



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | FALL 2016

School Daze: Too Early to Rise?

Does school start too early in the day? The American Medical Association says yes, and recommends opening the doors no earlier than 8:30 a.m. That's especially true in the teenage years, when the brain shifts towards a later bedtime, making it difficult to fall asleep before 11 p.m. Total

Treatment Breakthroughs

People with mood disorders can expect a full recovery. Below are new discoveries that offer hope for those still struggling with symptoms:

Medication

Vraylar for depression and bipolar depression.

Adzenys and Evekeo for ADHD.

Nuplazid for psychosis due to Parkinson's disease.

Minocycline with aspirin for bipolar depression.

Natural

Curcumin for depression and memory.

Omega-3 with inositol for bipolar depression.

Melatonin for migraines.

Therapy

Dark Therapy for mania and rapid cycling.

Brisk Awakening for depression and insomnia.

Interpersonal Therapy for complex grief.

darkness after 10 p.m., or blue-light filtering glasses, can help; see: moodtreatmentcenter.com/darktherapy.pdf

Locally, middle school students are hit the hardest, often starting at 7:20 a.m. High schools, which open at 8:55, have heeded the warnings, and elementary schools (average 8:15 a.m.) are not far off.

The average teen needs 8.5 to 9.5 hours of sleep to maintain good physical and mental health. If you're having trouble staying alert at school, consider a dawn simulator: moodtreatmentcenter.com/dawnsimulator.pdf. These create a virtual sunrise in the morning and improve energy, depression and concentration throughout the day.

Staying hydrated with a bottle of water on your desk, aerobic exercise, and a diet low in fats and sugar will also improve mental performance.

ADHD and Food

People who take the stimulant Adderall-XR may miss half their medicine if they take it with breakfast. Eating within 30 minutes of taking it can delay its release by 2-3 hours and lower its blood levels by about 50% in the morning. By afternoon (6 hours later) the levels catch up, and lunch doesn't seem to affect its release. This problem doesn't happen with non-XR Adderall or other



stimulants like Concerta and Vyvanse.

Food also has direct effects on the ADHD brain. Artificial food colorings and sodium benzoate contribute to ADHD, while Omega-3 fatty acids from fish and green, leafy vegetables improve it. Omega-3's also come as a supplement:

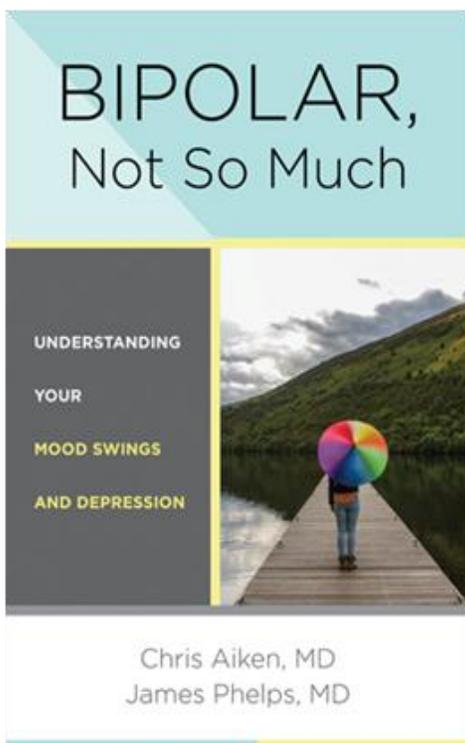
moodtreatmentcenter.com/omega3.pdf

The Mediterranean diet, berries, and green and black tea improve concentration, as does a diet low in saturated fats and simple sugars.

Book Release

Our medical director, Chris Aiken, has written a new self-help book on mood disorders, *Bipolar, Not So Much*. His coauthor, James Phelps, helped develop the *spectrum*

approach to diagnosis, which suggests that there are many shades of gray between the black-and-white extremes of bipolar disorder and depression. Around 1 in 3 people with mood disorders fall into that spectrum, and they often don't respond well to antidepressants. Common diagnoses in this spectrum include bipolar-II, cyclothymia, agitated depression and highly recurrent depression.



The book offers practical guidance for managing mood disorders at work, school, and in relationships. It reviews lifestyle approaches to recovery and new medication options for people in the spectrum.

Bipolar, Not So Much will be published by W.W. Norton in early 2017 and advance copies are available this fall at a discounted rate at: books.wwnorton.com

www.moodtreatmentcenter.com

Search “Bipolar, Not So Much” and use the discount code NOTSOMUCH when checking out.

Prevention

Eating Disorders

In August the American Academy of Pediatrics released guidelines to help parents prevent obesity and eating disorders in their children.

Here's a quick summary. Families should avoid all talk about weight and body image and focus instead on health. Encourage exercise and healthy eating as part of a healthy lifestyle rather than a desirable body image. Children who diet to lose weight may be at risk for eating disorders. Make dieting about *health*, not *weight*.

Avoid talking with kids about your own weight issues as well. Teasing about weight is especially harmful.

Eating disorders often occur in shame and secrecy and eating meals together is one of the best ways families can prevent them.

New Providers

Jeff Rinehart, MA, LPA, Therapist

Jeff takes a practical approach to therapy and is comfortable working with both difficult and every-day problems. He is experienced with cognitive-behavioral therapy and works with teens, adults, and families.

Originally from West Virginia, Jeff moved to North Carolina after completing his graduate degree at Marshall University. Outside of work Jeff is a father, husband, and musician.

Upcoming Seminars

Our small groups teach stress-reduction skills to prevent mood and anxiety problems. Most insurers cover these programs. To reserve a spot in one of the upcoming groups below contact maddie@moodtreatmentcenter.com.

Mindfulness. With regular practice, this skill improves attention, anxiety and depression. It even brings about changes in the brain, and has physical health benefits such as reducing pain, inflammation and high blood pressure. *Instructor: T.J. Shaffer.*

Mindfulness for Teens. We'll apply this skill to the stresses that come with the high-school years. Participants will learn ways to balance emotional reactivity, perfectionism, and conflict. *Instructor: Maddie Decker.*

Aging Mindfully. This group for older adults will apply mindfulness to the changes that come with aging. *Instructor: Ann McCarty.*

DBT Skills. Dialectical Behavior Therapy (DBT) offers a powerful set of stress-management tools that can improve mood swings, anxiety, self-control, unstable relationships, and trauma. During this 10-week course participants will apply new skills to build a better life and take an active role in monitoring their progress. *Instructor: Maddie Decker.*

Sophia Yuan, MD, PhD, Psychiatrist

Dr. Yuan is a dedicated and compassionate physician who believes people deserve the best possible care and should have a voice in treatment decisions. She provides medication and helps people make lifestyle changes to further their recovery. She has published original research on psychiatric treatment and studied at the University of Iowa's renowned psychiatry program. She enjoys time with her family, cooking, hiking, swimming, and singing.

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