

Folks,

Just finished reading BRAIN ON FIRE, an important, insightful, and lively reflection on the treatment of people with an unclear diagnosis, especially what happens in outstanding academic medical centers. Eventually, it was found that the author, NY Post's award-winning journalist Susannah Cahalan, had Anti-N-methyl D-aspartate receptor encephalitis, bringing up two important topics:

1] She was given a psychiatric diagnosis during part of her evaluation, a reminder that the unexplained are sent to psychiatrists. We need to keep in mind that the referral may be incorrect, and be quick to rule out other possibilities. "Quick," because a process may be taking place in which the damage to the brain may become irreversible.

2] Future DSM will need to help us identify these conditions. The leader of those of us developing DSM-5 wanted to have fewer disorders in DSM-5 than in DSM-IV. That was achieved, but obviously, like the rest of medicine, increased knowledge leads to more possibilities as to what can go "wrong." Except when an ICD-CM edition changes were frozen, there has been a 2-3% increase in number of conditions each year in medicine as a whole. No reason to think psychiatry should be different.

I expect most of you had the same reaction to 15 Nov 2016 Washington Post article that I did, "Bipolar disorder defies diagnosis and treatment." Treatments mentioned include omega 3s, but, oddly, not lithium, lamotrigine, or ECT.

For an excellent review of the challenges with "out-of-pocket" clinical practice see NAMI's www.nami.org/parityreport .

In 2000, the average age of onset of dementia was 80.7. In 2012, 82.4. Unknown why, but hypothesis is on the impact of increased number of years of education in the population [NY Times, 22 Nov, page A13.]

Internet-based, therapist guided cognitive-behavior therapy (ICBT) appears to be a promising low-intensity intervention for adolescents with obsessive-compulsive disorder (OCD), according to a report in the Journal of the American Academy of Adolescent and Child Psychiatry. The study found that adolescents with OCD who participated in a ICBT program experienced significant symptom improvements after 12 weeks.

From lakphy desk: "Exercise May Fend Off Depression" in NY Times last Tuesday, page D4, concluded that exercise is associated with decrease incidence of depression, but how much exercise and what type of exercise⁴ is not clear. Further, studies seem focused on aerobic exercise. Exercise focused on speed or focused on weight resistance were not mentioned. If lakphy can be well defined, it might become a rule-out before one can medicate?

I have a home in Rockville and in Boynton Beach. Thus, very pleased to see headline in this morning's local Boynton Beach paper, "Boynton Beach first city to be named

autism-friendly business.” The effort at public education here in Boynton Beach is similar to many counties, including Montgomery, but here in Boynton Beach, it is especially focused on the acceptance of residents with autism into the local business community.

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