

OPTIMIZE YOUR TREATMENT FOR DEPRESSION



ASK YOUR DOCTOR
ABOUT THE
OPTIMUM STUDY



OPTIMUM is a research study for participants
60 and older with difficult to treat **depression**.

- *Eligible participants are randomized to medication options:*
 - STEP 1:** (for 10 weeks) Adding aripiprazole or bupropion to current antidepressant; or switch to bupropion
 - STEP 2:** (for 10 weeks) Adding lithium to current antidepressant; or switch to nortriptyline
- *The study team will assess your side effects and mood for up to 12 months.*
- *Study psychiatrists will provide medication recommendations to your primary care physician.*
- *You will provide an optional saliva sample for DNA.*

You may be eligible if you are

- 60 years or older
- Depressed
- Taking an antidepressant, but not feeling better.

Ask your doctor if you qualify.

For more information:

310-206-5240

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