
Dear Pharmacist:

Many of your patients diagnosed with depression have taken the first important steps in setting a course of treatment—seeing their primary care physician or mental health professional and starting treatment. The next step is for them to commit to following and staying with their treatment plan. Unfortunately, it is at this stage that many patients with depression fail.

One of the most common problems is that they often do not adhere to their medication schedule. Another is that some of them stockpile their unused antidepressant medication. In such cases, if the medication is later taken during a higher-risk period, this could result in their experiencing serious side effects, including overdose. Depressed patients also tend to not schedule or keep their doctor appointments. These problems may reduce the effectiveness of their treatment plan and diminish their chances of reaching their treatment goals.

In an effort to help keep these patients on track, Wyeth Pharmaceuticals is providing *Understanding and Following Your Treatment Plan for Depression*. The purpose of the program is to remind patients suffering from depression to:

- Follow their treatment plan
- Know all pertinent prescription antidepressant medicine information
- Take their medication only as prescribed
- Record and report medication usage and any significant changes they experience
- Schedule frequent doctor appointments and keep them
- Have open communication with their doctor, mental health professional, caregiver, and pharmacist

A Guide for Pharmacists is also available. It provides some additional information to consider when using *Understanding and Following Your Treatment Plan for Depression* to counsel patients with depression.

We hope you will find this service item useful in helping counsel your patients with major depressive disorder.

If you have any questions or suggestions, please contact the Professional Services Support Center at 800-395-9938 or visit www.wyeth.com.