

Treatments to Consider During Inflammation	
Medications	
Bupropion	Augmentation of escitalopram with bupropion worked better in patients with an elevated CRP > 1 or obesity (BMI ≥ 30)
Nortriptyline	Patients with a CRP > 3 responded better to nortriptyline than escitalopram
Lurasidone	In a placebo-controlled trial of bipolar I depression, lurasidone's benefits increased as the CRP rose above 2
Pramipexole	Evidence for a preferential response during inflammation is suggested by animal models
Complementary and Alternative Therapies	
N-acetylcysteine (NAC)	CRP > 3 predicted response to NAC 2000 mg qd in anxiety and depression
L-methylfolate	Inflammatory biomarkers, including BMI > 30 and CRP > 5, predicted response to L-methylfolate 15 mg qd as antidepressant augmentation
Omega-3	CRP > 3 predicted response to omega-3 EPA 1060 mg/day in depression
Lifestyle	Exercise, yoga, tai chi, the Mediterranean diet, mindfulness, and CBT for insomnia all have anti-inflammatory and antidepressant effects

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 with **Andrew H. Miller, MD**
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