



Topiramate (Topomax)

The medication Topiramate (**Topomax**) is used to treat seizure disorders. Many people have found it helpful for reducing anxiety and lessening mood swings. Although not specifically indicated for such conditions, it is used because both doctors and patients have found it helpful. Although its FDA approval is for epilepsy, it is used to reduce mood difficulties.

Although Topomax can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. These include **fatigue, sedation, and dizziness**. These side effects most often occur with initial treatment with Topomax and can be managed. Yet sometimes they continue and require talking with your provider, who may stop the medication.

The beneficial effect of Topomax can sometimes take 10-14 days to be appreciated, and sometimes longer. Generally if no effect is felt after 4 weeks you should speak to your provider. The usual dosage to help mood issues is from 100-400 mg a day.

Topomax is generally safe with other medications. But there are some medications prescribed by doctors that you should avoid combining with Topomax. As with all medications, please let your provider know if you are engaged in other treatments.

Of course there are supplemental ways to improve mood and reduce anxiety. These include:

- exercise**
- good sleep habits**
- good eating habits**
- yoga**
- a hobby**
- visiting with family or friend**

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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