

# MindLine No 12

## ARAFMI Hobart: Winter 2004

97 Campbell St Hobart 7000 Ph 62 369 251 HelpLine www.tased.edu.au/tasonline/mhcr/

**A BIG Thank You to everyone for their donations of stamp booklets for MindLine!!!**  
Who will be our 600<sup>th</sup> subscriber!?

### Support Meetings Venue

### Date / Topic

<b>97 Campbell St Hobart</b> Some parking at rear of bldg.  <u>Trade table:</u> bring small items to sell for fund raising.  Everyone is welcome!! Supper available – would you like to bring a plate?	2 <sup>nd</sup> Thursday evenings of the month at <b>7.30pm</b>  <b>8<sup>th</sup> July</b> Amanda speaks about <b>“Being a parent with mental illness: what works?”</b>  12 August “Bring your concerns.”  9 <sup>th</sup> Sept TBA
--	--

If you would like to receive **MindLine by email** and save ARAFMI postage & handling, please contact us ASAP!

### Library Overdues:

Please remember that borrowings are for 3 weeks, so please return your materials so that other people may benefit from them: Thank you borrowers.

### We can get all sensitive

With memories,  
And our reactions,  
Our reactions,  
From our past!  
We can get all intensive,  
Over reactions,  
And our actions,  
Our actions,

From our mouth!  
We can get all defensive,  
For our actions,  
And our distractions,  
Our distractions,  
That will last!  
We can get all inventive,  
With distractions,  
And our creations,  
Our creations,

That come fast!  
We can get all responsive,  
With Life,  
And our Love,  
Our Love,  
That is vast!  
  
Anon

### STOP PRESS!

### Depression and how to avoid losing brain cells.

Anti-depressants work by encouraging the growth of new brain cells. But they die off if they are not stimulated. To encourage them to stay alive, give them stimulation: sensory, thinking, physical exercise – use it or lose it!  
The Science Show, ABC 5 June 2004

## *Alternative Counselling Service*

The counsellor will be Anne and fees will apply (from \$10 per hour for people with Health Care Cards) on a graduated scale according to income. Customers will be offered a full hour consultation.

Please book by phoning 1800 808 890.

Appointments will usually be offered on Mondays Times: 10am, 11.15, 1.30, 2.45, 3.50pm

## **Research Roundup**

### Thinking about the brown weed!

It may be that using nicotine may have a protective role in movement disorders known to accumulate from longer term older anti-psychotic use. So maybe we should look at providing alternative and safer means of administering nicotine to people using older antipsychotic medication. Ref: Silvestri et al Acta Psych Scand vol 109 April 2004.

### Bipolar and Lithium – some staggering news!

Apparently Lithium and Epilim significantly increases the old grey matter of the brain in people with bipolar illness.

Lithium acts by increasing a neuroprotective protein in the very layers where bipolar has shrunken the nerve cells. It also seems to enhance the growth of new cells to replace old ones which have died. Lithium may also protect at very low doses against further deterioration of the brain even if it does not actually adequately treat the bipolar swings. Manji from depressionet.com.au/research 23 nov 2000.

### Warning however on anti-depressant use for children and young adults.

Although there is not yet certainty about this issue, America's Drug Authority has sent out warnings to prescribers about using well known anti-depressants with children due to temporary worsening of symptoms, suicidal thoughts and panic attacks. Signs of worsening response include; anxiety, agitation, panic, insomnia, hostility, impulsivity, restlessness and mania. However analysis of 25 controlled trials with 4000 children showed no suicides in the group taking the medications. (Ref: Davis: WebMD 22 Mar 2004).

There is always risk with any treatment but consumers and parents need to be informed of the possible side effects and temporary reactions and be vigilant about doses and maybe take other precautions in the time it takes to for the brain/body to get used to the medications' effects. In any person with hidden bipolar disorder, taking antidepressants only, may cause eruption of mania. This is well known and in first time (episode) depression without any manic episode, it is easy to prescribe anti-depressants that may exacerbate bipolar in vulnerable individuals. So if there is bipolar in the parents/grandparents, aunt/uncle and the young person is depressed, jumping to using anti-depressants may have unpleasant consequences.

### More on Medication in Bipolar:

Several tests have suggested that a combination of Zyprexa and Prozac/Lovan may be beneficial in treating bipolar and even clozapine may be useful in treatment resistant bipolar. The combination treatment seems to decrease the rate of manic and depressive relapse and helps prevent mixed states and rapid cycling. Refs: several in the Bipolar Disorders Conference 2004 available for loan soon. The conference also heard that there are several psychosocial rehabilitation programs (eg including units in: cognitive therapy, illness awareness, maintaining medication skills, identifying early relapse signs and regular lifestyle habits) that show promise.

### ECT & Depression

Although only about half of people with major depression treated with anti-depressants achieve remission, ECT gave sustained response in 79% of the people in the study with remission in 75% before 6 weeks. So

ECT shows a more beneficial response than medication in treating depression. ECT showed a rapid response pattern but consumers need to be aware that it can lead to long term memory loss of existing memories. So don't study for exams and then go for your ECT!! Ref: Husain et al J Clin Psychiatry 2004:65

Gluten intolerance link with schizophrenia.

People with a genetic digestive disorder called 'celiac disease' have about 3 times the likelihood of developing schizophrenia. Putting people with both schizophrenia and celiac disease on a gluten-free diet may improve symptoms of both disorders. About 3% of people with schizophrenia could benefit from this diet. Ref: Eaton British J Med 21 Feb 2004.

Post Traumatic Stress Disorder: new treatment hopes.

Rapid transcranial magnetic stimulation over the right (dorsolateral prefrontal) brain at a frequency of 10Hz has shown beneficial effects in treating symptoms of re-experiencing, avoidance and anxiety. Ref Cohen et Am J of Psychiatry mar 04 vol 161.

Trauma and depression

People with depression and a history of child abuse do better with psychotherapy with or without medication than with medication alone. Ref: Nemeroff Journal Watch Psychiatry 14 Jan 04.

**Notice of meetings:**

Southern Mental Health Non-government forum 'Media and mental health'. 10am 8 July Glenorchy Civic Centre: Ph Susan on 62730022 if you wish to come along.

'Coping with **Social Anxiety**' group program: ph 6233 5041.

**Library Additions;**

Thin Ice	Anglicare's Report
A Depression Management Program	Beyondblue
Structured Problem Solving	Beyondblue
Men and Separation	Relationships Aust
Anxiety & Panic – telling the story	Wyndarra Tasmania (support group)
The Memory Book	Wiles & Wiles
Out of the Blues Video	Gary McDonald with Beyondblue

Please return your borrowing in order to help other people, thank you.

**Home Help**

\$10 hr ph Nigel on 6274 1933 for bookings.

0418 590 321

Monday to Saturday

For all inside house-work, transporting for shopping, to appointments, medical & funeral. Small travel charge to outlying areas. Hairdressing in your own home also available with Jane. 0423 943 494

**For free Government services:**

Please phone the central office if seeking non-urgent help: ph 6233 6011

**Urgent assistance: phone the Crisis Assessment TriageTeam (CATT)**

**Ph 6233 2388** or **1800 332 388** 9am til 10.30pm every day of the week.

