**Anxiolytics**

FDA advises number 1st line of treatment for anxiety is SSRI.

Cognitive Behavioral Therapy is best treatment for anxiety. They cannot get better if they do not work through their cause of anxiety.

**Benzodiazepines-Schedule IV drugs- not a good option for those with addiction issues.**

**Lorazepam (Ativan)**- benzodiazepine (anxiolytic, anticonvulsant) (enhances GABA)

One size fits all, middle of the road half-life (10-20 hrs), good for nocturnal anxiety, when people wake up -in the middle of the night, OFF LABEL is for chronic insomnia.

FDA approved for anxiety, anxiety associated with depressive symptoms, initial treatment of epilepsy (injection), preanesthetic (injection)

Off label: insomnia, muscle spasm, alcohol withdrawal psychosis, headache, panic disorder, acute mania, acute psychosis, delirium, catatonia (state of immobility and stupor)

Dosing: Tablet 0.5 mg, 1 mg, 2 mg. Liquid 2 mg/mL. Injection 2 mg/mL, 4 mg/mL.

Side Effects: sedation, fatigue, depression, dizziness, slurred speech, rare hallucinations, respiratory depression when taken with a CNS depressant in overdose, rare hepatic dysfunction.

**Alprazolam (Xanax)-**benzodiazepine (anxiolytic) (enhances GABA)

Shortest half-life (12-15 hrs) risk of dependence

FDA approved for GAD, anxiety disorder, panic disorder

Off label: anxiety associated with depression, premenstrual dysphoric disorder, IBS, acute mania, acute psychosis, catatonia

Dosing: tablet 0.25 mg, 0.5 mg, 1 mg, 2 mg. Solution 1 mg/mL. Extended-release tablet 0.5 mg, 1 mg, 2 mg, 3 mg.

Side Effects: sedation, fatigue, depression, dizziness, slurred speech, forgetfulness, confusion, dry mouth, respiratory depression when taken with CNS depressants (opioids) in overdose, rare liver, and kidney dysfunction.

**Diazepam (Valium)**-benzodiazepine (anxiolytic, muscle relaxant, anticonvulsant) (enhances GABA)

Good for elderly, contractures, muscle spasms, alcohol, or drug withdrawal, use for scope procedures, longest half-life of all benzodiazepines

FDA approved for anxiety disorder, acute agitation, tremor, alcohol withdrawal, skeletal muscle spasm, stiff-person syndrome, pre-operative anxiety, convulsive disorder

Off Label use for insomnia and catatonia

Dosing: Tablet 2 mg, 5 mg, 10 mg. Nasal 5 mg spray, 7.5 mg spray, 20 mg spray. Concentrate 5 mg/mL. Solution 5 mg/ mL. Injection vial 5 mg/mL, 10 mg/2 mL, 20 mg/4 mL. Rectal gel 2.5mg/0.5mL, 10 mg/2 mL, 20 mg/4 mL.

Side Effects: sedation, fatigue, depression, dizziness, slurred speech, forgetfulness, confusion, rare hypotension.

**Clonazepam (Klonopin)-** benzodiazepine (anxiolytic, anticonvulsant) (enhances GABA)

Use for angry and anxious people, works for anxiety with tremors, REM sleep disorders, tardive dyskinesia, longer half-life than alprazolam but shorter than diazepam, drops BP, causes falls.

FDA approved for panic disorder, akinetic seizure, myoclonic seizure, absence seizure Lennox-Gastaut syndrome (Lennox–Gastaut syndrome (LGS) is a complex, rare, and severe childhood-onset epilepsy. It is characterized by multiple and concurrent seizure types, cognitive dysfunction, and slow spike waves on electroencephalogram (EEG). Typically, it presents in children aged 3–5 years and can persist into adulthood.)

Off Label: atonic seizures, acute mania, acute psychosis, insomnia, catatonia

Dosing: Tablet 0.5 mg, 1 mg, 2 mg. Disintegrating tablet 0.125 mg, 0.25 mg 0.5 mg, 1 mg, 2 mg

Side Effects: sedation, fatigue, depression, dizziness, slurred speech, weakness forgetfulness, confusion, rare hypotension, dry mouth.

**Burning Mouth Syndrome**

Burning mouth syndrome is the medical term for ongoing (chronic) or recurrent burning in the mouth without an obvious cause. This discomfort may affect the tongue, gums, lips, inside of your cheeks, roof of your mouth (palate) or widespread areas of your whole mouth. The burning sensation can be severe, as if you scalded your mouth.

Burning mouth syndrome usually appears suddenly, but it can develop gradually over time. Unfortunately, the specific cause often can't be determined. Although that makes treatment more challenging, working closely with your health care team can help you reduce symptoms.

There's no one test that can determine if you have burning mouth syndrome. Instead, your doctor will try to rule out other problems before diagnosing burning mouth syndrome.

Treatment options may include:

* Saliva replacement products
* Specific oral rinses or lidocaine
* Capsaicin, a pain reliever that comes from chili peppers
* An anticonvulsant medication called clonazepam (Klonopin)
* Certain antidepressants
* Medications that block nerve pain
* Cognitive behavioral therapy to develop strategies to address anxiety and depression and cope with chronic pain

**Buspirone (Buspar)-** anxiolytic (serotonin partial agonist and stabilizer)

Works best for “benzo virgins” and it is not a PRN medication, great adjunct for SSRIs, in high doses works well for smoking cessation, extremely short half-life, best dosing is every 8 hours, dosing will always be at least twice a day.

Quirky side effects such as weight loss, possibly works on impulse control, Causes tummy aches in older population and should be taken with food.

FDA approved for anxiety.

Off Label: Mixed anxiety and depression, adjunct for treatment resistant depression.

Dosing form: Tablet 5 mg, 10 mg, 15 mg, 30 mg.

Side effects: dizziness, headache, nervousness, sedation, nausea, restlessness.

**Hydroxyzine (Atarax, Vistaril)-** antihistamine (anxiolytic, hypnotic, antiemetic)

Works well for anxiety accompanied with addictions, cousin to Benadryl, works for itching and anxiety with hives, hydroxyzine has different variations.

FDA approved for anxiety and tension associated with psychoneurosis, pruritis due to allergic conditions, premedication sedation, anxiety withdrawal symptoms in alcoholics or patients with DTs, acute hysteria.

Off Label: Insomnia

Dosing form: Tablet 10 mg, 25 mg, 50 mg. Capsule 25 mg, 50 mg, 100 mg. Oral liquid 10 mg/5 mL. Intramuscular 25 mg/mL, 50 mg/mL.

Side effects: dry mouth, sedation, tremor. Rare bronchodilation, respiratory depression.