

Everyone,

Two items from NEMJ, 22 March:

1] SIGECAPS, SSRIs, and Silence – Life as a Depressed Med Student says that 25% of medical students and residents experience depression, and 10% have contemplated suicide and only about half of those 25% have sought treatment. Thrust of the editorial is the need to destigmatize being mentally ill.

2] Another type of stigma is addressed in this NEJM. “Alzheimer’s Disease in Physicians – Assessing Professional Competence and Tempering Stigma.” This editorial concludes that “appreciating the nuances of Alzheimer’s allows physicians to destigmatize the disease and educate patients and the public. Policies are needed to aid the increasing number of working health professionals with Alzheimer’s while safeguarding their communities.”

Should a patient ask about having a dog sleep with them, a study at Mayo’s concluded that it should be avoided with newborns, but not necessarily a mistake with others. For caveats, and there are many. See “Out of the Doghouse, Into the Bed,” NY Times, 20 March, page D4.

Two very brief book reviews in yesterday’s NY Times, page D5:

1] THE END OF OLD AGE points out that it is possible to maintain purpose in life in the face of significant physical and mental impairments in those >85 years old. Gene Cohen, who many of you knew, is quoted: “Cohen saw not only what aging is, but what aging could be; not what we accomplish in spite of aging, but because of aging.”

2] HAPPINESS IS A CHOICE YOU MAKE describes finding of interviews with those >85 years old saying that successful living is not worrying about what might happen, only worrying about what does happen.

J of AAC&AP, March issue. Editorial on school-based mental health services concludes: “For providers developing/implementing school-based mental health programs, use of targeted interventions and selective prevention programs may achieve better outcomes compared to universal prevention programs. School-based mental health programs that integrate services into a student’s academic instruction/schedule, target externalizing disorders, incorporate contingency management, and involve multiple touchpoints per week are associated with the largest reduction in mental health problems in elementary school students.”

Maryland physicians generated about \$40 billion in economic activity for the state in 2015 [Maryland Medicine [Vol 18, #4].

From the Lakphy Desk:

1] A study of cyclists suggests that those between the ages of 55 and 79 and had pedaled 400 miles per month for decades generally retained their muscle size and other markers for good health across their decades [NY Times, 20 March, D4]. The article claims that only 10% of those past 65 exercise regularly.

2] A study of 4,000 Senior Game athletes showed the average athlete had a “fitness” age 25 years younger than their actual age.

3] In the National Senior Games, a Mr. Zilverberg, age 104, took home gold medals in bowling, hammer throw, javelin, and shot put.

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