

**PE1651/OOOO**

**Anonymous submission of 21 January 2018**

This is my PSSD story submission.

In 2012 I was a 16 year old girl suffering from depression. I was prescribed abilify and venlafaxine, this combination caused my head to start shaking at random times slightly, but for me noticeably. When I was nervous my head would shake more and even a nurse said she did notice it. For this my doctor prescribed me propranolol. I also started getting facial muscle twitching when I was nervous, a symptom which persists til this day although it's milder than when I was taking the drug. This symptom however is not so noticeable since it doesn't occur unless I am in a situation that makes me feel actual embarrassment / nervousness such as a presentation, meeting new people or something similar so I don't experience it often. The twitching can however be so severe that it makes talking harder for me and also it makes me scared of going into a situation where this symptom would occur. In addition I got PSSD, (so far) permanent sexual dysfunction from the venlafaxine. From the day I took venlafaxine, my body stopped reacting to visual stimuli and I never experienced arousal anymore. In addition orgasm became almost impossible to achieve. Because I felt very embarrassed about the subject, as a 16 year old girl naturally would be, I didn't tell my doctor but I stopped taking the drug after having talked to my doctor that I wanted to stop taking it. After I stopped the drug, I could achieve orgasm but to this day I do not experience actual arousal, and no sexual reaction to visual stimuli. During the age of 16 I didn't have experience with actual sexual activity with other people, however I have engaged in sexual activity with others after this time and can say that clearly I do not have normal functioning sexuality since I feel no arousal, no enjoyment in physical intimacy. There have been tiny glimpses of normal sexual feelings (what I must assume is normal, since I didn't have the chance to experience normal), but these feelings have been clearly muted and it just seems clear to me that something in my body has become broken.

Doctors didn't tell me about such severe side effects, not to mention about them persisting for years on. I told to several doctors about my persisting symptoms yet I have been told it's all in my head and doctors keep avoiding to talk about it or just dismiss my experience entirely. I have lost complete faith and trust in medical community and will make a career out of helping people so that they do not have to experience life this way. Not only antidepressants / psychiatric drugs but also antibiotics have taken a great toll on my health which I am dedicating my life to fix, so that I could experience a more normal life.