

Folks,

Another reason it is suggested we need more psychiatrists: Most surgeons are Republican. Most psychiatrists are Democrats.

A list of FDA approved medications for generalized anxiety disorder: Please let me know if I am missing any med so approved.

- 1] Alprazolam
- 2] Duloxetine
- 3] Escitalopram
- 4] Paroxetine
- 5] Venlafaxine

From the lakphy desk:

1] A review in Kaiser Health News, "When the Blues Won't Let You Be," makes a number of important points, but physical exercise is not mentioned as an approach to reducing depression. The article points out that the definition of treatment-resistant depression is "doesn't respond to two different medications when taken one after another, at the right dose and for the right amount of time." That is a low threshold. There are at least 29 FDA approved meds for depression. Can we say it is treatment-resistant when we have only tried two? Have tried no combinations? Have not tried ECT?

2] Much as we champion physical exercise, we should note a report that doing physical exercise when angry or emotionally upset are reported to trigger a myocardial infarction [INTERNET study].

At the Maryland Psychiatric Society's joint meeting with the Southern Medical Association, some notes on the spiritual aspects of psychiatry:

- 1] Beliefs have the power to heal and the power to destroy.
- 2] Our life experiences determine how the DNA's library is accessed and utilized.
- 3] Life experiences include our thoughts, beliefs and mental attitudes.
- 4] We have power over what we believe but what we believe has power over us.
- 5] As to DNA:
 - A] Our DNA is a library of information
 - B] What matters is how that library is accessed and utilized.

C] Life experiences [including our thoughts, beliefs and mental attitudes] determine how that library is accessed and utilized.

6] Timothy R. Jenkins, President of the Southern Psychiatric Association listed a number of studies demonstrating beliefs alter physiological outcomes. One example: Two individuals are asked to meditate together, then those two are placed in separate rooms. After being separated, light is flashed into the eyes of one of those two causing the same brain regions to activate in the other participant as measured by the EEG, but no EEG changes were noted in the control group.

7] More of interest to psychotherapy is that focused intention with love and goodwill can cause a 25% change in DNA. No change however, if there is focused attention without the content love and goodwill. No change with love and goodwill without the focus.

8] As to laying of hands, can that have therapeutic impact? "Yes," is implied with laying on the hands to mice with goiters and with cancers in which laying on of hands of the cages [no direct contact] of faith healers seemed curative.

9] As to prayer and healing, Dr. Jenkins listed some conclusions as to 6 months after blinded medical review found:

- A] Improved mood
- B] Less doctors' visits
- C] Fewer hospitalizations
- D] Fewer days in the hospital

10] A study found that a year after 9/11, those who had prayed had better psychological adjustment than those who not prayed, but we should add that positive results were obtained by prayed that showed optimism and hope. This focus on prayer is not specific to a religion. Muslims and Buddha are mentioned in this talk.

11] Examples of beliefs that are damaging:

- A] Allowing other to think for you.
- B] Beliefs that demean and exploit others.
- C] Beliefs that contradict evidence
- D] Rules over principles rather than rules based upon principles.

Roger