



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | SUMMER 2019

esKetamine Arrives

An antidepressant that can work within a few hours was just released, and MTC is the first center in the Triad to offer this ground-breaking treatment.

It's called esketamine, and it's the active ingredient in ketamine, a medicine that's been used successfully to relieve difficult-to-treat depressions since the 1990's. Unlike ketamine, which is delivered through an IV line, esketamine is taken by nasal spray.

Esketamine works through a unique mechanism that may explain why it is able to make a difference when other antidepressants have not.

Treatment Breakthroughs

People with mood disorders can expect a full recovery. Below are recent discoveries that offer new hope:

Medications

Esketamine (Spravato) for depression

Brexanolone (Zulresso) for post-partum depression

Solriamfetol (Sunosi) for sleep apnea and narcolepsy

Bremelanotide (Vyleesi) for low sex drive in women

Natural

L-Theanine for anxiety, sleep, and memory

Coenzyme Q10 for depression

Saffron for ADHD, depression, weight loss, and sexual dysfunction



An Anti-Worry Med

Esketamine calms the part of the brain that reels with ruminative worry. It's called the *default mode network*, because that's the mode the brain defaults to when it has nothing else to do: dwelling, worrying, over-analyzing, obsessing, and brooding.

New possibilities open up when the mind is freed from those negative thoughts. People feel a greater sense of meaning and connection as the anxious chatter is quieted.

How to find it

We have a dedicated team to help people navigate their insurance and get coverage for the treatment if possible. Reach them at:

moodtreatmentcenter.com/EsketamineContact

Esketamine is dosed through a nasal spray that's given 1-2 times a week in the office. Why the office? One reason is safety. Esketamine

can cause temporary drowsiness and out-of-body-like feelings called *dissociation*. Those symptoms usually go away within a few hours. Blood pressure can temporarily go up and needs to be monitored. Esketamine can also be abused in large doses, and giving in the office prevents abuse and diversion.

Esketamine is also known by its brand name: *Spravato*.

Therapy by Podcast

Our therapists Kelly Joyce, Kelly Caniglia, and Carolyn Rifkin have compiled a full course of mindfulness therapy podcasts for beginners and experts alike. Search for *Mood Treatment Center* in your podcast store or tune in online at: anchor.fm/moodtreatmentcenter

Why is mindfulness such a popular form of stress-reduction? Defined as "the basic human capacity to pay

attention on purpose, with intention, in the present moment, in a friendly and non-judging way," mindfulness has many benefits for physical and mental health. It treats depression, anxiety, overeating, and insomnia. Often used for chronic pain, mindfulness also improves irritable bowel syndrome, high blood pressure, skin and immune function.



Psych News, Bias Free

The Carlat Psychiatry Podcast was launched in May by our medical director, Chris Aiken, and NP-intern, Kellie Newsome. The weekly program features practical updates for medical providers.

Dr. Aiken is the editor-in-chief of the *Carlat Psychiatry Report*, which is one of few medical journals that does not accept funding from the pharmaceutical industry. That allows it to provide psychiatric news that's free of bias. "It's like the *Consumer Reports* of psychiatry," says Dr. Aiken.

Drug-Rep Free Zone

The pharmaceutical industry spends \$20 billion a year to persuade medical providers to prescribe more of their products. We prefer to get our medical updates from other sources.

This year, we banned pharmaceutical reps from delivering gifts or product presentations at our practice. We will continue to work with them to help patients get samples and financial assistance for expensive medications.

The industry has generous programs that provide medications to low-income populations. Another source for affordable medications is goodrx.com.

Natural Updates

The Right Dose of Nature

Summer is here, and there's no better time to get outside and enjoy the long days. Spending time in nature improves well-being, but how much time is enough? 2-3 hours a week, says a new study of 20,000 people.

Less Screen Time for Children

"The Best Apps for Babies" was a recent headline in a parenting magazine, but a new report from the World Health Organization suggests that the best app is no app. Those screen-time guidelines are:

Under age 2 Zero time
Ages 2–4 Less than 1 hour a day

Screen time is best when parent and child view the material together. The report also recommends that babies spend less time restrained in strollers and carriers so their brains and bodies can develop as they explore the world. Children who spend more time outdoors in active play grow up to have better physical and mental health.

New Seminars

Reserve your spot at moodtreatmentcenter.com/group-therapy
Yoga for Mind and Body. Yoga is one of the most effective lifestyle options for depression and anxiety. Lead by our therapist Carolyn Rifkin, this weekly group starts 7/9, 9:00–10:20 am in Greensboro. If you missed that date, there will be more to come.

Natural Ways to Beat Depression.

Learn simple lifestyle changes to lift mood in this free seminar. Larisa King will cover everything from brain-superfoods to dawn simulators, forest therapy to blue-light blockers. It runs 7/8-8/5 but participants can start anytime. 5:30-7:00 pm, Greensboro.

Dialectical Behavior Therapy (DBT). An ongoing program that teaches skills to manage major stress, mood swings, and relationships.

Mindfulness. Starts in fall 2019.

Practice Updates

Expanded **eating disorders** services.

Discounted therapy through our intern service, in partnership with Wake Forest University.

Cheryl Goldberg has brought a cutting-edge psychotherapy for **trauma** to MTC called *Brainspotting* as part of a research program with the University of Kentucky.

New Providers

Boone: Sierra Lyn Summerville, therapist. She completed her masters in Social Work at App State University and is a Licensed Clinical Addiction Specialist as well as a certified yoga instructor.

Winston-Salem: Ashley Levers, therapist. A native of Winston-Salem, Ashley completed her masters in Marriage and Family Therapy at App State University. She provides effective therapies for mood and anxiety including CBT and DBT.