

Folks,

Pop quiz: What year did the following editorial appear? “I favor compulsory health insurance, because I believe that medical science and art, the creation of generations of effort and experience, cannot rightfully be used for the exclusive benefit of the few.” The writer went on to list more reasons. You'll find the answer under my name, below.

A study comparing children (aged 5 to 11) and early adolescents (aged 12 to 14) who died by suicide found that most were male and died at home. The authors suggested that (1) children with attention-deficit disorder/attention-deficit hyperactivity disorder (ADD/ADHD) should be targeted for prevention, since ADD/ADHD was the most common condition among children with known mental health problems who died by suicide; (2) health care providers, families, peers, and school personnel should be taught to recognize and respond to the warning signs of suicide, given that 29 percent of both children and early adolescents who died by suicide had disclosed their intent to another person; and (3) programs that improve interpersonal problem-solving skills should be implemented in early childhood, since relationship problems were the most common circumstance precipitating suicide in both age groups. [Weekly Spark, Weekly Spark Research, last week.]

The results of this year's Match of medical students being selected for a psychiatric residency: The fill rate was 99.7%, highest ever, even though more slots were available than ever.

From the lakphy desk: Happy when your pedometer/phone says you have crossed 10,000 steps? Unfortunately, Tuesday's NY Times has an article claiming we should aim for >15,000/day [page D4].

In Sentinel #151 we mentioned the proposed treatment of excessive worrying, but didn't mention a code. There seem to be two general choices:

- 1] R45.82 Worrying
- 2] Z71.1 Worried well

Of course, there are numerous Z-codes for more specific fears, e.g., Problems with creditors, Z59.8.

Diagnoses of Trump I have seen so far in the media:

- 1] Antisocial Personality Disorder

- 2] Narcissistic Personality Disorder
- 3] Hypomania
- 4] Mania
- 5] ADHD
- 6] ADD
- 7] Substance-related
  - A] Prescribed, e.g., to address his hair needs
  - B] Non-prescribed.

It is common at a case conference to say the patient is irrational, and you could list a differential:

- 1] Irrational fear: Phobic Disorders,
- 2] Irrational thoughts: Obsessive-Compulsive Disorder,
- 3] Irrational perception of danger, Generalized Anxiety Disorder,
- 4] Irrational mood
  - A] Depression
  - B] Mania
- 5] Irrational attitude about substances in addictions

But why do humans adopt the concept of rational, something other animals do well enough without? A couple of recent publications, summarized in the Atlantic of 27 Feb 2017, say, “Reason developed not to enable us to solve abstract, logical problems or even to help us draw conclusions from unfamiliar data; rather, it developed to resolve the problems posed by living in collaborative groups.” Maybe, but I think you and I would add that reason provides a bridge between observations and actions, such as treatment choice.

For your patients who ask what they can do to prevent/postpone declines in their ability to remember:

- 1] Physical exercise. (Does not have to be at a gym; all physical activities count.)
  - A] aerobic exercise
  - B] strength exercise
  - C] speed exercise
- 2] Be socially active
- 3] Be mentally active; new mental experiences, challenging ones, and ones that requires concentration are valuable
- 4] Diet: 4 to 6 small meals believed to be superior to three or less big meals:
  - A] vegetables, e.g. spinach, kale, carrots, collard greens, tomatoes, etc.
  - B] fruits, e.g., blueberries, strawberries, watermelon, etc.

C] nuts [nuts vary in nutritious elements, so best to vary]

D] seeds, e.g. flax seeds

D] brown rice

F] bread, pasta, and cereals with whole grains

G] sardines, salmon, once or twice a week

H] canola and olive oils

I] "At least 8 glasses of water a day" is still seen in listing. Of course, some foods, such as fruits, have a high percentage of water.

5] Avoid -- i.e., get adequate treatment for the following (obviously not a complete listing of all disorders associated with loss of memory, but some of the major ones):

A] cardiovascular, hypertension, and cerebrovascular diseases including atrial fibrillation

B] diabetes

C] depression

D] dehydration

E] insomnia

F] hypo- or hyperthyroidism

G] tobacco

H] weight gain

I] more than two alcohol drinks a day (some may have concluded that one or two drinks a day are healthy, but for those believing the alcohol is not the important factor, non-alcoholic wine and beer have been showed to work as well as the alcoholic versions)

J] "stress" is in most lists, but not easy to measure and say how much is unfortunate

K] many medications are seen as impairing memory, and that issue needs to be addressed with the person prescribing the medication.

“Avoid” is not helpful for some. “Substitution” of a health habit might be easier to reach.

Roger

Answer to question: 1917