

# Treatment Strategies for Depression in Perimenopause or Menopause Transition

*Reassess patients often to determine resolution of vasomotor and depression symptoms.*

PHARMACOLOGIC	PSYCHOTHERAPEUTIC	LIFESTYLE
<b>Estrogen</b> (low-dose forms, such as ultra low-dose norethindrone plus ethinyl estradiol [Femhrt])	Cognitive behavioral therapy	Healthy eating
<b>Antidepressants</b> (SSRIs: fluoxetine [Prozac]; SNRIs: venlafaxine [Effexor])	Referral to menopause self-help resources such as <a href="http://www.themenopauseexpert.com">www.themenopauseexpert.com</a>	Regular exercise
<b>Mood stabilizers</b> (e.g., gabapentin [Neurontin])		Stress management
<b>Alpha-adrenergic receptor agonists for vasomotor symptoms</b> (clonidine [Catapres])		Relaxation techniques
<b>Combination therapy: estrogen with an SSRI or SNRI</b>		Promotion of sleep with cool conditions, water at bedside, lightweight sleepwear, OTC analgesics for mild aches
<b>Anticonvulsants for vasomotor symptoms</b> (gabapentin [Neurontin])		