

WY-DUR  
Wyoming Drug Utilization Review Board  
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October 23, 2007

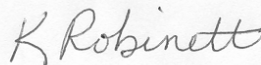
Dear Doctor,

You are receiving this letter because you have Medicaid patients that are taking two SSRI or SNRI medications concurrently. At this time, there is no evidence that taking two SSRIs or two SNRIs together is more effective than taking just one. Adding a medication with a different mechanism of action would be expected to be more effective than using two medications of the same mechanism.

The Sequenced Treatment Alternatives to Relieve Depression (STAR\*D) trial used a step therapy approach to treating enrolled patients. When a patient did not adequately respond to the first medication, but a switch in therapy was not desired, bupropion and mirtazapine were the two antidepressants used for augmentation.<sup>1</sup> Because these two drugs have unique mechanisms of action, they may be expected to augment the effects of either an SSRI or an SNRI.

This information is intended to provide an educational service only. It is based on available claims data and we acknowledge that we may not be aware of the entire clinical picture. Thank you for continuing to serve this complicated Medicaid patient.

Sincerely,



Kevin Robinett, D.O.

c: Antoinette Brown, R.Ph., Pharmacy Program Manager

References:

1. Rush, A, Trivedi M, Wisniewski S, et al. Acute and Longer-Term Outcomes in Depressed Outpatients Requiring One or Several Treatment Steps: A STAR\*D Report. *Am J Psychiatry* 2006; 763:1905-1917.