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March/April 2026

Hello patients, colleagues and friends! I'm sure most of you are as excited as I am that the weather is warming up. This was a very cold and difficult winter. The cold conditions, ice and snow can certainly encourage us to stay home, avoiding the socialization and physical activity that are so key to improving our mental health. Hopefully the sunnier afternoons and warmer temperatures push us all outdoors and allow us to reconnect with friends and family.

[Read more here](#)

Great Blue Heron Rancocas Creek, NJ



Ketamine and Chronic Fatigue:

In February, [an interesting study](#) was published by Rutgers University showing that just a single IV ketamine treatment was able to significantly reduce the symptoms of Chronic Fatigue Syndrome (CFS). [According to the National Institutes of Health](#), over 3 million Americans suffer from CFS and up to 80% of them are undiagnosed. Because of the nature of the symptoms of CFS, it is frequently misdiagnosed as depression. The most common way of managing CFS is by increasing exercise, but as in depression, many patients have difficulty motivating themselves to begin more regular physical activity.

Although this study was small, it indicates that ketamine may have a role to play in the treatment of CFS. It looks like ketamine treatment can act as a catalyst to get people doing the exercise that their providers recommend.

Very promising!

[Read more here](#)

Ketamine and the Elderly: Treatment of Mild Cognitive Impairment

A [recent study](#) published in *The American Journal of Geriatric Psychiatry* showed the a single infusion of ketamine provided significant relief of depression symptoms in a population of patients (ages ranged from 50 to 90 years old) who are struggling with both depression and [mild cognitive impairment](#) (MCI). MCI can be the first stage of neurodegenerative conditions such as Parkinson's Disease and Alzheimer's Disease. It's great news that ketamine can be an effective intervention in this population because people with underlying depression can have their symptoms exacerbated as they lose function and memory begins to deteriorate. It was also good to see ketamine safely administered to patients as old as 90! As long as people remain physically active and have low risk for stroke/heart events, age is not a factor that restricts the safe use of ketamine.

Ketamine in the News:

Ketamine Therapy for Teens:

A recent [Good Morning America segment](#) highlighted one young woman's journey to remission from PTSD, anorexia, anxiety and depression after starting ketamine treatments in conjunction with psychotherapy. Her story is remarkable, but consistent with previous research. The GMA presenter is careful to state that more research needs to be done to ensure that ketamine therapy is safe in this younger population, but it is important to note that ketamine has been [safely used as a pediatric anesthesia agent](#) for over 40 years. Additionally, anesthesiologists use higher doses of ketamine in the hospital than we would administer at Mindstream Medicine. In the hospital, ketamine is used to put people in a coma for surgery and brief, painful procedures. When you are in a ketamine-induced coma, you do not recall anything from the event. When treating people with ketamine for mental health maladies, we believe it is important to remember the treatment experience itself, so we never want to give people enough ketamine that it impairs memory of the treatment. We can agree that more research should be done on this population, but in the meantime, ketamine can safely be used in young people off-label when other treatments have failed.

Announcements:

We will be closed from March 27th until April 4th for Spring vacation. Please reach out to schedule your booster!

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