

Folks,

Memorial Day, celebration for some, grief for others, brings up a question as to which of American's 117 wars [101 wins, 6 defeats, 3 ongoing, and 7 others that were not a win or a lost] had the fewest psychiatric casualties? My search abilities could not find an answer, but I will submit that WW-II with its very clear good v. evil, its extremely high percentage of US population support, and its total victory probably had the lowest percentage of psychiatric casualties.

On involuntary treatment, we recommend: COMMITTED, THE BATTLE OVER INVOLUNTARY PSYCHIATRIC CARE by Hopkins' Drs. Dinah Miller & Annette Hanson. Bethesda's Fuller Torrey's strong support of involuntary care is well described.

Pleased to see the headline in Time magazine than may reduce the guilt of many: "Why Weight Loss Can Vary So Much for People on the Same Diet Still Eludes Scientists." As an adolescent who weighed 130 lbs at 6 feet. despite eating 5,000 – 6,000 calories/day, I was privy to the knowledge that calories are not the whole story. Someone I knew well died of cancer after three months of IV feeding that were 1,000 - 1,500 calorie/day. Her weight at death was her highest.

Per our interest in psychiatry's newest condition, Electronic Device Use Disorder, there is now a Digital Detox Camp that says: "We recommend using a paper map to navigate to the campgrounds, but if you must use G.P.S. please unplug the device as you approach the site. Then roll down your car window and let it tumble gently from your hands. Watch it recede into the distance in your rearview mirror, almost as though it never existed." [May 28 The New Yorker]

In patients with Major Depressive Disorder who had an inadequate response to SSRIs, a study comparing aripiprazole augmentation with bupropion augmentation found both effective. Those getting aripiprazole saw 55% achieve remission, 34% with bupropion. [J Clinical Psychopharmacology, April]

One of the major challenges to finding effective prevention or treatment for Alzheimer's is that no animals develop Alzheimer's. Animals do have the

same brain changes as Alzheimer's, but those brains are not associated with Alzheimer's behaviors.

Another boost for collaborative care in H&HN, May's issue, "Psychiatrists have to adjust to the idea of population health which means that they work with a whole panel of patients, some of whom they never see." Article also notes that some hospitals no longer have psychiatric consultative services, but instead have mental health professions as part of medical units.

From lakphy desk:

1] Physical exercise is associated with improving the cardiometabolic abnormalities in individuals with schizophrenia. [J. Clin Psychopharmacology, April 2017]

2] Today's Washington Post has a positive article on Utah's Run Wild Retreat & Wellness program for easing stress.

3] Today's NY Times, page D4, "Brisk Walks May Slow Dementia," saying that walking three times a week improve thinking skills.

Roger