

Everyone,

Some notes from the APA Annual Meeting:

1] In 1897 it was suggested that attending religious services protected against suicide and that concept has continued to get support. At this Annual, a study presented that found that such attendance was protective among children and adolescents in central Mexico.

2] As to stimulant use among high school and college students:

A] 2015 survey found 17% used WITHOUT in any way directed by a physician

B] Used to:

[1] promote weight loss

[2] promote academic performance

[3] increase energy

[4] increase wakefulness

[5] induce euphoria

3] Approaches in the treatment of borderline personality disorder continue to include:

A] Exposure Therapy and Response Treatment.

B] Regulating Emotions and Changing Habits

4] Useful for psychotherapists to have a wholistic perspective, more specifically:

A] Use of literature and poetry can promote knowledge of the nature of the narrative

B] Music can communicate emotion and develop observational skills,

C] Visual arts enhances attention to imagery

D] Movies and TV promote understanding of cultural stories.

In an article. “The Problem with Body Positivity,” a 300-pound mother reviews the issue of whether to accept the weight or whether to attempt to reduce one’s weight. While agreeing that we want to avoid fat shaming, there is still often the need to encourage a healthy lifestyle, that “loving yourself and desiring to change are two sentiments that should be able to coexist” [NY Times, 30 May 2018].

Sometime in June we will see six medical Journals publish a definition of Postoperative Cognitive Dysfunction. Not in DSM-5. Possible types:

R41.841 Cognition communication deficit

R41.844 Frontal lobe and executive function deficit

R41.89 other, but name the condition, such as “Personality Change,” “Insomnia,” whatever, but not “other.”

As to substance users who relapse, Wall Street Journal editorial says that relapsing should not be a crime, that a court ordering a drug addict to abstain from drug use is tantamount to mandating a medical outcome – because addiction is brain disease, and relapsing is a symptom of it. Issue is now before a court in Massachusetts, and we should see a ruling this summer. Editorial does say there should be non-incarceration “consequences” but doesn’t clarify what consequences they would suggest.

Some of your patients may be prescribed zolpidem and are reading that Roseanne Barr is partly blaming zolpidem [Ambien] for her tweet that led to her show's cancellation. In response, the maker of that medication wrote that "racism is not a known side effect" of zolpidem [Ambien].

More than one out of three kids entering the foster care system are doing so because parental substance use.

As to the opioid addiction epidemic, if the initial period of opioid use, often prescribed, was at least one day, a person has 6% chance of becoming a chronic opioid user. If opioids are used for at least 8 days, 13.5% become opioid abusers. “Abusers” = still using a year

later. For every hundred people, physicians in the US prescribed 66 opioid prescriptions in 2016.

In theory, one could decrease opioid abuse if one could reduce the discomforts of withdrawal. Ondansetron [Zofran] has been FDA-approved to control nausea and vomiting in patients undergoing chemotherapy and radiation therapy, and for post-surgical nausea and vomiting. Studies are now finding that ondansetron may reduce withdrawal discomforts in opioid, a finding that may someday be of clinical use [JAMA 22/29 May].

From the Lakphy desk:

1] Recent JAMA Oncology article says women with low body muscle mass were less likely to survive stage two or stage three breast cancer. This finding leads to syllogisms that living a sedentary reduces muscle mass and increases chances of dying from breast cancer.

2] April's Journal of Personality has study consistent with earlier studies on personality traits: physical exercise is associated with conscientiousness, openness, agreeableness, and extraversion. Physical exercise, this report says, however, that it does not impact neuroticism.

Roger