

Folks,

Pop Quiz: Which of the following ICD-10-CM conditions is most lethal in seniors?  
Choices in alphabetical order.

- 1] Cardiovascular disease, other than hypertension
- 2] Hypertension
- 3] Obesity
- 4] Social isolation

Sentinel 156 Part two is an outline of the management of depression in adults. Two main sources: the American Psychiatric Association Practice Guideline [even though officially outdated] and the FDA. Three questions arise given that physical exercise seems to be more effective than any specific medication:

- 1] When it is appropriate [or ethical] to prescribe a psychotherapy or prescribe a medication before suggesting a lifestyle change?
- 2] When should one worry about causing guilt in suggesting a lifestyle change?
- 3] With a dozen psychotherapies to consider and almost 30 medications to consider in addition to other proven approaches, what are the appropriate requirements to concluding “treatment resistant”?

Please bring to me changes in the outline attachment that you would recommend.

Some contend that vocabulary enhances one’s ability to think. If so, April 27’s NEJM suggests you know that “mitgefühl” = “with feeling, marries compassion and condolences, commiseration, and sympathy.”

Sign in waiting room of physician in a state where medical marijuana is legal: “This is not a pain clinic.” He says that the sign has little impact, that many seem to feel that there is a constitutional right to medical marijuana [JAMA 25 April].

Medication adherence to treatment in patients with schizophrenia or bipolar disorder varies in studies from 25% to 57%. This is also true of adherence with medications prescribed for their other illness [Psychosomatics, current issue]. Two approaches show some, but not overwhelming, promise to increase adherence:

- 1] Involving patient’s family.
- 2] Use of technology involving e-messages or e-monitoring.

In this month’s Scientific American, an article saying, “gene studies were supposed to reveal schizophrenia’s roots. That didn’t happen. Now scientists are broadening the

search.” Article predicts it will be “many more years” before we will have new treatments for schizophrenia.

From the lakphy desk. The following two themes, still far from being proven, are getting some media attention that might blunt the interest of our patients to get physical exercise:

1] Taking creative supplements “fights muscle weakness without exercising.”

2] Cholesterol-lowering medications “cancels” the effect of physical exercise, i.e., our patients need not do both.

We may want to point out that even if either of the above are true of creatinine supplements or cholesterol-lowering meds, that doesn’t preclude physical exercise's positive impact on the brain.

Cartoon, New Yorker, 10 April, physician to patient: “You will live a long and healthy life if you abstain from anything that brings you joy.”

Roger

Answer to quiz: Social Isolation, according to James Lubben, Director of Boston College’s Institute on Aging. "Social isolation" in this study focused on people who did not even get phone calls.