

Everyone,

In our prior sentinel listing of FDA approved hypnotics, in error, we omitted belsorma (Suvorexant).

NY Times, 17 Dec, "Are You Old? Infirm? Then Kindly Disappear," does not reflect my experience in Montgomery County. The Times article spoke of very negative stereotyping and discrimination against seniors. What I, 87, have noted in Montgomery County is respect and a wish to be helpful.

Recent item from Annals Internal Med: Evidence does NOT support use of pharmacological treatments for prevention or treatment of mild cognitive impairment. Study reviewed 3 dementia meds, 16 anti-hypertensives, 4 diabetic meds, 2 NSAIDs, aspirin, 17 hormones, and 7 lipid-lowering meds.

NY Times, 28 Dec, had special report on addictions that said America's addiction crisis ranks among the great epidemics of our age. Millions of people have fallen victim to painkiller abuse, alcoholism, and opioids. Sorrowful tales of death at a young age and of families torn apart have become a defining feature of the early 21st century American experience.

The article goes on to say that in crisis, there is opportunity -- and entrepreneurs have swept in. It is a field the article says that has "minted millionaires."

The article focuses on two types of "treatment":

1] Classic rehabs that are a cross between a hotel and hospital, costing \$30,000/month.

2] The "Florida Model" that does not include paying for clinicians, medical equipment, and meals, costing \$9,000/month. Patients pay rent out of their own pocket, e.g., \$400/month. Some sober living homes

charge \$2,000 for a urine test, \$5,000/hour for equine therapy. Equine therapy involves spending time with a horse.

On other topics:

A proposal by an Australian army woman officer to prevent PTSD in combat zones has been withdrawn. She had proposed having sex workers service troops in combat zones.

As we have said before, of American Psychiatric Association's 74 District Branches, the Washington Psychiatric Society has set the APA's agenda more than any other DB since 1975. I would be interested your thoughts on the following motion being sent to WPS: The American Psychiatric Association's Ethical Guidelines should clarify the degree to which lifestyle recommendations, e.g., physical exercise, should be pursued before prescribing a medication for depression.

Some data on the major new psychiatric disorder, Handheld Use Disorder: A survey of teens found that half of teenagers regard themselves as "addicted" to handheld devices [source, Common Sense Media]. Survey found that 80% check their devices hourly, and 72% feel a need to respond to messages immediately. Not clear, however, that even this use is at a level of distress or disability needed to reach a DSM definition of a "Disorder."

Local medical school enrollment, 2016 admissions data [17 Dec 2017, JAMA] in alphabetical order:

Georgetown, 2% from DC, 53% women

George Washington, 8% from DC, 59% women

Hopkins, 9% from Maryland, 60% men

Howard, 2% from DC, 62% women

Maryland, 72% from Maryland, 63% women

Uniform, 6% from Maryland, 60% men

National totals about equal, 10756 males, 10640 females

Psychiatry residents, 52% female, 28% international graduates. [Not addressed in the survey is test scores. We would predict that the higher the percentage of FMGs, the higher that class's test scores.]

Roger A.