

PE1651/II

Anonymous submission of 2 January 2018

I am one of the many unfortunate persons who got a prescription for a life and mind-destroying antidepressant for only a situational issue, a transient life problem, being completely healthy and well-functioning young woman before this horrible "medication". I did not experience any benefits from it overall. I was always a sensitive, emotional, intelligent person with fast thinking, excellent problem solving and multitasking skills, excellent memory and analytical thinking, good creativity and fantasy and with a successful career before all that was taken away from me by psychiatry industry including my job, my career, my health, my brain function, my skills, my financials, my private life, my sexuality, my future, everything.

My story started in January 2015. During a breakup with my boyfriend which was (quite understandably) an emotionally a hard period for me, I went to a psychiatrist in order to speak about my relationship issues. After only 4 occasions of speaking therapy she gave me a prescription for generic escitalopram without giving me any diagnosis whatsoever. She didn't tell a word about possible side effects, let alone about the risk of possible permanent damage this medication causes. She prescribed me 10mg, but starting with 5 mg. I read the leaflet carefully, but the list of side effect was relatively short. I only found out later it is because it's extremely deficient and misleading. Probability of sexual side effects was marked as MAXIMUM 1% (which I found out later from decade old studies that it is in reality about 80-90% or even more). No mention of permanent cognitive dysfunction, memory issues, dementia, emotional blunting, neurotoxicity and toxic encephalopathy, no mention of the induction of chronic fatigue syndrome and frontal lobe damage, no mention of genital anaesthesia, no mention of PSSD (Post-SSRI Sexual Dysfunction), no mention of protracted withdrawal syndrome or antidepressant-induced chronic brain impairment (which is just a nicer name to chemical brain damage)....

I took 5 mg for only a short 3 weeks time period. In total I took 11 of 10mg escitalopram pills (in halves). First day I noticed my face was slightly swollen. I knew this is a side effect and according to the leaflet I called the psychiatrist on the same day. She told me this is "not due to the medication and keep taking it". Literally overnight on the 2nd or 3rd day of the treatment I lost completely my libido. I felt some slight pain in my genitals and after that they went completely numb, I didn't feel that I have genitals anymore. It was like someone cut the nerve connection between my brain and every erogenous part in my body. As a young woman, right at the age of finding the right partner and forming a family this side effect wasn't tolerable for me at all, so I decided to stop this medication after 3 weeks. The psychiatrist wasn't opposed to it, as I didn't need it in the first place.

3 weeks after stopping escitalopram absolutely nothing changed in the sexual side effects. I had no libido, no sensitivity, no feeling, no sexual functioning, nothing. I also felt very numb emotionally and started to experience severe withdrawal effects. I called desperately the psychiatrist twice on phone and told her that the side effects did not go away, and I can't feel emotions properly anymore. She basically ignored my first-hand experience, the response was again the well-known "it is not due to the medication". As I realized that she is totally incompetent regarding the effects of the drug prescribed by her, I didn't call her anymore. I started to experience about 30+

different debilitating withdrawal symptoms after the short 11 pills course of escitalopram:

I lost completely the ability to feel any human emotion. I couldn't feel love, excitement, enthusiasm, desire, nothing. When I wanted to cry I felt a strange, strong pressure in my head what made it impossible. I felt a pressure in my forehead area 0-24 which got stronger when I "tried" to feel any emotion or tried to think, as if that part of my brain was completely dead, paralyzed and inaccessible. I lost my fantasies, my creativity, my visual imagination, stopped dreaming at nights, my mind became completely blank. I experienced severe cognitive and concentration impairment (couldn't process how to do simple things in my work anymore what I did for years before, I couldn't understand what I was reading or listening, had to re-read every row 5x, 10x, but still couldn't process it), got severe memory problems, inability to focus on anything, slowed thinking, lost my planning and multitasking functions, suffered constant mental tiredness and feeling of having dementia, handshakes, severe and long-lasting chronic fatigue syndrome with constant tiredness and extreme physical weakness and exhaustion, insomnia, irregular heart beating, low blood pressure, very cold limbs and cold genital area, irregularities in menstruation, constant nausea and dizziness, gastrointestinal issues, flu like symptoms, inability of feeling hunger, weight loss, skin issues, extreme severe hair loss known as telogen effluvium (like someone who went through chemotherapy, I lost half of my hair in just 9 months after escitalopram poisoning). I felt that my brain is barely awoken during the day, I had terrible brain fog every day. I also got severe amotivational syndrome and total apathy as a direct consequence of losing my human emotions. I noticed I can't feel any effect from coffee and alcohol in my brain anymore. I was terrified that I am completely and permanently brain damaged and lobotomized. And in addition to the above, all sexual side effects continued.

At about 8 months mark of suffering multiple of the above listed unbearable symptoms I wrote a letter to the psychiatrist explaining my SSRI-induced chronic condition and asking her the original documentation of my "treatment", what she wasn't able to provide. As a result of this chronic injury I lost the job what I absolutely loved and my career, my financials, my health, and my life as I used to know. I went to many doctors in the following 3 years: endocrinologists, psychiatrists, gynecologist, cardiologists, neurologists, did several blood tests, hormone panels, MRI, acupuncture sessions, massage sessions, sauna sessions for detoxifying, hyperbaric oxygen treatments, spent a huge amount of money on these and on a multitude of supplements and vitamins, which may could help, but I still have persistent symptoms 3 years later. I was as well repeatedly humiliated by doctors, blaming my symptoms on my original "condition", in spite that I never had any "original condition" like that in my life and the issues like genital anaesthesia are exclusively known as SSRI-induced damage.

At 3 years mark apart from the permanent complete chemical castration - PSSD (Post-SSRI Sexual Dysfunction) - I am still left with a kind of brain injury, I still experience severe brain fog, slowed thinking, loss of cognitive functions, attention and memory problems which is accompanied with dizziness, and frontal lobe pressure as well as emotional blunting. I am officially part of an international PSSD study, and the researcher said this syndrome is most likely caused by SSRI induced neurotoxicity/toxic encephalopathy. I did a qEEG test around 2,5 years out which shows significant slowing in all my frontal lobe (cognition, attention, planning,

memory) as well as limbic lobe area which is responsible for emotions and somatosensory functions. The doctor who did the qEEG test confirmed that my result is consistent with a traumatic brain injury or brain damage caused by micro injuries (like in case of a toxic brain damage).

PSSD is considered currently as a permanent iatrogenic damage, there is no treatment or any cure for it. It can be triggered by a very short antidepressant exposure (even by one single pill), and can last indefinitely after the toxin is withdrawn. It is not less but a complete chemical castration and lobotomy. It is still unclear how antidepressants cause this terrible syndrome, but there are many theories: neurotoxicity, activation of 5ht2a/2c receptors, loss of SERT and permanent 5ht1a receptor desensitization, inhibition of pudendal C-fibers, ion channel issues, destruction of endocrine and neurosteroid system, damage to dopamine receptors, gene expression changes, structural damage to brain, peripheral neuropathies etc. I was never informed by the psychiatrist neither by the drug leaflet about the possibility of suffering permanent brain injury, a multitude of neurological damage and permanent sexual dysfunction, therefore I never gave an informed consent. Psychiatry and the psychiatric drug industry irrevocably and severely violated my human rights to have an informed consent about the treatment offered to me.

And I know I'm far from being the only one. I found groups with thousands of victims on Internet suffering from the very same permanent brain and neurological damages caused by psychiatry, many people have been suffering for 10+,20+ years already with no help and no relief. Psychiatry is still denying any permanent damage caused by their inhuman treatments in spite of the reports of thousands and the clear evidence in their own peer-reviewed medical literature. They usually leave the victim alone helpless and hopeless, unable to work or have a quality life with severe drug induced life-long injuries, they do not take any responsibility of their treatments. Please do not allow psychiatry to cause these severe injuries to even more people with drugs they don't know anything about based on claims like the "chemical imbalance" which is not backed up and never was backed up by any scientific proof. Please force the pharmaceutical industry to disclose all the damages and permanent side effects these drugs cause to people and all the studies related to these toxic chemicals, and most importantly, please force the pharmaceutical industry to find a cure for the victims of PSSD and other inhuman antidepressant-related brain and neurological injury.

Below are my qEEG results which was done almost 3 years after the brain injury caused by psychiatry, still showing severe damage:

