

Transcript of American Osteopathic Association
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The element of management which is probably the most readily available and most effective particularly for the physician who is not able to spend the amount of time for personal catharsis and for the patient who is unwilling or unable to avail himself of this type of help is the utilization of a chemotherapeutic regimen. Let me say at the outset that you should use the least potent drug that will control the problem and, where possible, drugs that can be taken as infrequently as possible. Obviously, a once-a-day regimen would be the best for patient compliance.

We'll consider briefly three general categories of psychotherapeutic drugs which may be effective in anxiety. The first general category and the one that the majority of anxiety cases can be treated with is the group known as the minor tranquilizers. These include such medications as Tranxene, meprobamate, Valium and Librium.

It is important to remember that even though these drugs are classified as minor tranquilizers, they are not without serious problems if abused. However, the advantage of their use is that they produce less side effects than the major tranquilizers or antipsychotic drugs and that there is less discomfort and, consequently, better compliance. And, I repeat, most anxiety problems can be adequately treated with this class of drug.