

# Antidepressant Drugs Linked to Abnormal Bleeding

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Taking antidepressant drugs could severely jeopardize your health by increasing your risk of suicide, liver failure and birth defects. Researchers have found yet another health concern to add to this already extensive list: abnormal bleeding. Although this bleeding is a side effect of antidepressant use, patients who are already at a higher risk for bleeding are likely to be affected even more severely.

Studies indicated that a high risk of bleeding occurred while patients took antidepressants known as selective serotonin reuptake inhibitors, or (SSRIs). SSRIs prevent re-absorption of serotonin (a chemical that allows nerve cells in the brain to communicate with one another) and increase the brain's supply of it. This class of antidepressants may also block blood platelets from getting necessary serotonin from the bloodstream, thus increasing the risk of abnormal bleeding.

In light of these findings, the FDA required manufacturers to apply a "black box" warning -- the strongest warning that can be issued -- on all antidepressant drug labels. The caution alerted consumers that taking such drugs could increase suicidal thoughts and behaviors among children and teenagers.

**The risk of being hospitalized for bleeding was almost three times as high in patients who took the following drugs:**

- Paxil
- Anafranil
- Zoloft
- Prozac

**SOURCE:** [HealthCentral.com](#) November 22, 2004

## Dr. Mercola's Comments:

If you use the search bar in the top right-hand corner of any page on this site, you'll find your search for most health-related issues will speed up exponentially. A cursory search using the word "antidepressant" with a 2004 dateline lists more than 300 stories, including a plethora about the risks of antidepressants. Some notable concerns include:

- [Suicide](#)
- [Your ability to fall in love](#)
- [Retarding the development of your baby](#)
- [Neurological abnormalities](#)

With risks such as these linked to taking antidepressants, I wonder why anyone would be inclined to use these drugs at all. Why not rely on the number of much healthier, natural ways to treat depression?

The first and foremost and absolute essential tool is to make sure you are taking enough fish or cod liver oil. Please remember that we are all fatheads. Our brains are 60% fat and if you don't have enough DHA (fish fat) in your brain you are asking for trouble. We published [an article](#) earlier this year on this topic.

Finally, There are a number of studies that demonstrate how fish oils are associated with decreased depression. If you are interested in learning more about these studies, I highly recommend reading [The Omega-3 Connection](#) by Dr. Andrew Stoll. In it you will find how depressed patients failed to respond to every antidepressant they tried. However, by merely adding healthy doses of EPA or DHA to their diet, researchers were able to see a significant improvement in a majority of the patients. This improvement can be related to the fact that 60 percent of our brain is composed of fat -- half of which is DHA (one of the fats found in fish oil).

If you or someone you know suffers with depression, Dr. Stoll's inexpensive book is absolutely essential for your library.

You see our bodies cannot produce DHA, so if we don't supply it we will likely suffer neurological complications. It is important to note: One can certainly be depressed and have adequate amounts of fish oil, but it is a simple, inexpensive and non-toxic strategy that helps many cope with depression. So please remember you can treat depression by consuming [high quality fish oil](#).

[Sunshine is another critical factor to improve depression](#). There are [a number of questions you can ask yourself](#) to find out if this is a factor for you.

Seasonal affective disorder (SAD) and winter depression are especially prominent during this time of year, as most of the regions we live in suffer from a severe deficit of sunlight. Therefore, in order to fill this sunlight void and effectively avoid depression, I highly recommend using [Bio-Pure Light Boxes](#) -- now available on my web site.

Bio-Pure Light Boxes contain light bulbs that project full spectrum sunlight. You see, in order to achieve natural balanced sunlight INDOORS it is important that your light bulbs contain a full spectrum of color, as well as infrared and ultra violet wavelengths. There are two models you can choose from (BP-12 Combo Box and BP-12 Junior), which contain these essential ingredients to help you obtain the balanced sunlight that is essential to your physical AND mental health.

Another useful tool is an energy psychology technique like [prayer](#) and the [Emotional Freedom Technique \(EFT\)](#). Although often overlooked, emotional health is essential to your physical well being. EFT uses a combination of kinetic energy input and positive affirmations to release you of your emotional "blocks."

You can download my recently updated [EFT manual](#) free of charge. If you seek more in-depth knowledge of the EFT technique, [my EFT series is available on DVD or VHS](#).

**Exercising** is another great alternative to treating depression. However, the practical problem with using exercise is that the desire to pursue any activity, let alone exercise, is not very high. Therefore, just because you exercise, doesn't mean you cannot become depressed.

### **Related Articles:**

[Treatment Options for Healing Depression](#)

[Antidepressants and Suicide in Children: Why Did the Warnings Take so Long?](#)

[Antidepressant Makers Withhold Data on Children](#)

[More FDA Suppression on Antidepressants](#)

[FDA Urges Softer Antidepressant Warning](#)

**Reference website:** <http://articles.mercola.com/sites/articles/archive/2004/12/18/antidepressant-drugs-part-one.aspx>