



# Physician Guide to Antidepressants

*Dr. Shlomo Brook M.D*

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## **Physician Guide to Antidepressants Dr. Shlomo Brook M.D**

Depression is a common and debilitating condition, which affects approximately one in eight people. In addition, it is expected to be the second-leading cause of disability in the world by the year 2020. Nearly 10% of all primary care office visits are related to depression. Depression can be treated successfully and remission is associated with a return to a normal psychosocial function and overall a better prognosis. I hope, that the ‘Physician Guide to Antidepressants’ will serve you as a useful guide for the treatment of your depressive patients. Born in Israel, Dr Shlomo Brook earned his medical degree at Padova University, in Italy. After he specialized in Psychiatry in Tel Aviv, Israel he moved to South Africa where he worked at Sterkfontein Hospital in Krugersdorp setting up a prominent research unit. He conducted numerous drug trials in schizophrenia, bipolar mood disorders, anxiety and depression. Dr. Brook is currently working in private practice treating depressed, anxious and manic patients. His first book “Your Divorce Therapist” was highly successful and set the stage for this new book “Physician Guide to Antidepressants”. Karolina Brook is currently at her final year at Harvard Medical School. She has conducted research in drug development and global health care access. Karolina grew up in Johannesburg, South Africa and graduated from Princeton University with a A.B in Chemistry.

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