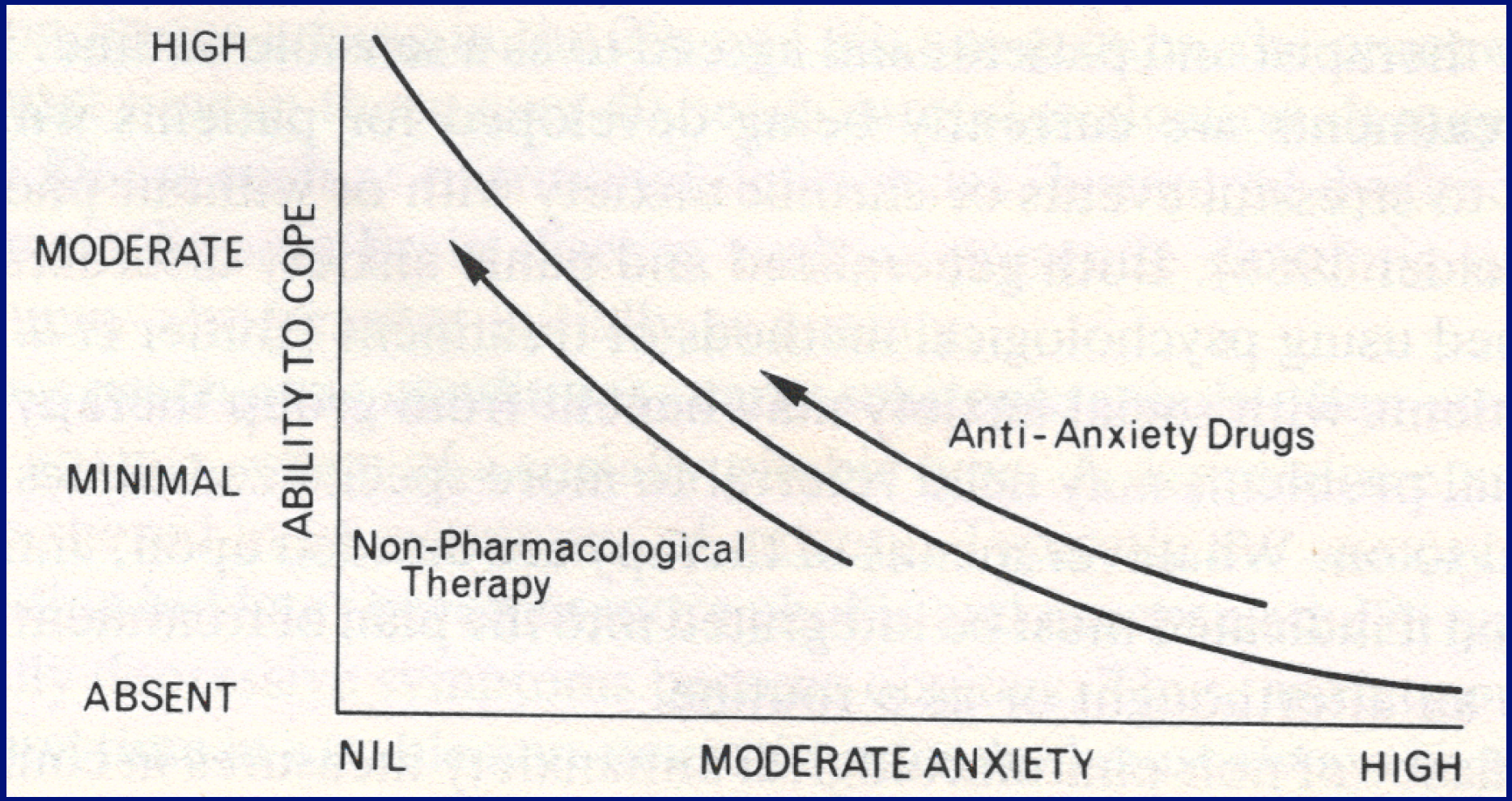
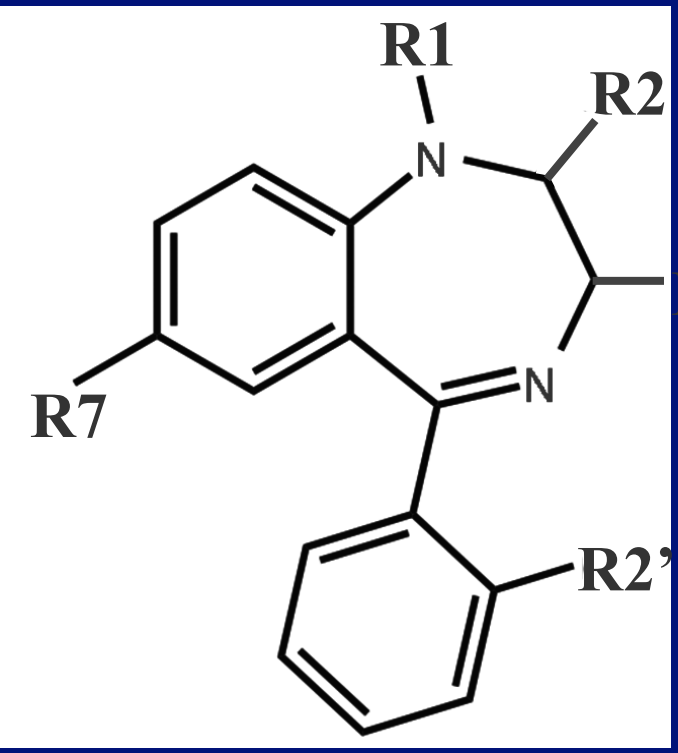

Eventos externos
Intervenção social
β-bloqueadores
Biofeedback
Psicoterapias
Filtro simbólico
Sinais e sintomas
Sistemas cerebrais específicos
Percepção da ameaça
Ansiedade
Genética
Experiências
Ansiolítico
Antidepressivo

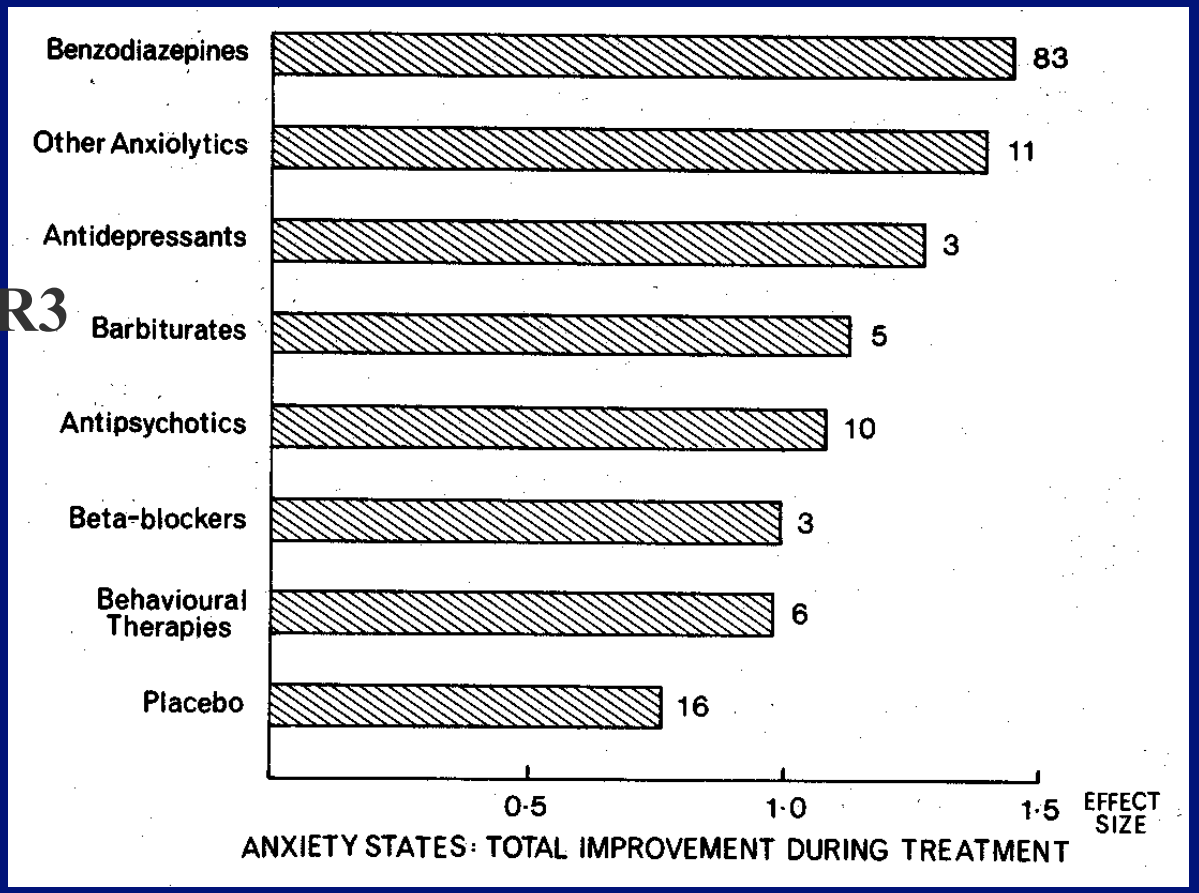
Lader 1990



Quando tratar farmacologicamente a ansiedade?

Eficácia de BZD em ansiedade generalizada





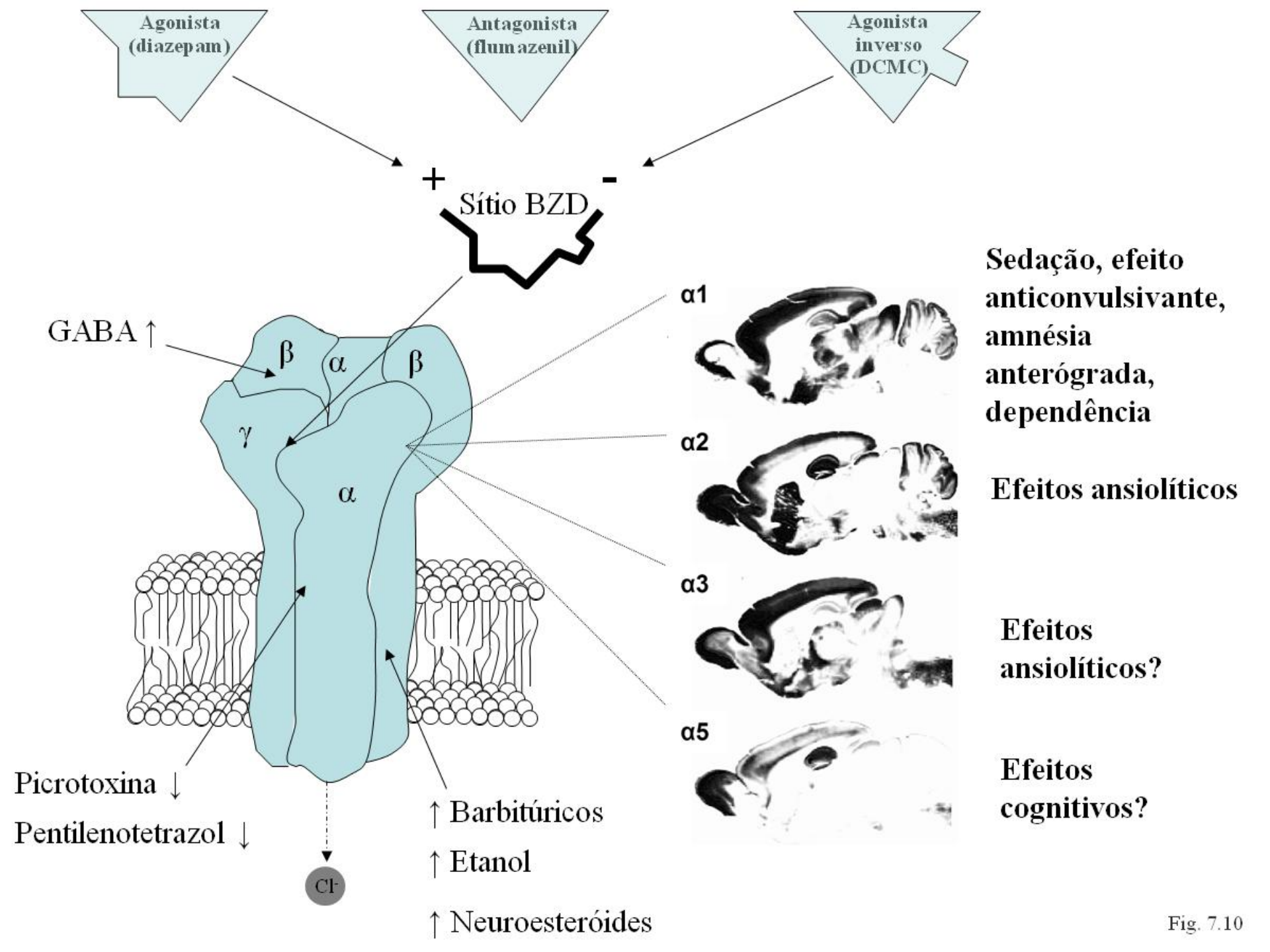
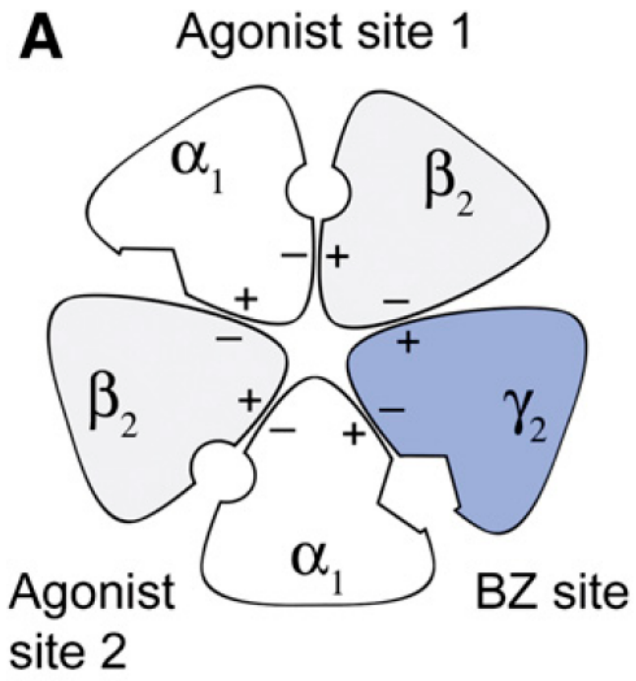
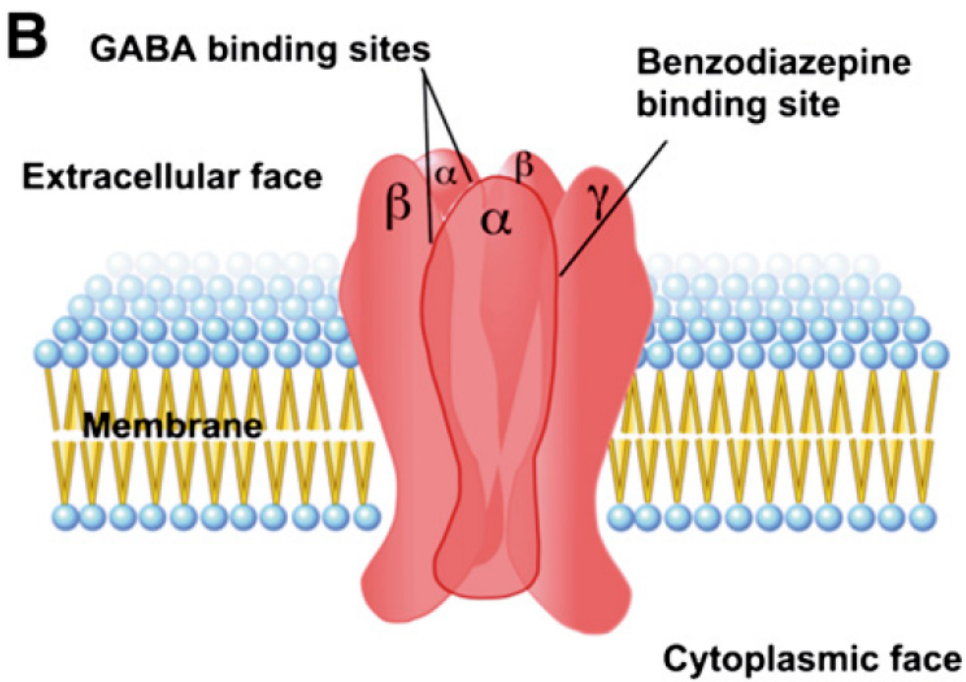

Agonista (diazepam)
Antagonista (flumazenil)
Agonista inverso (DCMC)
+
-
Sítio BZD
GABA ↑
β
α
β
γ
α
Cl-
Picrotoxina ↓
Pentilenotetrazol ↓
↑ Barbitúricos
↑ Etanol
↑ Neuroesteróides
α1
α2
α3
α5
Sedação, efeito anticonvulsivante, amnésia anterógrada, dependência
Efeitos ansiolíticos
Efeitos ansiolíticos?
Efeitos cognitivos?

Fig. 7.10

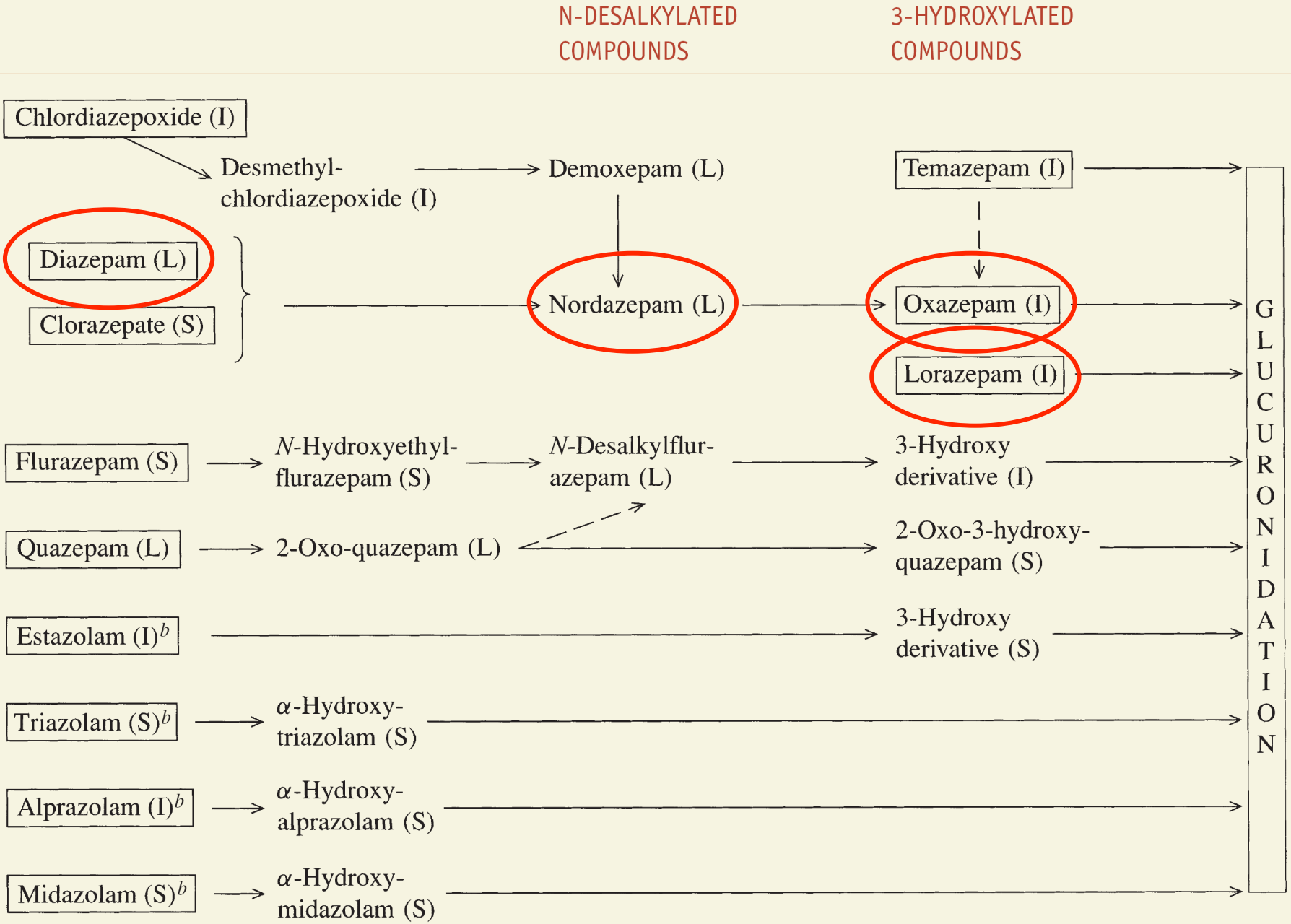
Sítios de ligação dos benzodiazepínicos no receptor GABA-A

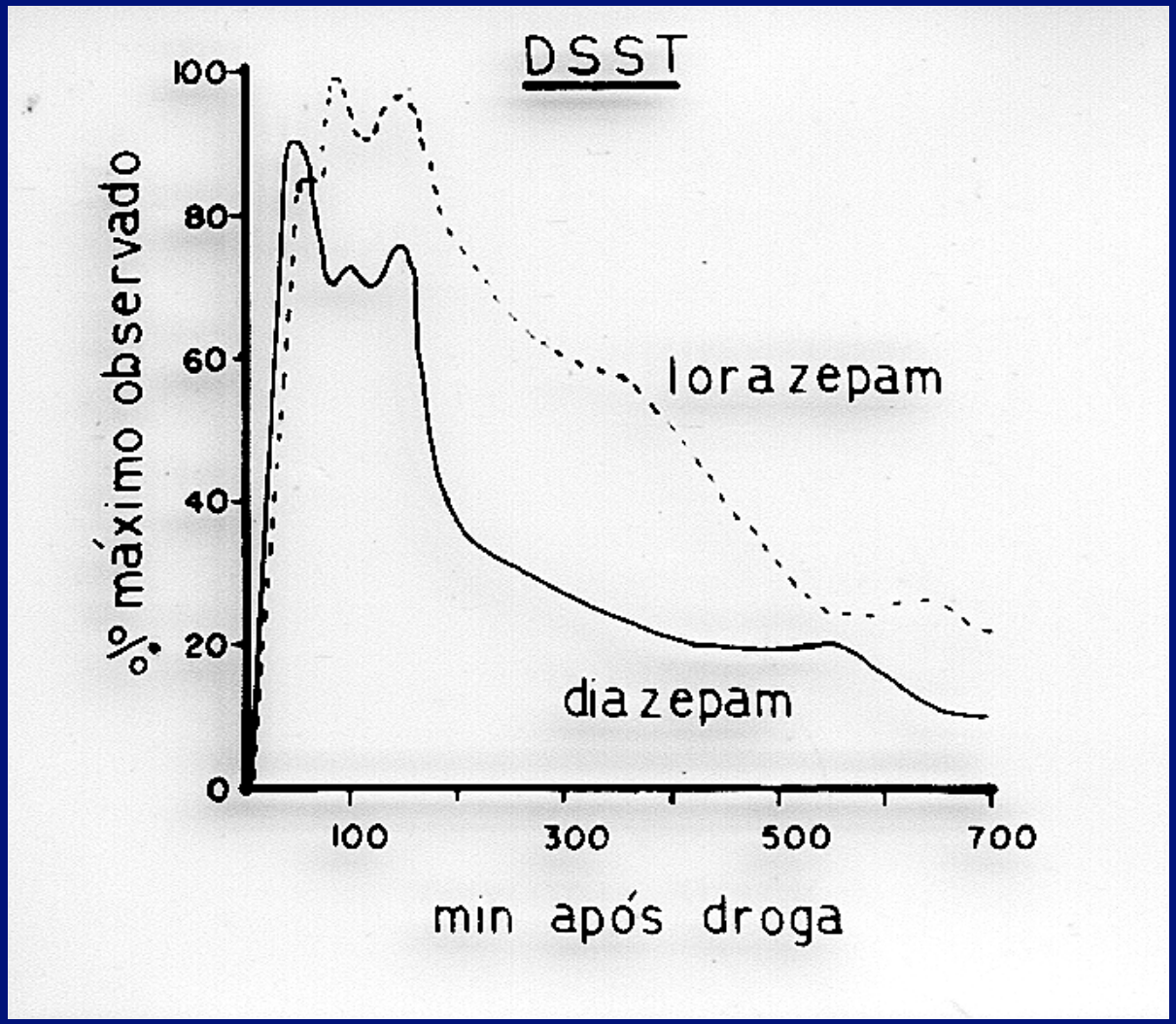




Farb & Ratner Pharmacol Rev 2014

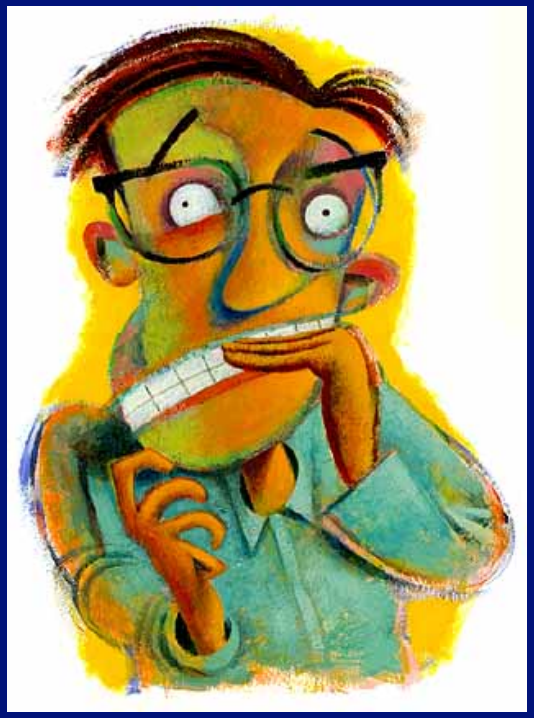
Major Metabolic Relationships among Some of the Benzodiazepines[a]





Efeito de prejuízo psicomotor causado por diazepam e lorazepam

Efeitos dos benzodiazepínicos

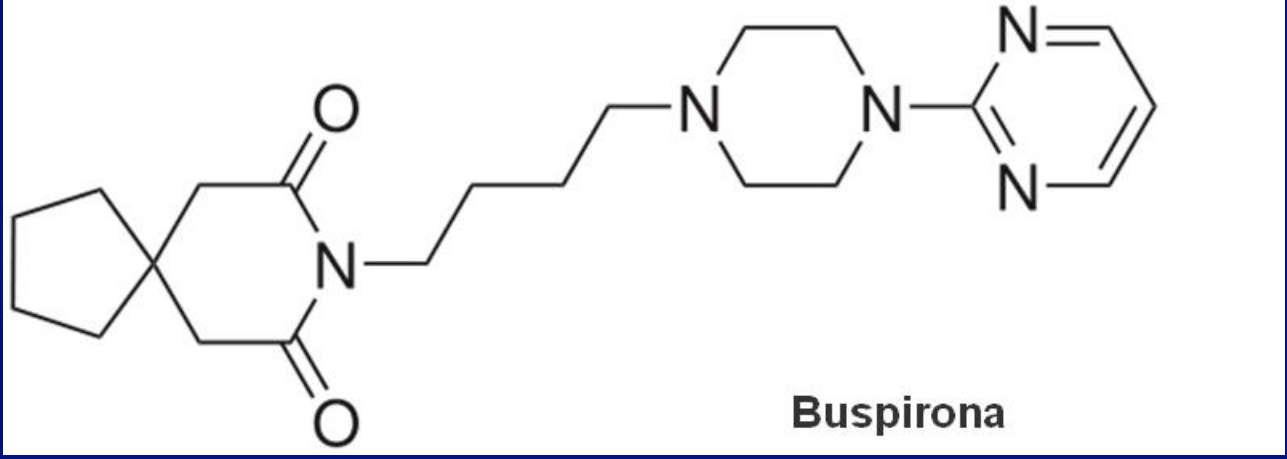




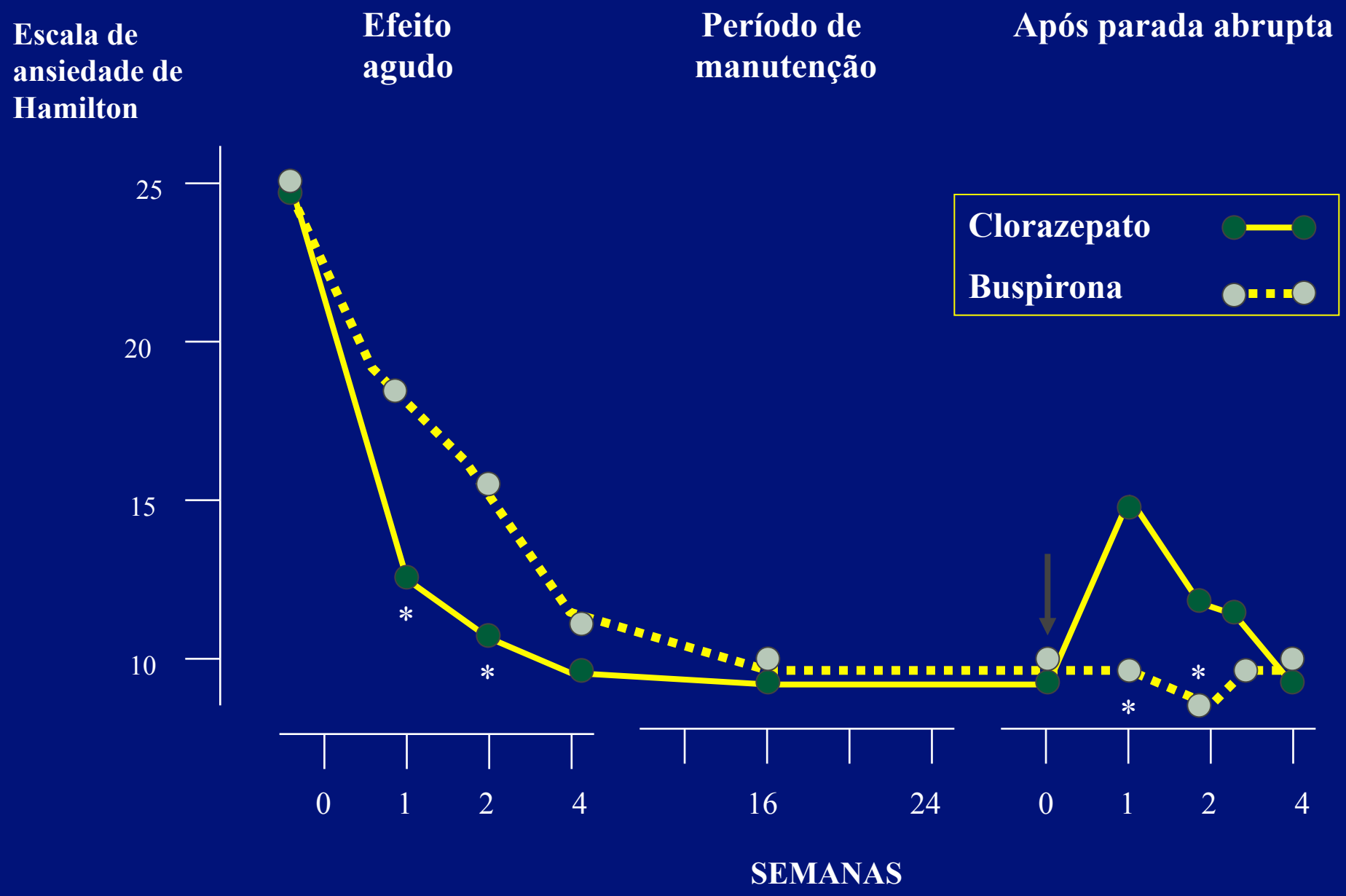


Ansiolíticos **Hipnóticos** **Anticonvulsivantes**

Outros: relaxamento muscular central, amnésia anterógrada, tolerância, dependência, prejuízo psicomotor, interação com depressores SNC (ex. etanol)



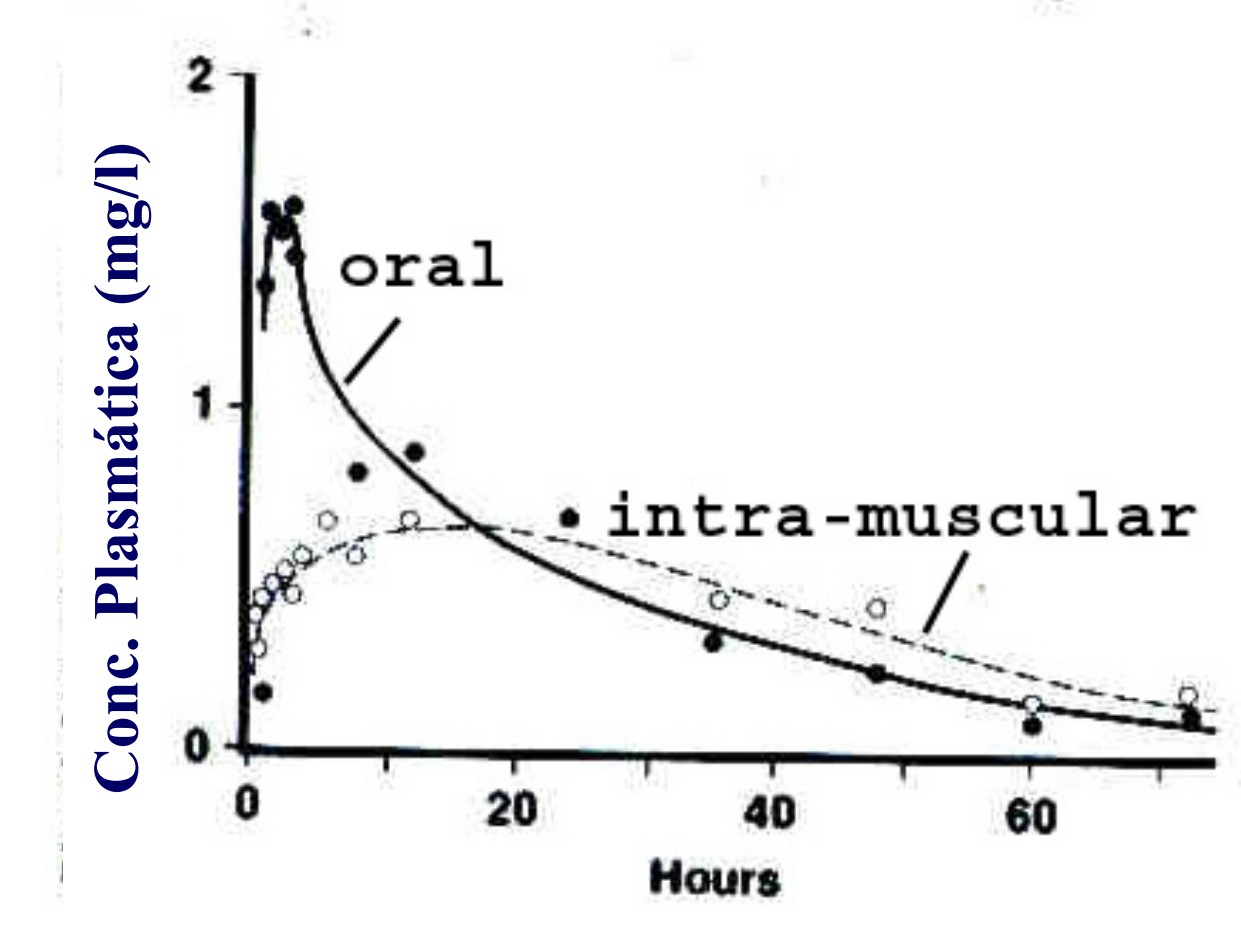
Buspirona


Escala de ansiedade de Hamilton
Efeito agudo
Período de manutenção
Após parada abrupta
25
20
15
10
Clorazepato
Buspirona
*
*
*
*
0
1
2
4
16
24
0
1
2
4
SEMANAS

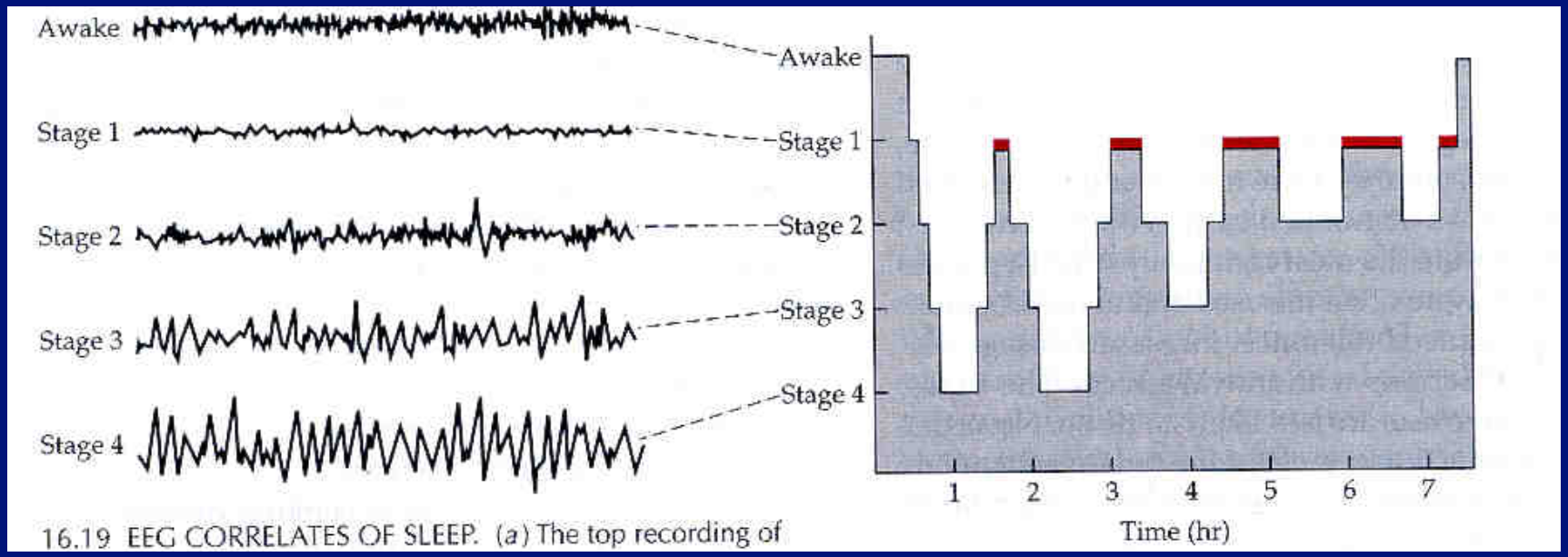
Transtornos de ansiedade (DSM IV)

- **Ansiedade generalizada** — **BZD, Buspirona, ISRS**
- **Pânico** — **ISRS**
- **T. obsessivo-compulsivo** — **ISRS**
- **Estresse pós-traumático** — **ISRS**
- **Estresse agudo** — **?**
- **Fobia simples** — **-**
- **Ansiedade (fobia) social** — **ISRS**
- **Agorafobia sem T. de pânico** — **ISRS**
- **Ansiedade devido a condição médica geral** — **?**
- **Ansiedade induzido por substâncias químicas** — **?**
- **Ansiedade atípica** — **?**

Administração de diazepam oral vs. Intra-muscular



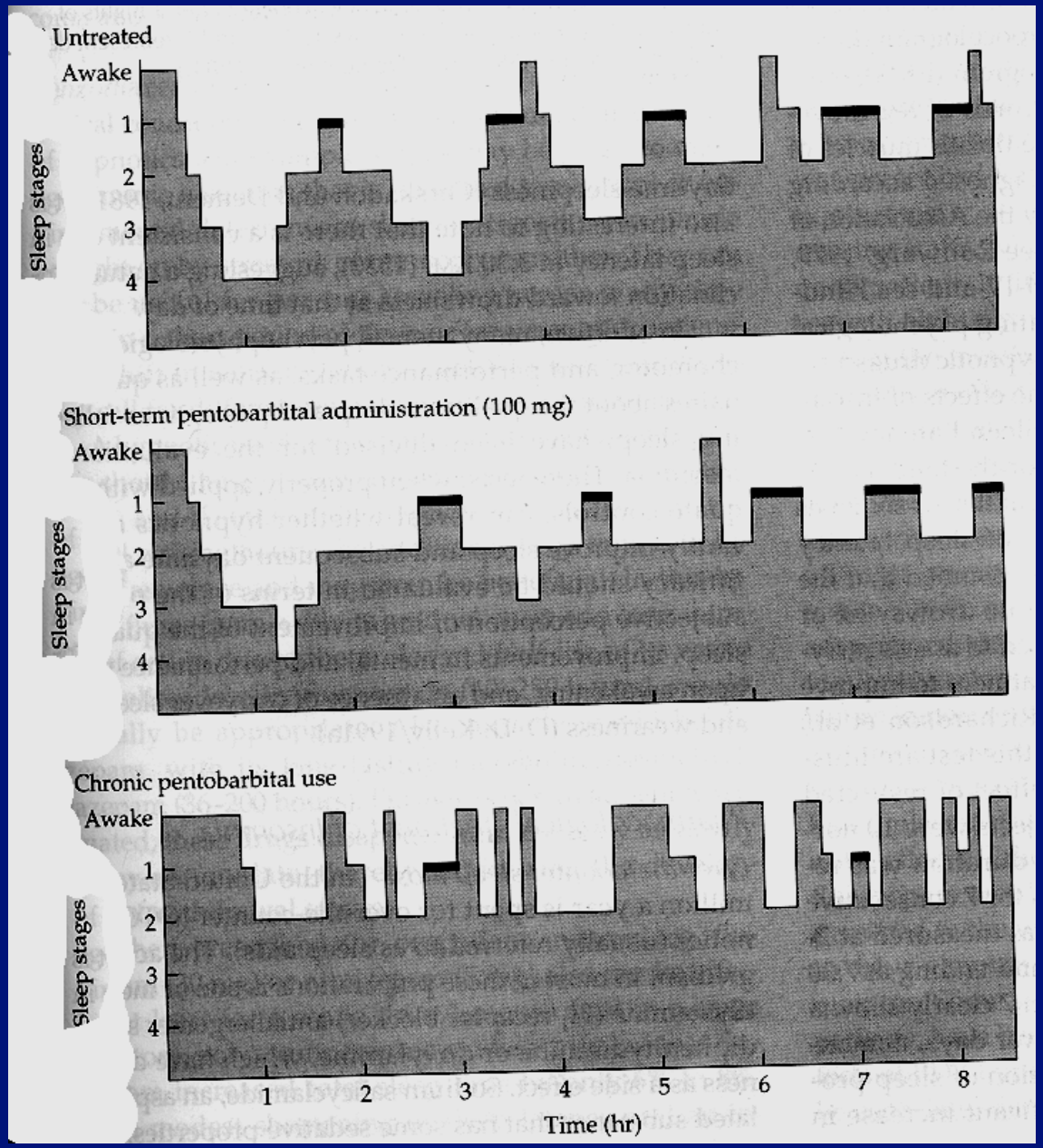
Sono “normal”



16.19 EEG CORRELATES OF SLEEP. (*a*) The top recording of

Tipos de insônia (Lader, 1990)

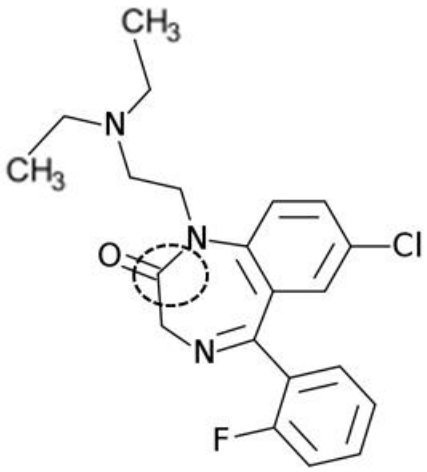
	Tratamento
1. Secundária a problema físico	Problema primário
2. Secundária a problema psiquiátrico	Problema primário
3. Aguda, transitória	Hipnótico
4. Crônica	?



Efeito de barbitúrico no sono

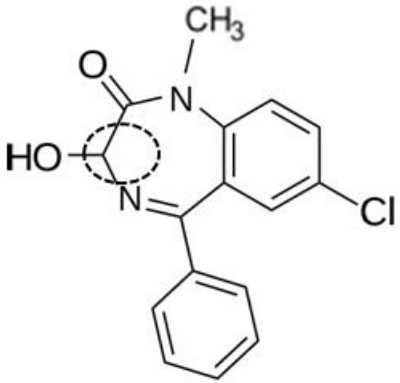
Hipnóticos benzodiazepínicos

2-ceto



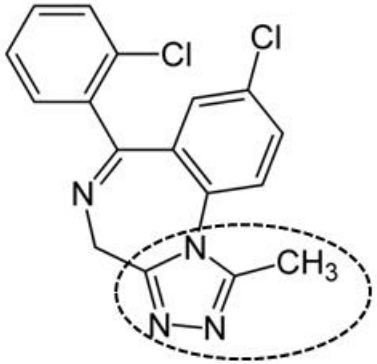
Flurazepam

3-hidróxi



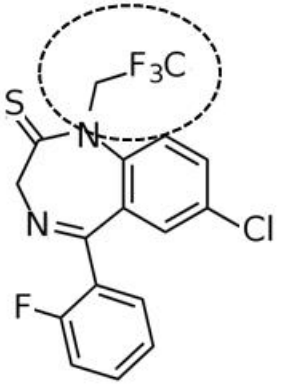
Temazepam

Triazolo



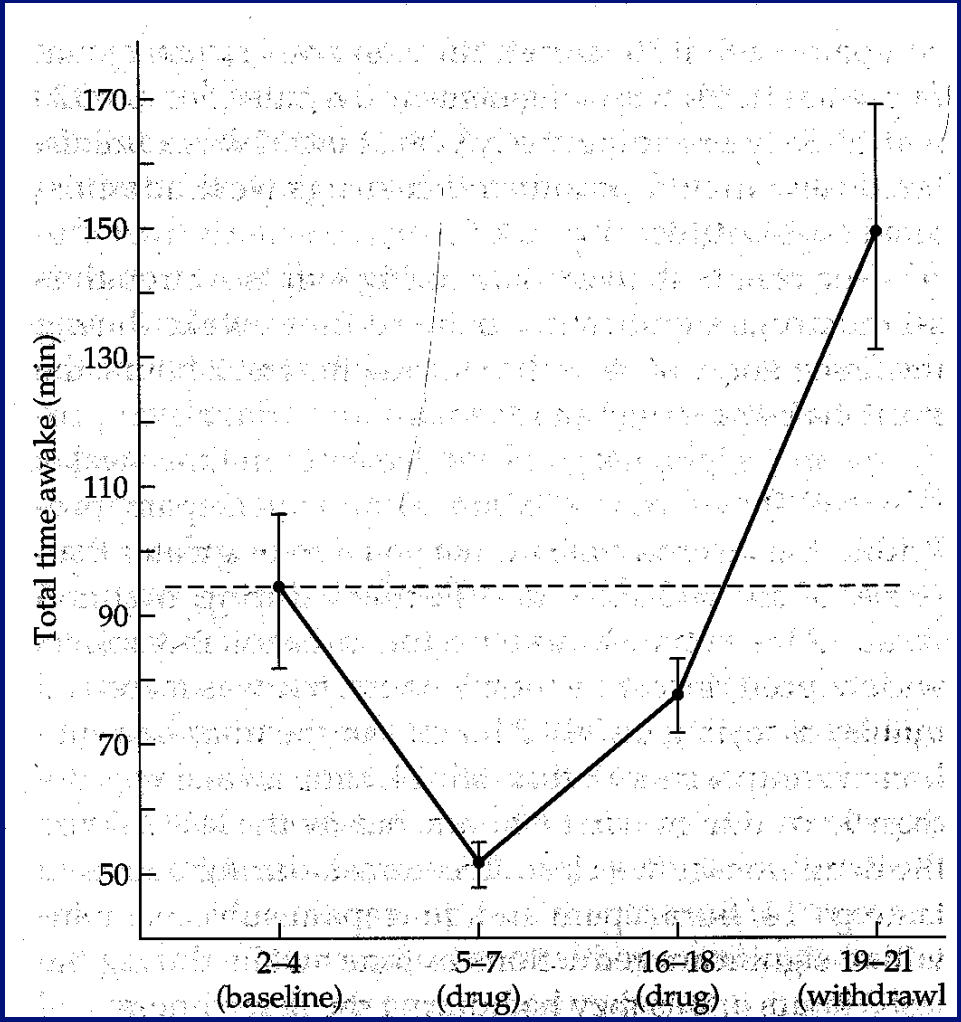
Triazolam

Trifluoretil



Quazepam

Efeito do triazolam no sono



↓ latência

↑ estágio 2 e tempo total do sono

↓ sono ondas lentas (3 e 4)

↓ sono REM

Tolerância

"Rebote"

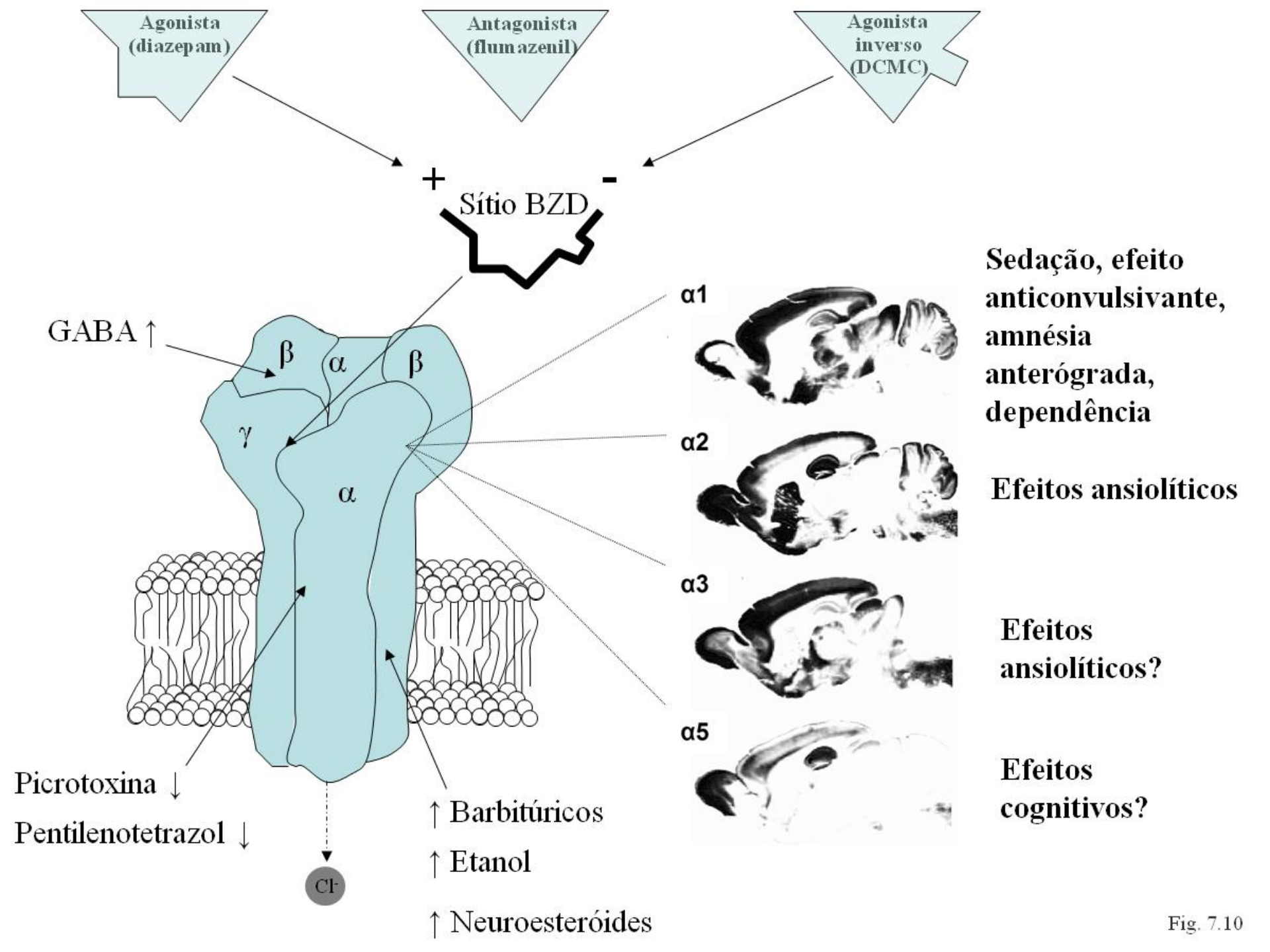
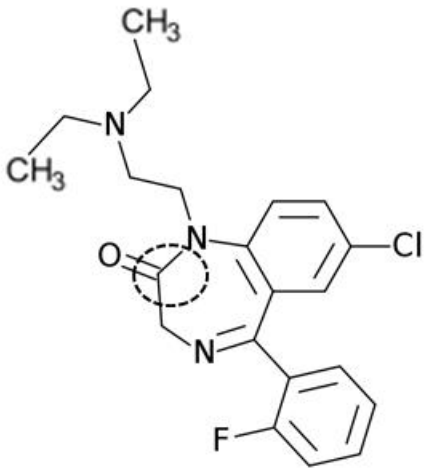

Agonista (diazepam)
Antagonista (flumazenil)
Agonista inverso (DCMC)
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Sítio BZD
GABA ↑
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Picrotoxina ↓
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Fig. 7.10

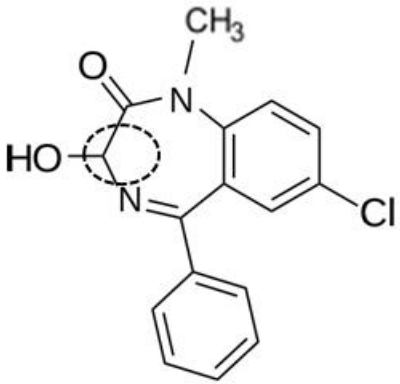
Hipnóticos benzodiazepínicos

2-ceto



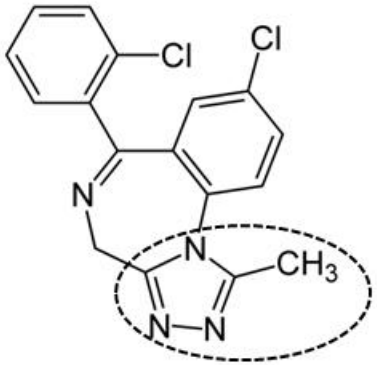
Flurazepam

3-hidróxi



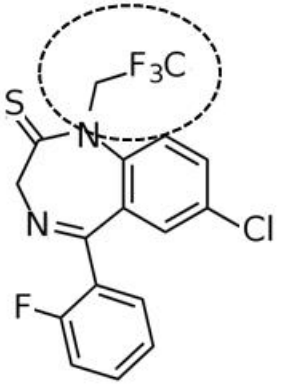
Temazepam

Triazolo



Triazolam

Trifluoretil



Quazepam

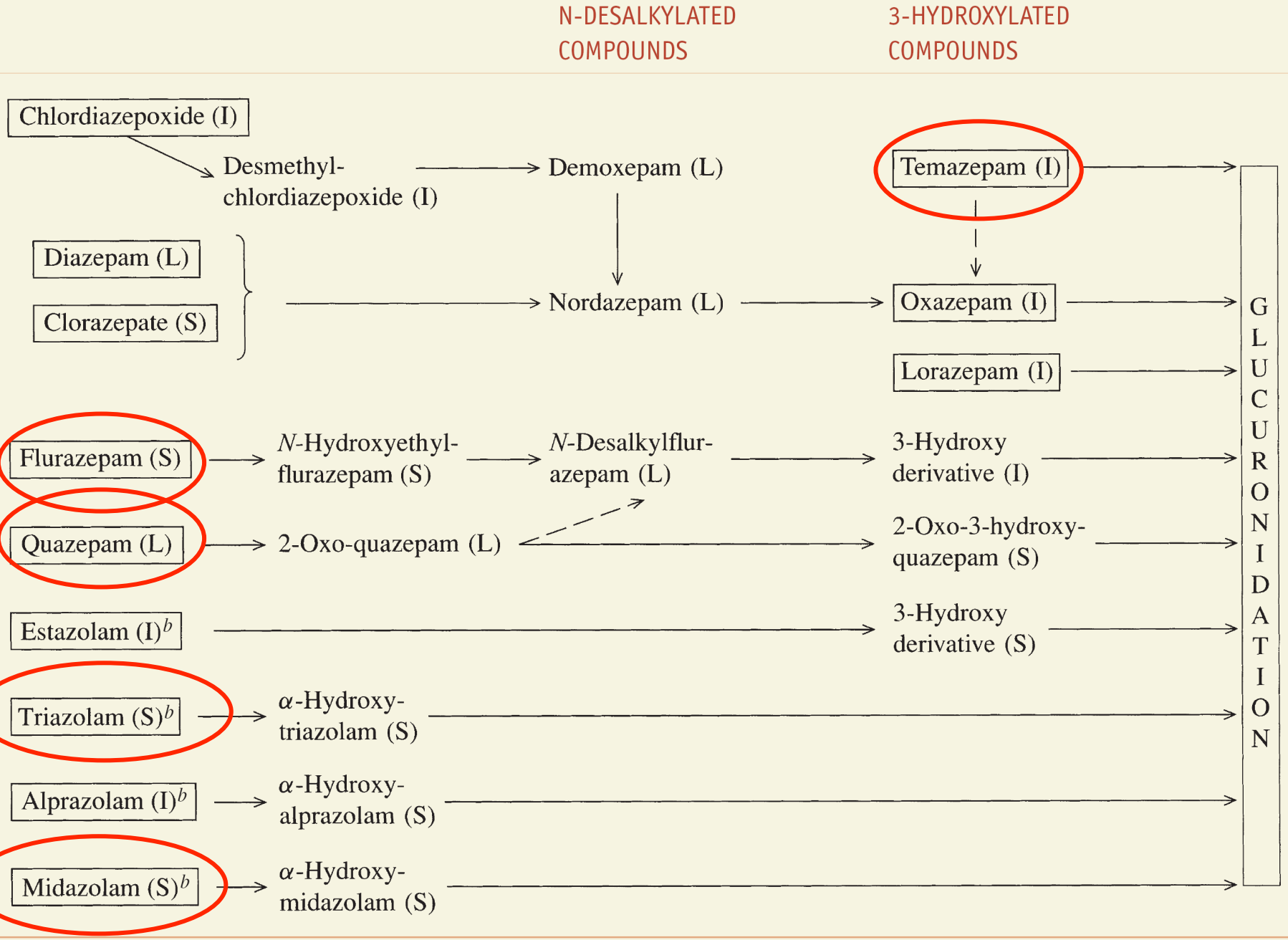
Longa duração

Média duração

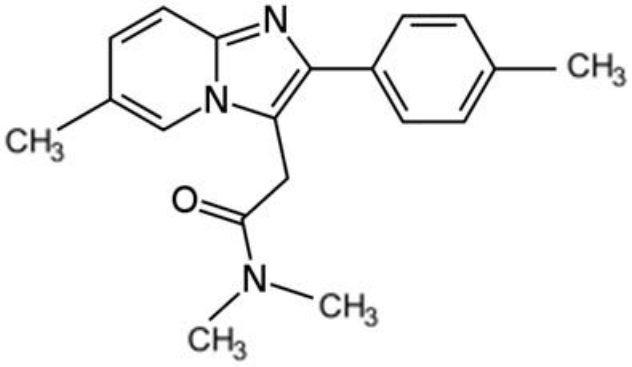
Curta duração

Longa duração

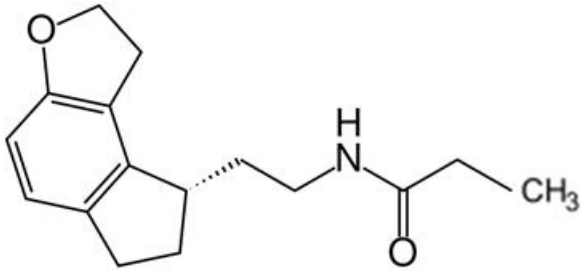
Major Metabolic Relationships among Some of the Benzodiazepines[a]



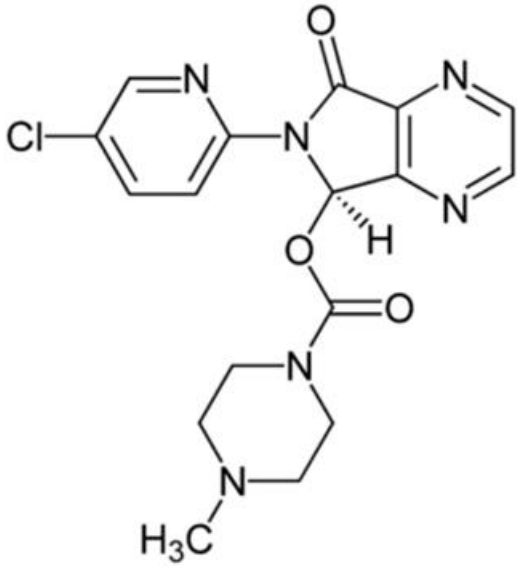
Hipnóticos não-benzodiazepínicos



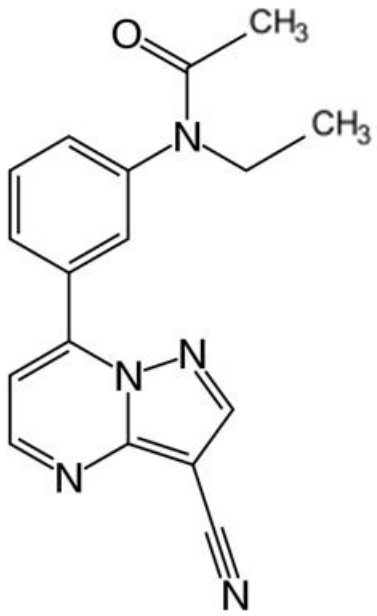
Zolpidem



Ramelteon



Zopiclona

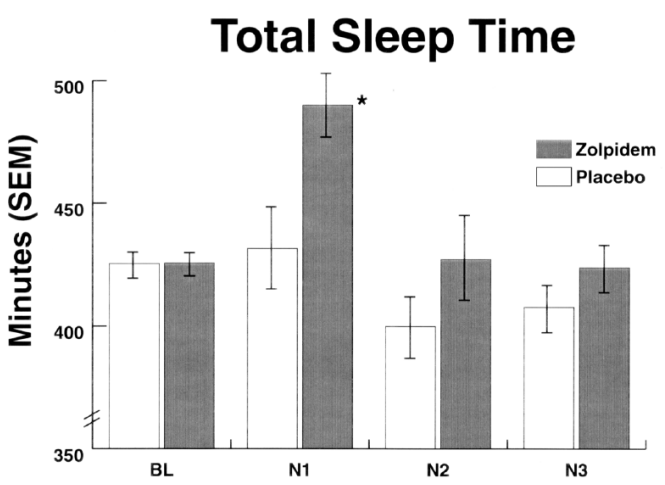


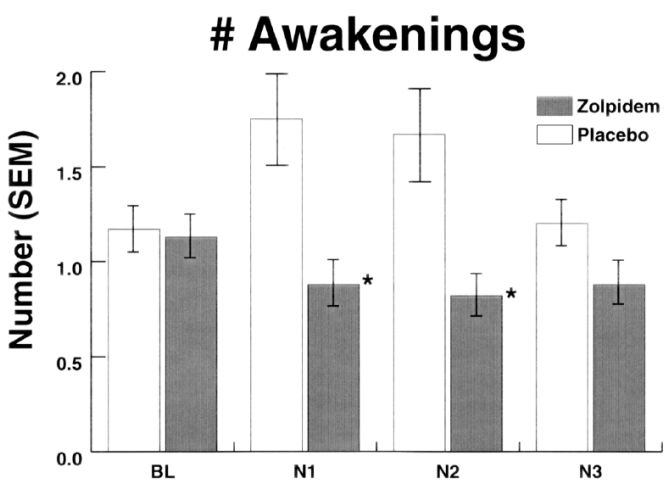
Zaleplona

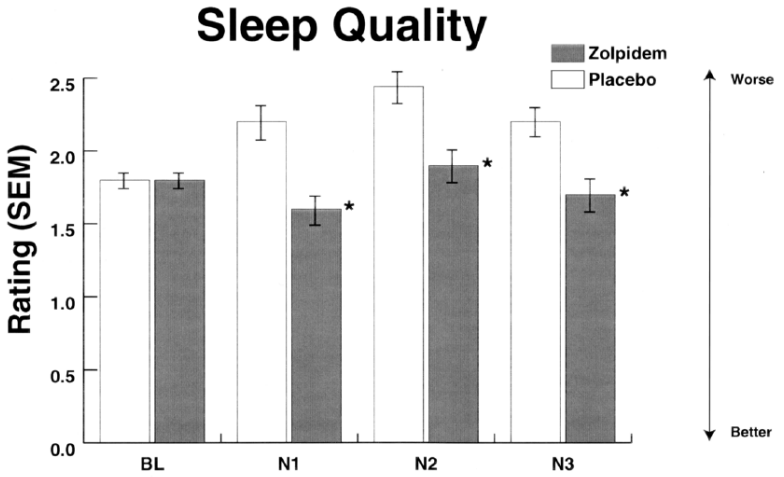
Zolpidem reduces the sleep disturbance of jet lag

Andrew O. Jamieson[a,*], Gary K. Zammit[b], Richard S. Rosenberg[c], Jeffrey R. Davis[d], James K. Walsh[e]

Sleep Med 2001







Zolpidem 10mg nas primeiras 3 noites após viajar de 5-9 zonas the horário

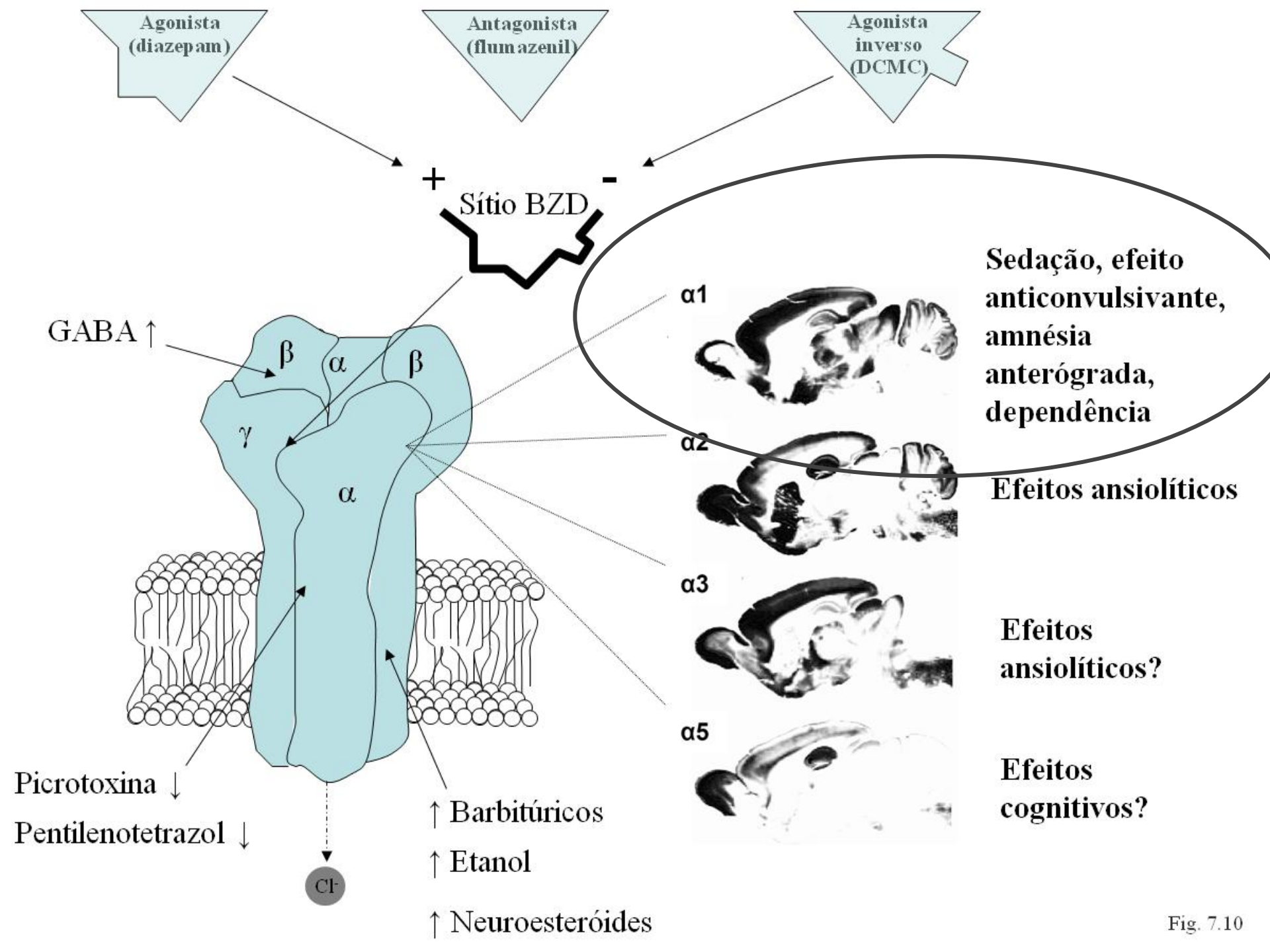

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Sedação, efeito anticonvulsivante, amnésia anterógrada, dependência
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Efeitos cognitivos?

Fig. 7.10

Preços de hipnóticos (2011, para 20 comp.)

Hipnótico		Preço (R$)
Diazepam	(Valium)	10,07
	Genérico	6,32
Flurazepam	Genérico	12,70
Midazolam	(Dormonid)	26,25
	Genérico	17,29
Zolpidem	(Stilnox)	58,03
	Genérico	37,10