

Goodluck

1. At the age of 58, i.e. about 7 years ago (December 2013), I developed exhaustion depression with extreme inner restlessness, restlessness and insomnia. This after I had been very professionally involved in my own company for several years.

In January 2014, I was given benzodiazepines (Temesta / Lexotanil) by my family doctor to combat the massive insomnia and inner restlessness that lasted for more than three weeks.

After a short time I had to increase the dose continuously due to a development of tolerance / paradoxical effect (Temesta 1 mg - 4 mg daily). I went through indescribable, terrible fears of death and an enormous personality change during the time of taking these drugs (3-4 months) and fell into a strong dependence within a month.

4. In April 2014, at my own request, I entered a clinic to undergo supervised benzodiazepine withdrawal. Attempts previously to come off the drugs independently at home failed due to massive withdrawal symptoms.

5. Within 4 - 5 weeks in the months of April / May 2014, the withdrawal was carried out in the clinic with liquid Valium. The withdrawal symptoms took on incredibly horrible features for me (panic attacks / massive psychological and physical pain). I deliberately did not take any other medication (antidepressants / neuraleptics) to calm down during the withdrawal period, although I was always advised to do so by the clinic doctors. According to the professor of the clinic, I reacted to the withdrawal in a way comparable to patients who had taken the drugs for many years and in high doses.

6. After the withdrawal, insomnia reappeared in May 2014. Because of this, the clinic doctor prescribed me 30 mg of the antidepressant Remeron / mirtazapine

daily. This only contributed to a good night's sleep, but could not alleviate all the other severe symptoms that were still present.

7. during the last six years I have reduced the dose of Remeron from 30 mg to 1.00 mg (1/30 tablet). Each reduction, no matter how small, triggered renewed, severe "withdrawal symptoms" during 2-3 weeks (4-7 weeks in the lowest range since about 3mg), associated with increased anxiety, nervousness, and inner turmoil. I personally found the discontinuation of this medication, even in the smallest steps, to be downright "inhumane". Never before in my life have I even come close to experiencing such agony.

8. the protracted withdrawal symptoms of the benzodiazepine and / or mirtazapine in the form of "waves" continued to the present date in the form of recurrent fears of death, inner restlessness, nervousness, severe chest pressure, massive stomach and abdominal pain and depressive mood.

9. during 2017/2018 / 2019, I fortunately had increased "good windows" of 3 to a maximum of 14 days, during which I felt really good again and no longer felt any anxiety, restlessness or other symptoms. As a result, I regained hope. Unfortunately, since the last, numerous reduction steps from 1.8 mg to 1.0 mg, these positive windows have appeared only rarely and of short duration. Since the jump to 0 mg at Christmas 2020, I have been experiencing long waves, each with short windows.

For months (reduction of Remeron/Mirtazapine in several steps from 1.8 mg to 1.0 mg) I have been experiencing massive chest pressure almost every day with a feeling of shortness of breath, which triggers fears of death, and in addition severe stomach/abdominal pain with total internal tension and severe flatulence, which makes life extremely difficult for me.

11. on 25.12.2020 I have completely discontinued the medication Remeron / Mirtazapin. Approximately 5 days after 0, the massive, previously described withdrawal symptoms began again, which since then have increased weekly in intensity and are currently almost unbearable for me.

The symptoms such as headaches, chest pressure, shortness of breath, abdominal/stomach pain with inner tension, fear of death, oppressive feelings, usually begin in the night hours from about 02.00 hours and often last for days. However, towards the afternoon, the pain and feelings often become more bearable and towards the evening they sometimes resolve.

13. due to the daily symptoms I am hardly able to work under pressure and often for no apparent reason in the morning suddenly anxious, nervous, sad and depressed.

14. In my opinion, the depressive mood stems mainly from the massive anxiety and other symptoms I have experienced over the past six years and is primarily related to taking the medication. By nature, I was otherwise a rather entertaining and cheerful guy. This is how the people around me have always perceived me. During the "good windows" the joy of life comes back immediately.

15. the symptoms described under point 10 are triggered since the withdrawal of the benzodiazepine in 2014 and the discontinuation of the mirtazapine / Remeron apparently by all therapies and sports activities, in which the body is stressed in any form. The following activities trigger severe bloating and extreme abdominal and stomach pain approximately 12-24 hours after being performed:

- Jogging
- cycling
- golf
- Hot baths
- Body massages
- Vitamin infusions etc.
- Food supplements in general
- Medication

Every new appearance of a "wave" shakes my in the meantime battered self-confidence and my hope more, because on the occasion of every "good window" with me the feeling arises to have finally overcome the whole thing. Unfortunately, appearances have been deceptive so far and I still feel trapped in "medication hell".

Currently I am in an extremely difficult situation since the reduction to 0 mg Remeron / Mirtazapine. The withdrawal symptoms continue to be terrifying during the long waves and the associated, mental and physical pain is just horrible. From April 18 - 28, 2021, I experienced a wonderful, nearly symptom-free window. The exuberance tempted me to play golf. After playing golf three times, however, I was again seized by a brutal wave, which still continues today, on May 6, 2021, and again triggers the feeling in me that I cannot survive the whole thing.