

# Cannabidiol with venlafaxine in generalized anxiety, hyperhidrosis and over-active bladder

*Canabidiol associado à venlafaxina em ansiedade generalizada, hiperidrose e síndrome da bexiga hiperativa*

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Dear editor,

Efficacy reports of cannabidiol (CBD) in anxiety are widely known. Laboratory results in animals, as well as in healthy volunteers and patients with anxiety disorders support the hypothesis of CBD as a new drug with anxiolytic properties<sup>1</sup>.

Generalized anxiety disorder (GAD) is one of the most underdiagnosed psychiatric disorders. It includes persistent and excessive preoccupation and physical symptoms related to autonomic hyperactivity and muscle tension. Frequent symptoms are tachycardia, hyperhidrosis, insomnia, fatigue, muscle pain, and difficulty to relax<sup>2</sup>.

Overactive bladder syndrome (OAB) has been associated with mild, moderate and/or severe anxiety symptoms<sup>3</sup>.

In 2022 we reported unexpected improvement of hyperhidrosis with CBD in two patients<sup>4</sup>.

Pitliuk et al. (2022)<sup>5</sup> described a 50% reduction of nocturia episodes with CBD in treatment resistant OAB.

In this letter we describe an important improvement of Hyperhidrosis and OAB in a patient with GAD.

Female, 28-year-old patient. Since adolescence, severe GAD, hyperhidrosis, OAB. She underwent several treatments without significant results. Among others, escitalopram, duloxetine, and oxybutynin.

Treatment started with venlafaxine 75mg *quaque* die. She had a marked improvement of GAD, without any improvement of OAB and hyperhidrosis.

We added *Full Spectrum CBD* with 0.3% THC. She showed a very strong and lasting improvement of hyperhidrosis and OAB. In her words: "*for the first time since I remember, my hands are dry and I do not need to carry a towel with me*", "*I needed to urinate 15 times a day now it is only 5 times*".

We maintained the treatment with Venlafaxine 75mg qd, *Full Spectrum CBD* with 0.3% THC, dose of 25mg bid.

This case confirms other observations of efficacy of CBD in OAB and hyperhidrosis even without improvement of GAD.

The association venlafaxine and CBD can be an additional treatment option in these conditions.

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## AUTHOR'S CONTRIBUTION:

The related authors declare to have participated equally and effectively in the manuscript's idealization, elaboration, and revision.

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### Supporting sources:

Cannabidiol oil with 0.3% Tetrahydrocannabinol Full Spectrum (Hempflex3000) was provided free of charge by Greencare Company.

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The authors declare no conflicts of interest.

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