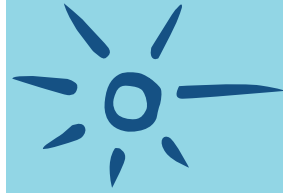


# In the Mood



A Newsletter for the Friends of the Fuqua Center for Late-Life Depression  
Wesley Woods Center of Emory University



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IN THE UNITED STATES, PARKINSON'S DISEASE (PD) IS THE MOST COMMON NEURODEGENERATIVE DISORDER THAT AFFECTS MOTOR MOVEMENTS SUCH AS WALKING.

The cause of PD is a loss of neurons in the deep tissues of the brain-neurons that produce dopamine, a neurotransmitter important in movement. PD patients with too little dopamine “freeze up” and can’t move. The discovery of medications such as Sinemet®

revolutionized the treatment of PD. Patients could begin to lead normal lives again.

However Sinemet has its shortcomings. Patients with PD often notice that Sinemet does not seem to work as well over time. New medications may help but often the degenerative course of the disease and the decreased effectiveness of the medication can lead to further disability. Sinemet also has no effect on the nonmotor symptoms which include depression and anxiety disorders, sleep problems, visual hallucinations and eventually memory problems.

Emory has become a center for the treatment of PD and the Fuqua Center researchers have collaborated with Drs. DeLong, Juncos and Evatt of the Department of Neurology in studies sponsored by the National Institute of Health. Dr. DeLong’s group has developed procedures to treat the motor symptoms of PD and the results have showed tremendous promise.

Emory researchers are also leaders in the treatment of the nonmotor symptoms of PD. Dr. Bliwise has done groundbreaking studies in the sleep disorders associated with PD and Dr. Juncos has investigated new treatments for hallucinations associated with PD. Drs. McDonald, Holtzheimer and Juncos are part of a multicenter trial of antidepressant therapy in PD with comorbid depression. Initial studies indicate that antidepressants are both safe and effective in treating patients with PD and can make a dramatic difference not only in mood but also improve motor function! This type of data contributes to the knowledge that depression in medical disorders is associated with increased disability.

Appropriate treatment of depression not only improves a patient’s perspective on their illness, but also improves outcomes for a number of illnesses including cardiac disease, hip fractures, cancer and now, Parkinson’s disease.

## SYMPTOMS OF DEPRESSION

- :-( Feeling sad or numb
- :-( Crying easily or for no reason
- :-( No interest or pleasure in things you used to enjoy
- :-( Feeling slowed down or feeling restless and irritable
- :-( Feeling worthless or guilty
- :-( Change in appetite; unintended change in weight
- :-( Trouble recalling things, concentrating or making decisions
- :-( Headaches, backaches or digestive problems
- :-( Problems sleeping, or wanting to sleep all of the time
- :-( Feeling tired all of the time
- :-( Thoughts about death or suicide





# Fuqua Center for Late-Life Depression Director's Note

of the Department of Human Resources Division of Aging, the program has been expanded to include 31 southeast and southwest Georgia counties.

As we have discussed before in this column, suicide rates are highest in the elderly but suicide is also the third leading cause of death among 15 to 24-year-olds and the second major cause of death among college students. In the United States, a person dies by suicide every 18 minutes, claiming over 30,000 lives each year. The AFSP and the individuals who make up this organization have been leaders in increasing awareness of depression and bringing the understanding of suicide out of the darkness.

William M. McDonald, M.D.  
*Director, Fuqua Center for Late-Life Depression*

WE ARE OFTEN REMINDED THAT WE ARE NOT ALONE IN THE FIGHT TO INCREASE DEPRESSION AWARENESS

and decrease the stigma associated with depression. The American Foundation for Suicide Prevention (AFSP) is one of the premier organizations in this fight. The Fuqua Center staff led by Kimberly Beyer recently had the opportunity to join in the AFSP's *Atlanta Out of the Darkness Community Walk* in Piedmont Park. Nearly 4000 people have participated in these walks nationwide and raised over \$600,000 to help fund new education and prevention programs

designed to reduce the loss of life from suicide, as well as provide support for survivors.

The AFSP is also actively engaged in researching the causes of suicide. Recently we received a grant from the AFSP to investigate suicidal ideation, improve recognition of symptoms of depression in older adults and increase referral for depression among recipients of Atlanta Community Care Service Program in Georgia responsible for the care of frail nursing home eligible older adults living in their homes. With the help of Cathie Berger, Atlanta Regional Commission Division of Aging and Karen Bachelor

## Who to call



To reach the Fuqua Center, please call (877) 498-0096.

For appointments, ask for DeAngelia Igodan.

For information on ECT, ask for Tom Maxwell.

For information on depression or community education, ask for Laura Britan.

For community clinical services ask for DeAngelia Igodan.

For telemedicine, ask for Eve Byrd, FNP.

For newsletter comments or inquiries and for research opportunities, ask for Kim Beyer.

For information about Transitions Senior Program, a day treatment program at Wesley Woods, please contact Ed Lawrence at (404) 728-6975.

CHECK OUT OUR WEBSITE: <http://www.emoryhealthcare.org/departments/fuqua/>

**THE FUQUA CENTER WOULD LIKE TO RECOGNIZE** Mrs. Cynthia Wainscott, the out-going Chair of our volunteer Advisory Committee. We are extremely grateful for her leadership and support over the past two years, and look forward to her continued involvement on the committee. Cynthia is currently serving as Chair of the Board for the National Mental Health Association (NMHA).

**WELCOME** to our newest volunteer Advisory Committee members and **THANKS** to all members for their time, advice and support!

### NEW MEMBERS:

Brad Bailey  
*Regional Manager, Pfizer, Inc.*

Cheryl Josephson  
*Executive Director, National Mental Health Association of Georgia*

Collette Lombardo  
*Area Sales Manager, Sunrise Senior Living*

Ronald L. White  
*Principal, The Janelle Company*

### MEMBERS:

Herschel Allen  
*Peer Support Specialist & Retired Minister*

Peter Basler  
*Administrator, Wesley Woods Hospital*

Thomas Bornemann  
*Director, Carter Center Mental Health Program*

Ed Crumbley  
*Medical Science Liaison, Janssen Pharmaceutica*

Lillian Budd Darden  
*President, Wesley Woods Foundation*

Lei Ellingson  
*Asst Director, Carter Center Mental Health Program*

Beth Finnerty  
*Executive Director, Skyland Trail*

Judy Fitzgerald  
*Atlanta Business Leaders Initiative*

Marjorie Frazier, MSN  
*Faculty, Kennesaw State University*

Mr. and Mrs. J.B. Fuqua  
Allan Goldman, DHR  
*Division of Aging Services*

Warren Heemann  
*Retired Vice President for University Development*

Phil Hills  
*Emory Health Sciences Development*

Mr. and Mrs. Joseph Jones  
Trudy Kremer  
*Partner, Jackson Spalding Communications*

Charlee Lambert  
*President, Educational Playmakers, Inc.*

Stacy Losin  
*Area Acct Manager, Wyeth Pharmaceuticals*

Joshua Newton  
*Emory Health Sciences Development*

Kathi Ovnick-Baker  
*Emory Health Sciences Communications*

Patricia Parmalee, PhD  
*Associate Professor, Emory Center for Health in Aging*

Margie Preston  
*Dept of Community Health, DMA*

Cheryll Schramm  
*(Chair-Elect) Retired, Atlanta Regional Commission*

Eric Seidel  
*The Media Trainers, LLC*

Anne Sterchi  
*Program Director, The JB Fuqua Foundation*

Keith Wood, PhD  
*Associate Professor, Emory Psychiatry & Behavioral Sciences*

W. Keith Wood  
*Safe-Guard Products International, Inc.*

# Fuqua Update

2004: The Year in Review

- **Outpatient visits** continue to increase at an average of 30% per year, with number of patient visits for 2004 projected to exceed 5,600.
- **On-site clinical services and staff education** is provided to approximately 400 patients in 25 Assisted Living and Nursing Homes in the metro-Atlanta community. Since October 2003, the volume of patients being seen in assisted living facilities has increased by 37%.
- The **Statewide Clinical Referral Network** includes 75 clinicians who treat older adults with depression in 9 of 12 Georgia regions, as well as in Florida, South Carolina, Alabama, and Tennessee.
- Clinical geriatric psychiatry / mental health liaison services are provided for 32+ metro Atlanta **Community Care Services Program** case managers caring for 1500+ frail elderly, who would otherwise be placed in a nursing home.
- An expansion of the successful **Decreasing Suicide in Community Elders** project trained approximately 50 case managers in 31 Southeast and Southwest Georgia counties who are responsible for the care of over 2,000 medically frail older adults living in their homes.
- In partnership with the **Depression Bipolar Support Alliance (DBSA)**, the Fuqua Center conducted web-based surveys of 1,700 depressed persons regarding their illness-related educational needs. The results indicated that there is a need for more information on symptoms of anxiety and cognitive problems and treatment options that address those symptoms. These topics will be further explored as part of the **National Depression Information Service Project**.
- Dr. William McDonald participated in **The Blues Brothers: Panel Discussion on Depression** at Skyland Trail, and Delta Burke's **Go On and Live! Life Beyond Depression** at Emory, both programs were designed to educate the general public about the symptoms of depression and anxiety disorders and address the related stigma.
- The Fuqua Center is actively participating in the **Atlanta Business Leaders Initiative**, with goals of working with Atlanta employers to reduce the stigma of depression and increase awareness about depression in the workplace.

- **The National Institute of Mental Health (NIMH)** recently approved a \$1 Million grant for the study of **Transcranial Magnetic Stimulation (TMS)**, with Dr. William McDonald serving as the Principal Investigator.
- New staff members include: **Paul Holtzheimer, MD**, Psychiatrist; **Tom Maxwell, NP**, ECT Team; **Sarah Harris, RN**, Research Nurse; **Nancie Vito**, Research Project Coordinator.



## YOU CAN HELP!

The Fuqua Center is a non-profit organization that relies on private support from our friends in the community to sustain its comprehensive programs and services.

**WE NEED YOUR SUPPORT** to continue to improve access to treatment for depression, and improve public awareness and understanding of depression in older adults.

Your gift will help solidify the Center's presence far into the future as a resource for patients, their caregivers, and healthcare providers.

**To make a tax-deductible contribution to the Fuqua Center for Late-Life Depression, use the attached envelope to mail your gift today!**

**For more information on giving opportunities such as:**

Charitable Trusts and Annuities (*gifts that pay income*)  
Stocks and Real Estate (*gifts of appreciated assets*)  
Including the Fuqua Center in your Will or Trust  
Naming an Endowment Fund

### Contact:

Sara Parker, *Director of Development*  
Fuqua Center for Late-Life Depression  
1841 Clifton Rd, NE, Atlanta, GA 30329  
(404) 728-6309; sara.parker@emory.edu



## Community Education

*The Fuqua Center would like to give a special thanks to Dr. Sally Lehr, Assistant Professor at Emory School of Nursing, for helping coordinate the training day!*

### Fuqua Referral Network

Visit the Fuqua Referral Network on our website at <http://www.emoryhealthcare.org> to find providers throughout the state!

### Mental Health and Aging Policy Committee

The Mental Health and Aging Policy Committee (MHAPC) is developing strategic plans for key issues this year that include Mental Health Training targeting Long Term Care staff and other Health Care Providers. The committee also wants to help raise awareness of depression among older adults and encourage audiences to understand that depression is treatable. The Committee is comprised of 29 members representing both mental health and aging organizations. We encourage others to join!

Meetings are held quarterly on Wednesday mornings from 8 – 9 a.m. at the Wesley Woods Health Center 5th Floor. Please contact Laura Britan at 404-728-6876 for more information.

### Nursing Student Training

The Fuqua Center for Late-Life Depression recently collaborated with Emory University's School of Nursing to provide Depression Screening Training for nursing students. Several nursing students participated in the National Depression Screening Day that screened adults for Depression, Anxiety, Bi-Polar Disorder and Post Traumatic Stress Disorder. The Fuqua Center will offer several additional screening programs throughout the year in which nursing students can participate.

#### EMORY HEALTHCARE

#### Fuqua Center for Late-Life Depression

Wesley Woods Health Center, 4th Floor  
1841 Clifton Rd., NE  
Atlanta, GA 30329

<http://www.emoryhealthcare.org/departments/fuqua/>

Treatment options  
How to learn more  
Facts about depression

