

Folks,

Almost 50 years ago, a psychiatrist, Ed Black, on St Es's first children's ward, part of the CMHC for Anacostia, would begin each day jogging outdoors with the kids and staff for about 30 minutes. It seemed to markedly improve the behavior for the rest of the day, attributed to doing something as a group with a popular psychiatrist, as well as a belief in exercise as therapy. In yesterday's Post, "For men with ADHD, aerobic exercise may help in taming symptoms," another suggestion that prescribing exercise has a broader list of indications than any other option.

As noted in prior Sentinels, the ICD-10-CM code for lack of physical exercise is Z72.3. If it would help to give it a title, "lakphy." Below my name, recommendations on using walking to address lakphy.

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In yesterday's JAMA:

1] In patients with chronic heart failure and in depression, 18 months of treatment with escitalopram compared with placebo did not significantly reduce all-cause mortalities or hospitalizations -- and there was no significant improvement in the depressions. These findings do not support the use of escitalopram in patients with chronic systolic heart failure and depression. Article generalized to say that all antidepressants fail to improve the mental status. What did help reduce the depression was effective treatment of the heart failure and exercise.

2} A study of the Cogmed Working Memory Training program, the most widely used working memory intervention, found there was no improvement in academic outcomes after that intervention was given to children with low working memory.

Rare conditions addressed in this year's American Psychiatric Association Annual Meeting included:

1] Capgras syndrome, a condition characterized by a delusion that known individuals have been replaced by doubles or imposters. A case described of a lady with no complaints other than noting that "my sister is after me, but she is an impostor anyway." Patient improved on clozapine [presentation by Lauren Pengrin, St. Es.]

2] Prader Willi Syndrome is a genetic disorder in which seven genes (or some subset thereof) on chromosome 15 (q 11-13) are deleted or unexpressed. Characterized by low muscle tone, short stature, incomplete sexual development, cognitive disabilities, behavior problems, hyperphagia, and obesity.

3] Lennox-Gastaut syndrome (LGS) is a difficult-to-treat form of childhood-onset epilepsy that most often appears between the second and sixth year of life. LGS is characterized by a triad of signs including frequent seizures of multiple types, an abnormal EEG pattern of less than 2.5 Hz slow spike wave activity,[1]and moderate to severe intellectual impairment.

4] Lycanthropy, belief one is being transformed into a wolf, very rare condition that was first reported more than 2,000 years ago, Case presented at Annual Meeting cured by haloperidol.

Roger

*As to walking, from American Academy of Orthopaedic Surgeons, June 10, 2016*

- *Wear shoes that support the arch and elevate the heel slightly. There should be stiff material surrounding the heel to prevent your foot from wobbling. The toe area should be roomy but not too long.*
- *Warm up by walking at a normal pace for 5 minutes, then boost your pace so your heart beats faster and your lungs breathe deeper. Keep up the faster pace for about 15 minutes.*
- *While walking: swing your arms; keep your head up, back straight, and abdomen flat; point your toes straight ahead; and take long strides, but do not strain. Cool down by walking at your warm-up speed again for 5 more minutes, and do gentle stretching after your walk.*
- *Start off by doing this type of walking three or four days a week, with days for rest in between. After two weeks, add 5 minutes to the strenuous part of your walk. Keep adding 5 minutes every two weeks as you gradually build strength and endurance.*
- *You can give your upper body a workout while walking by carrying one to five pound weights in each hand. Using walking sticks or poles can improve lower body stability, and reduce the stress on your legs, knees, ankles and feet.*
- *Be sure to drink enough water to prevent dehydration. Drink one pint of water 15 minutes before you start your walk, and another pint after you cool down. Have a drink of water every 20 minutes or as needed while you exercise.*