session is wasted. I suppose that's another good reason for why it's so important to have a close, personal confidante.

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## Re: mental illness/viewpoints and discussions

Posted by cashcarstar1919 - 2006/06/18 09:42

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thank u venison for sharing with me and the rest of us,i understand what you mean,i have health spring insurance but still my ,edicine and dotor and soon to be therapist will still cost me 400 easy...but what can u do?

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