

Lindner Center of HOPE Partners with Sharonville Recreation Department on Speakers Series at Sharonville Community Center

Lindner Center of HOPE clinicians will provide six months of free community education at the Sharonville Community Center beginning in September. The presentations will be offered the third Thursday of each month beginning on September 18, 2014 and concluding on February 19, 2015. The discussions will be held at the community center at 10990 Thornview Drive from 7 to 8 p.m.

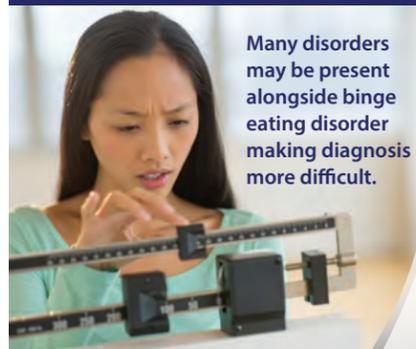
January 15, 2015 *Anxiety in School Age Children*

Jennifer Wells, MSW, LISW, Lindner Center of HOPE, Social Worker
 • The audience will receive an overview of anxiety and strategies for parents and school personnel to respond to it.

February 19, 2015 *Healthy vs. Unhealthy Adolescent Development*

Jennifer Bellman, PsyD, Lindner Center of HOPE, Staff Psychologist
 • The audience will learn about the typical “angst” of adolescent years and what makes this age difficult – for the adolescents themselves and for the parents raising them. Information will be shared as to “warning signs” that suggest one is experiencing struggles beyond what might be anticipated for this age.

EARN FREE CME CREDITS



Many disorders may be present alongside binge eating disorder making diagnosis more difficult.

Finding Binge Eating Disorder Within a Jungle of Comorbidities

HEATHER A. DLUGOSZ, MD

THESE ACTIVITIES WILL COVER:

- Association of binge eating disorder with psychiatric and medical comorbidities
- Patient emphasis on body image and weight as a signal for assigning a diagnosis
- Therapeutic approaches, including establishing networks with primary care clinicians to optimize referral of their patients

NETWORKING, DINNER AND DISCUSSION WITH DRS. KECK AND MCELROY

WEDNESDAY, FEBRUARY 11, 2015

6 TO 8:30 P.M.

TRIO BISTRO

7565 KENWOOD ROAD, CINCINNATI

Please join us for networking, dinner and discussion. Lindner Center of HOPE is grateful for our collaborative partners in the community. To show our gratitude, we are inviting you to a special dinner and discussion.

Lindner Center of HOPE, President and CEO, Paul E. Keck, Jr., MD and Lindner Center of HOPE, Chief Research Officer, Susan L. McElroy, MD will host dinner and lead a discussion around: *The Relevance of Comprehensive Diagnostic Assessment in a Residential Setting*

Paul E. Keck, Jr., MD, President and CEO, Lindner Center of HOPE in Cincinnati, Ohio; The Craig and Frances Lindner Professor of Psychiatry and Neuroscience and Executive Vice Chairman of the Department of Psychiatry, University of Cincinnati College of Medicine – Globally recognized expert in the research and treatment of bipolar disorder.

Susan L. McElroy, MD, Lindner Center of HOPE, Chief Research Officer, University of Cincinnati College of Medicine, Professor of Psychiatry and Neuroscience – Internationally known for research in bipolar disorder, eating disorders, obesity, impulse control disorders and pharmacology.

Register by Friday, January 30, 2015

Contact: Pricila Gran at pricila.gran@lindnercenter.org or (513) 536-0318.

www.lindnercenterofhope.org

(513) 536-HOPE (4673)

Lindner Center of HOPE | Health™

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Interested in touring
 Lindner Center of HOPE?
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The Source

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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

DECEMBER 2014



Events

January 6

Grand Rounds: **Nelson Rodriguez**, Lindner Center of HOPE, Psychiatrist, presents on Electroconvulsive Therapy and Memory at Noon, Lindner Center of HOPE Gymnasium/Conference Center

January 15

Anxiety in School Age Children presented by **Jennifer Wells, MSW, LISW**, Lindner Center of HOPE, Social Worker, the fifth in a series of talks presented at the Sharonville Recreation Department. The discussions will be held at the community center at 10990 Thornview Drive from 7 to 8 p.m.

January 30 and 31

CAPTASA Annual Conference, Embassy Suites Lexington, KY

Patient Satisfaction

Patient Satisfaction results for November 2014 averaged a rating of **4.85 out of 5**, with 5 signifying the best possible care.



What Women Should Know About Antidepressants

By Danielle Johnson, MD, FAPA

Psychiatric medications are prescribed to treat the symptoms of mental health disorders. They can stabilize symptoms and prevent relapse. They work by affecting neurotransmitters in the brain. Serotonin is involved in mood, appetite, sensory perception, and pain pathways. Norepinephrine is part of the fight-or-flight response and regulates blood pressure and calmness. Dopamine produces feelings of pleasure when released by the brain reward system.

One in ten Americans takes an antidepressant, including almost one in four women in their 40s and 50s. Women are twice as likely to develop depression as men.

Selective serotonin reuptake inhibitors (SSRIs) increase levels of serotonin. Fluoxetine (Prozac), paroxetine (Paxil), sertraline (Zoloft), fluvoxamine (Luvox), citalopram (Celexa), and escitalopram (Lexapro) treat depression, anxiety disorders, premenstrual dysphoric disorder, eating disorders, and hot flashes. Potential side effects include jitteriness, nausea, diarrhea, insomnia, sedation, headaches, weight gain, and sexual dysfunction.

Serotonin-norepinephrine reuptake inhibitors (SNRIs) increase levels of serotonin and norepinephrine. Venlafaxine (Effexor), duloxetine (Cymbalta), and desvenlafaxine (Pristiq) are used to treat depression, anxiety disorders, diabetic neuropathy, chronic pain, and fibromyalgia. Potential side effects include nausea, dry mouth, sweating, headache, decreased appetite, insomnia, increased blood pressure, and sexual dysfunction.

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In the News

Charles Brady, PhD, ABPP, is a Finalist for the 18th Annual Business Courier Health Care Heroes Awards

Lindner Center of HOPE staff psychologist, **Charles Brady, PhD, ABPP**, is a finalist for the 18th annual Business Courier Health Care Heroes awards in the provider category. Dr. Brady is one of 19 total finalists and one of five in the provider category.

Winners will be announced at a dinner on Thursday, February 12, 2015.

Dr. Brady directs the Center's Obsessive Compulsive Disorder and Anxiety treatment program and oversees the Supported Employment program. He leads the research and development of the Center's psychiatric rehabilitation programming. He also currently serves as the president of the board of managers of Lindner Center Professional Associates.

Dr. Brady is a clinical psychologist with more than 20 years of experience on the staff and faculty of the University of Cincinnati's Department of Psychiatry. In addition to providing clinical service to thousands of patients at UC, he trained and supervised numerous psychology interns, doctoral students, post-doctoral fellows, psychiatric residents, psychiatric fellows, and psychiatrists.

Approximately 2 to 3 million adults and 1/2 million children in the United States have OCD, but more than any other psychological conditions, individuals with OCD encounter obstacles that are estimated to cause an average of 14-17 years between the onset of symptoms and accurate diagnosis and effective treatment. Common obstacles include a shortage

of properly trained health professionals and inaccurate or insufficient public awareness. On many levels, Dr. Brady works to address these challenges.

Dr. Brady's positive impact as a provider is not limited to merely the population of patients he works with directly, instead his focus has always been on devising the best and most efficient ways to reach as many individuals as possible. Having established a well-respected reputation as one of the nation's Obsessive Compulsive Disorder experts, Dr. Brady's unique understanding of OCD and his experience in achieving positive, measurable progress is highly sought after by patients and families across the country.

It was obvious to Dr. Brady early on that, individuals suffering with OCD were underserved. To that end, Dr. Brady made it his personal mission to address the need of those struggling with OCD, seeking specialized training on his own and rising to among the most respected OCD specialists in the country.

With a keen understanding of the rarity of his training and expertise, Dr. Brady has devoted his career to sharing his knowledge and talents with those who can take it forward and multiply the impact on the suffering caused by OCD.

Health Care Heroes is the Business Courier's recognition of those who have made an impact on health care in our community through their concern for patients, their research and inventions, their management skills, their innovative programs for employees and their services.

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Tricyclic antidepressants (TCAs) also increase serotonin and norepinephrine. Amitriptyline (Elavil), clomipramine (Anafranil), desipramine (Norpramin), nortriptyline (Pamelor), doxepin (Sinequan), trimipramine (Surmontil), protriptyline (Vivactil), and imipramine (Tofranil) are used to treat depression, anxiety disorders, chronic pain, irritable bowel syndrome, migraines, and insomnia. Possible side effects include sedation, forgetfulness, dry mouth, dry skin, constipation, blurred vision, difficulty urinating, dizziness, weight gain, sexual dysfunction, increased seizure risk, and cardiac complications.

Bupropion (Wellbutrin) increases levels of dopamine and norepinephrine. It treats depression, seasonal affective disorder, ADHD, and can be used for smoking cessation. It can also augment other antidepressants. Potential side effects include anxiety, dry mouth, insomnia, and tremor. It can lower the seizure threshold. There are minimal to no sexual side effects or weight gain.

Trazodone (Desyrel, Oleptro) affects serotonin and mirtazapine (Remeron) affects serotonin and norepinephrine. They are both used for depression and sleep. Mirtazapine has minimal sexual side effects.

Monoamine oxidase inhibitors (MAOIs) increase serotonin, norepinephrine, and dopamine. Isocarboxazid (Marplan), phenelzine (Nardil), selegiline (Emsam), tranylcypromine (Parnate), and moclobemide are associated with more serious side effects than other antidepressants. There are dietary restrictions and numerous drug interactions. MAOIs are often used after other antidepressant classes have been tried. Other antidepressants need to be discontinued for a period of time prior to starting an MAOI.

Newer antidepressants include Viibryd (vilazodone) which affects serotonin, Fetzima (levomilnacipran) which affects serotonin and norepinephrine, and Brintellix (vortioxetine) which affects serotonin. Brintellix and Viibryd have mechanisms of action that make them unique from SSRIs. Viibryd is less likely to cause sexual side effects.

Excess serotonin can accumulate when antidepressants are used with other medications that effect serotonin (other antidepressants, triptans for migraines, certain muscle relaxers, certain pain medications, certain anti-nausea medications, dextromethorphan, St. John's Wort, tryptophan, stimulants, LSD, cocaine, ecstasy, etc.) Symptoms of serotonin syndrome include anxiety, agitation, restlessness, easy startle, delirium, increased

heart rate, increased blood pressure, increased temperature, profuse sweating, shivering, vomiting, diarrhea, tremor, and muscle rigidity or twitching. Life threatening symptoms include high fever, seizures, irregular heartbeat, and unconsciousness.

Varying estrogen levels during the menstrual cycle, pregnancy, postpartum, perimenopause, and menopause raise issues with antidepressants and depression that are unique to women. Estrogen increases serotonin, so a decrease in estrogen at certain times in a woman's reproductive life cycle can reduce serotonin levels and lead to symptoms of depression. Hormonal contraception and hormone replacement therapy can reduce or increase depressive symptoms; an increase in symptoms may be more likely in women who already had major depressive disorder. During pregnancy, antidepressants have a potential risk to the developing baby but there are also risks of untreated depression on the baby's development. With breastfeeding, some antidepressants pass minimally into breast milk and may not affect the baby. The benefits of breastfeeding may outweigh the risks of taking these medications. Antidepressant sexual side effects in women are vaginal dryness, decreased genital sensations, decreased libido, and difficulty achieving orgasm. Women should communicate with their psychiatrist and/or OB/GYN to discuss the risks and benefits of medication use vs. untreated illness during pregnancy and breastfeeding; the use of hormonal treatments to regulate symptoms associated with menses and menopause; and the treatment of sexual dysfunction caused by antidepressants.



Danielle Johnson, MD, FAPA

*Lindner Center of HOPE/UC Health Psychiatrist
Lindner Center of HOPE Women's Mental Health Program Director
University of Cincinnati College of Medicine Adjunct Assistant Professor of Psychiatry*

Dr. Paul E. Keck, Jr., was Named Amongst Thomson Reuters Highly Cited Researchers Heroes Awards

Lindner Center of HOPE's President and CEO, Dr. Paul E. Keck, Jr., was named amongst Thomson Reuters Highly Cited Researchers, a listing of the world's leading scholars in the sciences and social sciences, in honor of his landmark contributions to research in the field of Psychiatry/Psychology.

Thomson Reuters, evaluates and recognizes excellence in the scholarly community as demonstrated by the quantitative impact of the sciences by consistently monitoring the undeniable link between citations and influence. Dr. Keck was selected as a Highly Cited Researcher due to the number of citations his work has received from fellow researchers. Essentially, his peers have identified his contributions as being among the most valuable and significant in the field of Psychiatry/Psychology.

The global nature of this study highlights the researchers, institutions and countries on the cutting edge of science, those who are developing innovations that will lead to a brighter tomorrow. The listing of the Highly Cited Researchers was compiled by assessing papers indexed within the Web of Science™ between 2002 and 2012 in 21 broad fields of study. Analysts tracked authors who published numerous articles ranking among the top one percent of the most cited in their respective fields in a given year of publication. View the list and methodology at highlycited.com.

Dr. Keck was also listed in The World's Most Influential Scientific Minds: 2014. This report is at ScienceWatch.com.

The Research Institute at Lindner Center of HOPE is one of 17 sites in U.S. to Conduct Smoking Cessation Study

The Research Institute at Lindner Center of HOPE began recruitment this month for a Smoking Cessation Study. The Research Institute is conducting a clinical trial of a non-invasive, investigational medical device, Deep Transcranial Magnetic Stimulation, that may help people quit smoking.

Eligible participants must:

- Be between the ages of 22 and 70 years old
- Have smoked at least 10 cigarettes a day for over a year
- Want to quit smoking

All qualified participants will receive study related exams, lab work and treatments at no cost. Enrolled participants will receive compensation for time and travel.

For more information, interested parties should call Anna at: (513) 536-0721 or visit lcoh.info

