

Everyone,

Time for a pop quiz. The World Health Organization has a list of 191 countries. Which do they list as the most obese? The least?

Answer below my name.

Lots of focus on sexual misconduct these days. Some of those who are a focus of media attention have said they will seek treatment. But is there any specified treatment for this behavior? NY Times, 28 Nov, has an article saying "no." It does suggest there are two types of sexual misconduct:

1] Sexual compulsive behavior. Example is a student spending so much on porn that he is not getting his class work accomplished.

2] Committing nonconsensual acts.

The field might have more to offer if committing nonconsensual sex acts were recognized as a Disorder in need of treatment, but when this condition was discussed during the development of DSM-5, we backed away, in part because the empirical information was weak, but mainly because we thought it would be a public-relation disaster for the American Psychiatric Association to include that concept in DSM-5.

This month's JAAC&AP:

1) An editorial says that the "exposure therapy" is well considered treatment for number of conditions, but there is no agreed upon definition as to "exposure," no agreement on how long sessions should be, and no agreement as to how many sessions.

2) In a placebo-controlled study using lurasidone in youth with bipolar depression, dose range of 20 to 80 mg/d, found significant improvement in depressive symptoms. Study was supported by Sunovian.

3) In managing severe childhood aggression, it is suggested one begin with a stimulant and parent training. After a month, if results are less than desired, consider adding risperidone.

This week's JAMA.

1) The American College of Physicians has a document on Clinical Management of Chronic Insomnia. If no etiologies are found, cognitive behavioral therapy should be the initial treatment. As to medications for insomnia, they are most appropriate for acute insomnia and as an adjunct for cognitive behavior therapy for chronic insomnia. Below is our understanding of which meds FDA has approved for insomnia. Please let me know of any I have missed.

Diazepam
Estazolam
Eszopiclone
Flurazepam
Quazepam
Ramelteon
Temazepam
Triazolam
Zaleplon
Zolpidem

2) Healthy lifestyle, especially physical exercise, also can be the answer to managing insomnia.

Roger A

WHO list Nauru as having the most obese people, 61 % of the population is obese.

Vietnam, the least, 2.1%.

US comes in twelfth, with 36% considered obese.