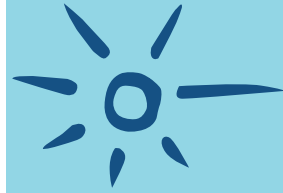


# In the Mood



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

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PEER SUPPORT HAS A LONG HISTORY AS A VITAL SOURCE OF NURTURING THE HEALTH AND WELL BEING of individuals and our society, thereby having a positive impact on our economy. Often those who are in recovery, having experienced the pain and suffering of an illness, have a unique, personal understanding of aspects of that illness. It is natural for them to want to help alleviate the suffering and to facilitate the healing of those in the midst of similar challenges.

Modeled after such proven twelve-step programs as Alcoholics Anonymous and the profoundly effective work of the National Cancer Society, peer support is now recognized as an increasingly helpful resource in the field of mental illness. About twenty years ago, a psychiatric patient in Chicago requested the assistance of her doctor in forming a support group that brought together people with depression and bipolar disorders. Growing from their successful venture, the formal organization of the Depression and Bipolar Support Alliance developed. DBSA currently is taking a role of leadership in providing Peer Support Specialist training throughout the United States. We are pleased to note that the trainers selected for their pilot training programs are

training experts from Georgia, spearheaded by Larry Fricks of the Georgia Office of Consumer Relations of the Georgia Department of Mental Health.

Peer support provides a valuable and cooperative addition to medical and psychotherapeutic treatment. Models of peer support range from one on one assistance to support within group settings. The Fuqua Center has adopted the development of a peer support program as one of our long range goals. In the near future we hope to participate in the development of a training program for Peer Specialists in Geriatric Psychiatry. This is another opportunity for the Fuqua Center for Late-Life Depression to contribute to needed developments in this field.

## 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

medications, are cheaper and have at least seven years on the market to show any unwanted side effects; **3.** Finally, consider alternative treatments. Maybe you could join an exercise class and lose 20 pounds to reduce your blood pressure and cholesterol instead of taking medication. Would psychotherapy be more appropriate than medication to treat your depression?

One of the lessons I have learned as a doctor is that there are no absolutes in medicine. Medications to treat depression, Alzheimer's disease and other mental illnesses have provided tremendous benefits to patients but are not without side effects. Work with your doctor to find the right balance.

William M. McDonald, M.D.

Director, Fuqua Center for Late-Life Depression

RECENTLY PRESCRIPTION MEDICATIONS HAVE BEEN CALLED INTO QUESTION. First there were concerns about an increase in suicidal thoughts in children taking antidepressants and more recently questions about the pain relieving COX-2 inhibitors such as Celebrex™ and Vioxx™. Even high doses of vitamin E have been associated with an increased risk of heart disease. Patients (and their doctors) are understandably confused. The problem is an inevitable result of the FDA's clinical drug approval process. Medications are tried on a relatively few number of number of healthy adults for a limited

period of time. The average age of the Fuqua Center patients is 78 years old and they are on 6 additional medications and have at least 4 chronic health problems. In the real world doctors balance the benefits of medication against the potential side effects.

So what can you do as a consumer? **1.** Make a list of your medications including over-the-counter medicines (dosages and frequencies) and carry it with you at all times; **2.** Educate yourself on the medications you are taking (see right page sidebar). Often older generic medications may be as effective as brand name

### 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 Nancie Vito.

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/>

## Referral Network Highlights Einat Toledano, LCSW, DCFC



CALMING, COMFORTING, AND WARM. THESE ARE JUST A FEW WORDS TO DESCRIBE THE WELCOMING ATMOSPHERE AT THE ECLIPSE CENTER FOR PSYCHOTHERAPY IN LAWRENCEVILLE.

Founded in 1996 by Einat Toledano, the Eclipse Center offers a short-term psychotherapy program that consists of 12 modules. These modules help clients identify variables that either enhance or deplete their lives. Ms. Toledano has been a therapist for 25 years and specializes in depression, anxiety, life losses and life transitions.

Her distinct treatment style helps the client identify the variables that either enhance or deplete their lives.

She welcomes a broad range of clients, accepts Medicare and offers a sliding fee scale for the uninsured. Although the Eclipse Center has four locations in the Metro Atlanta area, Ms. Toledano may also travel to a client's home if necessary. To contact the Eclipse Center, please call 770-923-1778.



## Community Education

### Fuqua Referral Network

The Fuqua Center Referral Network has grown! Visit our website at <http://fuqua.emoryhealthcare.org> for resources in your area!

### The Fuqua Center offers Geriatric Depression Training in Columbus

The Fuqua Center is partnering with the Lower Chattahoochee Regional Development Center Area Agency on Aging to train staff on understanding and recognizing depression as an illness in older adults. Our purpose is help improve access to appropriate care for Georgia's elders by helping to build a local mental health referral resources list in Columbus, Georgia. We'd like

*Bookmark it!*  
<http://fuqua.emoryhealthcare.org>

to thank the Area Agency on Aging Director, Ms Tiffany Ingram and the Wellness Manager, Ms Ilona Preattle for contacting The Fuqua Center to bring our Geriatric Depression Training to their staff. We look forward to working with everyone at the Lower Chattahoochee Regional Development Center Area Agency on Aging! If you would like more information on this project, please contact Laura Britan at 404-728-6876.

## Treatment Options: Atypical Antipsychotics

**ANTIPSYCHOTIC MEDICATIONS ARE USED TO TREAT PSYCHOSIS.** People can develop psychosis for a variety of reasons. Psychotic symptoms may include increased confusion, agitation, hallucinations and delusions (a belief about something that is not true).

The 1990's saw the development of a new class of drugs called "atypical" antipsychotics. Atypicals affect the serotonin and dopamine levels in the body. They have a lower risk of neurological side effects than the older antipsychotics such as haloperidol (Haldol). These side effects include stiffness, immobility, tremors, and abnormal mouth and facial movements (e.g., tardive dyskinesia). The first atypical antipsychotic was clozapine (Clozaril) followed by olanzapine (Zyprexa), risperdone (Risperdal), quetaipine (Seroquel), ziprasadone (Geodon), and most recently aripiprazole (Abilify). Although the risk for the motor movements mentioned above is less on these drugs, the atypical antipschotics are associated with weight gain and in some cases increases

in blood sugar and cholesterol levels.

Frequently atypical antipsychotic medications are used to treat geriatric patients with behavioral disturbances and psychotic symptoms. These symptoms can be present in patients with neuropsychiatric disorders such as dementia or Parkinson's disease. As the average age of Americans rises, the occurrence of dementias and Parkinson's disease is also expected to increase.

Not all patients with behavioral disturbances require medications and the decision to use medications should be made on an individual basis. While fairly expensive, medication assistance programs may be available for qualified patients.



### HOTLINKS

[www.consumerreportshealth.org](http://www.consumerreportshealth.org)  
Consumer Reports evaluation of medications with an emphasis on which generic drugs are equivalent to brand name medications

[www.Pdrhealth.com](http://www.Pdrhealth.com)  
Physician's Desk Reference used by doctors to determine medication dosages, drug interactions and side effects.

[www.ClinicalStudyResults.org](http://www.ClinicalStudyResults.org)  
Sponsored by the pharmaceutical industry and an excellent source for new clinical study information.

[www.Fda.gov/medwatch](http://www.Fda.gov/medwatch)  
Information of drug recalls and government actions on medications on the market.

[www.Medlineplus.gov](http://www.Medlineplus.gov)  
The National Institute of Mental Health's site and provides excellent and current information on prescription medication.

# Research Participation Opportunities



**THE FUQUA CENTER IS NOW ENROLLING PATIENTS** for an ongoing **RESEARCH STUDY USING A NON-INVASIVE, NON-MEDICATION TREATMENT FOR DEPRESSION** (transcranial magnetic stimulation [TMS]). To be included, patients should have Major Depression that has not responded to antidepressant medications, be 21–70 years old, be willing to discontinue current antidepressant medications and have no other major medical or psychiatric illness. Participation is free and responders to TMS treatment will be eligible to receive free medications during a 6-month follow-up study. For more information, please contact Sarah Harris, RN at 404-728-6470.

**THE FUQUA CENTER IS PARTNERING WITH RESEARCHERS** at Duke University and the University of Mississippi **TO STUDY THE LINK BETWEEN STRUCTURAL AND BIOLOGICAL CAUSES OF DEPRESSION**. Interested subjects must have no major psychiatric disorder, past or present, other than depression and must agree to have an autopsy upon death. For more information, please contact Kimberly Beyer at 404-728-6957.

**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

