

champions

IN THE FIGHT AGAINST DEPRESSION

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Every effort has been made to ensure the accuracy of this listing. If your name is misspelled, omitted, or incorrectly listed, we sincerely apologize. Please let us know so that corrections can be made in future publications and in our records.

To learn more about supporting the mission of the University of Michigan Depression Center, please contact Nancy Davis in the Depression Center Development Office, 1500 E. Medical Center Drive, Ann Arbor, MI 48109-0295, (734) 763-5680, ndavis@umich.edu or visit www.depressioncenter.org.

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DEPRESSION CENTER EVENTS

Family Education Workshops are offered on the **first Wednesday** of every month from 6:00 to 8:00 p.m. **Support Groups**, one for people with depression, and one for family members and friends, are offered on the **third Wednesday** of every month from 7:00 to 8:15 p.m. All groups are held at 2101 Commonwealth Ave., Ann Arbor.

New Support Group: A monthly support group is now offered specifically for teenagers and college-aged students with depression or bipolar illness. This workshop is offered at no cost while funding is available. The sessions are held on the **third Wednesday** of every month at 2010 Commonwealth Ave. from 7:00 to 8:15 p.m.

To register, call Susan Bryant at (734) 764-0267 or sign up online at www.depressioncenter.org.



Did you know...

BIPOLAR DISORDER

- Nearly 1 in 100 Americans currently suffers from bipolar disorder.
- A recent survey of people with bipolar disorder indicated that the average length of time from the onset of their symptoms to receiving a correct diagnosis was 10 years.
- The rate of suicide for untreated sufferers of bipolar disorder is at least 5 times that of the general population.



“The major clinical problem in treating manic-depressive illness is that...because of a lack of information, poor medical advice, stigma, or fear of reprisals, (patients) do not seek treatment at all.”

Kay Redfield Jamison, Ph.D.
Author: *An Unquiet Mind*

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You've received this newsletter because you elected to be added to our mailing list, or because you have been identified as someone interested in advances in the treatment and prevention of illnesses. If you want to be deleted from the mailing list, please contact Trish Meyer at meyerpa@umich.edu or call (734) 763-7495.

For More Information: Information about depression and bipolar disorder is available online. Please visit the University of Michigan Depression Center website at www.depressioncenter.org.

To Receive Future Issues: To be placed on the Depression Center's mailing list, call Trish Meyer at (734) 763-7495 or e-mail meyerpa@umich.edu.

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DEPRESSION CENTER update

From the nation's first comprehensive depression center

FALL 05

welcome!



Welcome to the first issue of the newly designed Depression Center newsletter. For those of you who are new to the University of Michigan Depression Center and our newsletter, we would like to provide some background information. In 2001, the University of Michigan Depression Center emerged as a vision—a concept created by leaders who identified a profound need and opportunity to unify research, patient care, education, and public policy in order to win the battle against depression and bipolar disorder.

The Depression Center is dedicated to finding better ways to detect depression earlier, treat it earlier and more effectively, and prevent progression. In addition, one of the Center's goals is to educate and empower those with these brain illnesses, their families, and the general public to help diminish the stigma of depression.

This goal is embodied in the choice of the Center's name. By choosing to call ourselves The Depression Center, we are following the lead of our predecessors in other fields, notably the national network of Comprehensive Cancer Centers. These Centers of excellence proudly display their names. In the late 1960's, my mother, a nurse, informed me of my father's colon cancer and followed the bad news by whispering, "now don't tell anybody." Today, Katie Couric has her colonoscopy on national television! We believe that the destigmatization of depression can occur just as quickly. Indeed, significant progress is already being made.

The Center now encompasses the efforts of hundreds of interdisciplinary professionals, scientists, patients, donors, advisory board members, volunteers, and families. And soon, the Center's multidisciplinary programs and projects will have a

permanent home - a \$41 million architectural embodiment of the Center's unifying vision, the Rachel Upjohn Building. Our overriding vision is that the University of Michigan Depression Center will lead the way as the first in a national network, comparable to Cancer and Cardiovascular Centers.



Front view, Rachel Upjohn Building

In this issue, we describe and hopefully de-mystify a misunderstood illness - bipolar disorder. Please take a few moments to read about this disorder and our efforts at Michigan to prevent and treat it. We also invite you to visit us on the web at www.depressioncenter.org to learn more about the progress we are making, and the exciting promise of the future. Together, we can be the leaders and best in this field.

Sincerely,

John F. Greden, M.D.

John F. Greden, M.D.
Executive Director
University of Michigan Depression Center





HOW ARE YOU FEELING ?

SYMPTOMS OF MANIA

- Increased energy, activity, and restlessness
- Excessively “high” or euphoric mood
- Racing thoughts and fast speech
- Distractibility and irritability
- Self-imposed sleep deprivation
- Abuse of drugs and alcohol
- Provocative or aggressive behavior
- Spending sprees
- Increased sexual drive and activity

People with bipolar disorder experience symptoms of both mania and depression.

WHAT IS BIPOLAR DISORDER?

HOW ARE YOU FEELING ?

SYMPTOMS OF DEPRESSION

- Decreased energy, feelings of fatigue
- Excessively low or “empty” mood
- Difficulty concentrating or making decisions
- Restlessness or irritability
- Problems with sleep, sometimes sleeping too much
- Abuse of alcohol or drugs
- Change in appetite, sometimes eating too much
- Feelings of hopelessness and helplessness
- Unexplained physical aches and pains



In any given year, more than 2 million American adults, or about 1% of the adult population, have bipolar disorder. Once referred to as “manic depressive illness,” bipolar disorder is a serious, but treatable, illness of the brain. In its classic form, bipolar disorder is characterized by a series of “lows” and “highs” that can render its sufferers helpless and hopeless, or give them boundless energy and motivation. Each of these moods brings its own set of consequences. Those who experience manic episodes often engage in risky behaviors, such as gambling, spending sprees, substance abuse, and sexual promiscuity. Alternatively, when experiencing a depressive episode, these individuals are often unable to function, lack the energy to perform simple tasks, sleep more than usual, sometimes eat too much, and many experience thoughts of not wanting to live.

What Causes Bipolar Disorder?

Though the exact cause of bipolar disorder is unknown, research has shown that the illness often afflicts those with a genetic predisposition and is usually triggered by a major life stressor. Though it most often develops during the young adult years, one can also start experiencing symptoms in childhood or in middle to later adulthood. The genetic-stress combination makes it quite similar to other well-known illnesses, such as heart disease and diabetes. Bipolar disorder is a long-term illness that must be managed throughout a person’s lifetime. It is treatable.

How Is Bipolar Disorder Treated?

People with bipolar disorder can lead healthy and productive lives when they are accurately diag-

nosed and effectively treated. Ideally this process starts as early as possible. Therefore, when symptoms arise, it is important to seek immediate evaluation from a professional. Those who generally encounter bipolar disorder include medical doctors (psychiatrists and other physicians), psychologists, clinical social workers, and psychiatric nurses. Once diagnosed, the recommended treatment strategy includes a combination of medications (including “mood stabilizers” and sometimes antidepressants, or atypical antipsychotics) and psychosocial treatment (i.e., “talk” therapy). Only medical doctors can prescribe medications for bipolar disorder. While many primary care physicians are becoming progressively more skilled in the diagnosis and treatment of unipolar clinical depression, for those with bipolar disorder, it usually is recommended that they seek a qualified psychiatrist for ongoing treatment. It is important for individuals with bipolar disorder to follow the prescribed treatment regimen carefully and inform their psychiatrist if they are experiencing significant side effects. Often times, side effects can be minimized by changing the treatment dose or by switching to another medication. It is not advisable to discontinue a medication before discussing options with a health care provider.

How Can Families Help?

Similar to virtually all illnesses, family support is essential to recovery. One of the most important things family members can do is learn as much as they can about the illness. Free resources on bipolar disorder are available at the FRIENDS Depression Education Resource Center at 2101 Commonwealth in Ann Arbor. The Depression Center website, www.depressioncenter.org, may also be helpful. Advocacy organizations, such as the Depression and Bipolar Support Alliance (DBSA), the National Alliance of the Mentally III (NAMI), and the Child and Adolescent Bipolar Foundation (CABF), are other wonderful resources for education and for support. For additional up-to-date information on treatments and research, visit the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov.

COULD YOU HAVE BIPOLAR DISORDER?

To find out whether you might be suffering from bipolar disorder, log onto the Depression Center website at www.depressioncenter.org and fill out the brief screening questionnaire. If the results indicate that you are at risk, seek an evaluation with a qualified mental health provider.

MAKING NEWS

WHAT IS THE DEPRESSION CENTER doing to help?



The Depression Center’s Comprehensive Mood Clinic offers a variety of treatment options, including services specifically for adolescents and young adults.

Providing Evidence-Based Care

Thanks to a very generous gift from the Noble Foundation of Wooster, Ohio, the U-M Depression Center recently expanded its clinical services for the care and management of individuals with all forms of depression and bipolar illnesses. The Center’s Comprehensive Mood Clinic provides consultation and ongoing care for the major mood disorders, with a special emphasis on bipolar disorder and Treatment Resistant Depression (TRD), which is a depression that has not yet responded to multiple attempts at treatment. For those with special needs, a number of treatment options are offered, including family therapy with educational sessions for both patient and family members, cognitive behavioral therapy, and supportive interpersonal therapy. The clinic also offers a young adult mood disorders clinical service, with the emphasis on providing ongoing care for adolescents and young adults experiencing mood disorders.

MELVIN G. MCINNIS, M.D.



“This prestigious professorship was very important in my decision to come to the University of Michigan,” Dr. McInnis says.

Recruiting the “Leaders and Best”

One of the more important roles of the Depression Center is to attract the best and the brightest clinicians, researchers, and educators to the University of Michigan. Recently, the Depression Center was seeking an expert in the diagnosis, genetics, and clinical management of bipolar disorder. The Center found this expert at Johns Hopkins University. In June, Melvin G. McInnis, M.D. was installed as the inaugural Thomas B. and Nancy Upjohn Woodworth Professor in Bipolar Disorder and Depression, thanks to a generous professorship endowment created by Tom and Nancy Upjohn Woodworth of Kalamazoo, Michigan. Dr. McInnis says, “The Woodworths’ gift will help us develop and implement an array of key research, education, and clinical programs at the Center.”

Promoting future research advances

In April 2004, Waltraud (Wally) Prechter transferred the assets of the Heinz C. Prechter Fund for Manic Depression to the University of Michigan Health System to establish the *Heinz C. Prechter Bipolar Research Fund*. The Fund’s mission is to support breakthrough research in psychiatric genetics, pediatric bipolar disorder, neuroimaging, and neuroscience. Resources from the Prechter Fund will, in part, establish a new

bipolar genetic repository. What does this mean? Genetic samples are collected from a routine blood specimen obtained from persons who are diagnosed as having bipolar disorder and from healthy individuals. The DNA is then evaluated to find clues to early diagnosis and a “roadmap” to understanding causes and identifying treatments that will work best for a particular person. The National Institutes of Health has such a repository. This collection represents the first private repository of its kind and will assist scientists at U-M and others around the world to conduct genetic studies that are critical to the advancement of the field.

