Directions to Jo Ann Martin’s Home
Exit 91 Frwy at Van Buren. Go south 4.2 miles on Van Buren to Whispering Spur. Turn left. 2nd driveway on the right
16280 Whispering Spur Riverside, CA 92504
951 / 780-3366

Heart Warning Added to Label on Popular Antipsychotic Drug
J.B. Reed/Bloomberg News

Warnings for Seroquel will soon recommend that the drug be avoided in combination with 12 drugs linked to arrhythmia.

By DUFF WILSON
Published: July 19, 2011

AstraZeneca is adding a new heart warning to the labels of Seroquel, its blockbuster antipsychotic drug, at the request of the Food and Drug Administration, company and agency officials said on Monday.

The revised label, posted without fanfare last week on the F.D.A. Web site, says Seroquel and extended-release Seroquel XR “should be avoided” in combination with at least 12 other medicines linked to a heart arrhythmia that can cause sudden cardiac arrest.

Sandy Walsh, a spokeswoman for the F.D.A., said the statement was only a precaution for doctors, and should not be considered a complete ban against prescribing Seroquel with the other drugs.

Ms. Walsh said the label was changed after the F.D.A. received new information about reports of arrhythmia in 17 people who took more than the recommended doses of Seroquel. Though it should not be a problem at a normal dosage, she said, it may still be good advice to avoid using the drugs together.

The arrhythmia, known as prolongation of the QT interval, referring to two

Continued on page 2 (Seroquel)
A Note From the Editor

As always I invite you to submit your stories, poetry and/or drawings for review and possible publication in the newsletter. Your articles allow us to get to know you in greater depth and to learn of your accomplishments and your many talents, interests and assets. They also contribute to our readers’ well being and recovery.

Your work may be submitted to Jo Ann, Leroy or Lynne at DBSA Riverside meetings. It may be mailed to: The Thermometer Times % Jo Ann Martin 16280 Whispering Spur Riverside, CA 92504

E-mail it to: joannmartin1@aol.com
FAX to: 951/780-5758
I look forward to your contribution. Share your wisdom and experience with your DBSA friends through The Thermometer Times.

Thank you.
Lynne Stewart, Sr. Ed.

Materials submitted may or may not be published, at the discretion of the editors, and may be edited.

Continued from Page 1 (SEROQUEL)

waves of the heart’s electrical rhythm, is estimated to cause several thousand deaths a year in the United States.

As AstraZeneca prepares to report its second-quarter earnings at the end of this month, it faces additional scrutiny this week. The F.D.A. is considering the London-based company’s dapagliflozin, a proposed diabetes drug with Bristol-Myers Squibb, and is expected to decide soon on Brilinta, an anticoagulant. The company is facing the loss of patents for Seroquel next year and for the heartburn drug Nexium in 2014.

Seroquel is one of the top-selling drugs in the world, at $5.3 billion last year, including 3.7 billion in the United States. Introduced in 1997, it has been approved for schizophrenia, bipolar disorder and severe depression. Seroquel has caused legal problems for AstraZeneca, including a $520 million payment in 2009 to settle government charges of illegal marketing. Thousands of lawsuits are pending over side effects like diabetes.

The previous Seroquel labels had mentioned the risk of a prolonged QT interval, but had not identified other things to avoid, Stephanie Andrzejewski, a spokeswoman for AstraZeneca, said Monday. The new warning also is separated from other warnings and precautions on the label, she said, “to provide some additional guidance to physicians” treating patients “who are already at risk of QT prolongation.”

The new warning will be added to printed labels as soon as possible, Ms. Andrzejewski said.

The new label lists the other drugs to avoid as antiarrhythmic drugs like quinidine, procainamide, amiodarone and sotalol; antipsychotic drugs like ziprasidone, chlorpromazine and thioridazine; antibiotics like gatifloxacin and moxifloxacin; the anti-infective drug pentamidine; and synthetic opioids like levomethadyl acetate and methadone. The label also raises caution about use by the aged and people with heart disease.

James J. Pepper, a lawyer in Pennsylvania who is involved in drug litigation, has been arguing for months in letters to government officials that Seroquel has a potentially deadly interaction with methadone in regard to the QT interval. “This is a huge, huge step,” Mr. Pepper said of the label change, though he said he thought it should be stronger.

Ms. Walsh said the F.D.A. action was unrelated to Mr. Pepper’s arguments.

Three months ago, Dr. Janet Woodcock, director of the F.D.A. Center for Drug Evaluation and Research, rejected those arguments in a letter to the Project on Government Oversight, a nonprofit group in Washington, which had also raised the issues. Dr. Woodcock wrote that a thorough agency review had found it “exceedingly unlikely” that patients faced an unreasonable risk from the interaction between Seroquel and methadone. The review found only one death that was

Continued on page 3 (Seroquel)
AstraZeneca Paying $520 Million To Settle Seroquel Charges
by SCOTT HENSLEY

AstraZeneca became the latest drug giant to pay up for marketing an antipsychotic medicine for uses the Food and Drug Administration had not approved.

Federal officials announced a $520 million settlement of civil charges stemming from the drugmaker’s promotion of Seroquel, an antipsychotic with sales of $4.9 billion worldwide last year.

AstraZeneca pushed doctors to write Seroquel prescriptions for a host of unapproved uses, including anger management, post-traumatic stress disorder and sleeplessness, the settlement alleges. The drug was improperly promoted for use in children and also the elderly.

In addition, the government claims the company curried doctors favor with money. “AstraZeneca paid kickback to doctors as part of an illegal scheme to market the drug for unapproved uses,” Health And Human Services Secretary Kathleen Sebelius said at a news conference about the settlement.

The government’s document says doctors were paid to run studies of unapproved uses, serve as the named authors of articles about unapproved Seroquel uses ghostwritten by others, and to give talks about unapproved used to other doctors.

For its part, AstraZeneca denied the allegations but said it would pay $520 million plus some interest nonetheless. The company disclosed last year that it expected to settle the government’s allegations.

As the New York Times notes, AstraZeneca is the fourth company to agree to settle federal charges about illegal promotion of an antipsychotic medicine in recent years.

As a group, antipsychotics were the top-selling medicines in the U.S. last year, with sales of $14.6 billion.

Source: http://www.npr.org/blogs/health/2010/01/astrazeneca_paying_520_million.html
April 27, 2010

Why Antipsychotic Drug Treatment Can Cause Weight Gain And Increase The Risk Of Type 2 Diabetes

Research to be presented at the upcoming annual meeting of the Society for the Study of Ingestive Behavior (SSIB), the foremost society for research into all aspects of eating and drinking behavior, may explain why some antipsychotic drugs can promote overeating, weight gain, and insulin resistance.

Olanzapine [Zyprexa], an atypical antipsychotic drug approved by the FDA for the treatment of schizophrenia and bipolar disorder, has been associated with body weight gain and impaired glucose homeostasis in humans and in experimental animals. As part of a Dutch research consortium, studies led by Simon Evers (University of Groningen, the Netherlands) sought to reveal underlying mechanisms for olanzapine’s metabolic effects by studying healthy adult male volunteers. The research was motivated by observations of what co-author Anton Scheurink described as “a mysterious interaction between schizophrenia and diabetes.”

Their results confirmed previous findings that olanzapine induces weight gain by increasing caloric intake, but also revealed that olanzapine reduces body temperature, which contributes to decreased energy expenditure. Indeed, reduced body temperature after olanzapine treatment may generate many of the known side effects of this antipsychotic drug. The authors’ new findings also demonstrate that olanzapine alters peripheral glucose metabolism, which may contribute to impaired insulin sensitivity. According to lead author Simon Evers, “Our research group believes that reduced body temperature is the foremost direct and consistent effect of olanzapine in humans and in experimental animals. Reduced body temperature might explain several of olanzapine’s metabolic side effects, including increased food intake, reduced energy expenditure, sedation, high blood sugar, body weight gain, and insulin resistance.”

Continued from Page 2 (SEROQUEL)

probably caused by the interaction, she wrote.

Dr. Woodcock concluded that the F.D.A. would take no action to change the label. Ms. Walsh said that conclusion was still correct, because the F.D.A. had found no biological basis for a problem or unusual numbers of deaths at normal dosages.

Methadone use and deaths have increased drastically in recent years as more doctors prescribe it for chronic pain.

The number of methadone prescriptions for pain in the United States rose to 4.3 million in 2010 from 2.2 million in 2006, IMS Health, an industry data firm, said Monday. The use for pain has surpassed that for heroin withdrawal and maintenance.

Source: J.B. Reed/Bloomberg News
July 19, 2011
Famous People With Bipolar Condition Past and Present

By Emman Sioco

There have been many famous people with bipolar complaint, or thought now to have had it established on their lifeworks and stories. There have been so many, as a matter of fact, that it is believed by some to be a mark of genius. That might or might not be true, but it is simple to discover why the connection is made after a look at the many famous people with bipolar disorder.

Writers have been, and continue to be, a few of the great celebrities with bipolar complaint. Mark Twain was one such writer. He, like many such writers, was highly functional in his writing. Nevertheless, he might be depressed-seeming and pessimistic every now and then. He also had overblown business ideas, which, like many manics' ideas never were accomplished.

Kurt Vonnegut, who wrote the modern classic Slaughterhouse Five and lots of other books, and William Faulkner, who created a complete fictional place called Yoknapatawpha County as a setting for his novels, were two other celebrities with bipolar disorder.

A few of the most familiar names in modern history have been thought to have had this complaint. These celebrities with bipolar disorder include names such as: Winston Churchill, Abbie Hoffman, Edgar Allen Poe, Beethoven, Van Gogh, and Isaac Newton. The world would not have been the same without these and the many other famous people with bipolar disorder.

Some celebrities with bipolar disorder have written about their experiences.

Some famous people with bipolar condition have been posthumously diagnosed to have had it. Many are current stars and can have actually got the diagnosis from their physicians. A large number of these are actresses Linda Hamilton, Margot Kidder, Carrie Fisher, and Patty Duke. Others are musicians like Kurt Cobain, Ozzy Osbourne, Axel Rose, and Trent Reznor of Nine Inch Nails.

In the past, celebrities with bipolar complaint lived very tough lives. They might not have even known that they had any sort of condition at all. Many thought the way of mania and depression was just the way of the world.

Now, famous people with bipolar disorder are under a fantastic amount of pressure to go through their cycles of mania and depression. The case of Kurt Cobain proved that bipolar condition untreated is a catastrophe. On the other hand, many think that the drugs stunt their creativity. Therapy is seen by some as a vent by which the powerful force of their expression is lost.

This is a controversial topic, and many physicians think that great strides have been produced in medicines that are not as debilitating to the creative person. Therapy, too, has changed in a few quarters. One thing is certain. The prognosis is better these days than it ever has been for celebrities with bipolar condition.


Cosmetic Drugs and Curative Drugs

The first dirty little secret of biological psychiatry and of clinical psychology is that they both have given up the notion of cure. Cure takes too long if it can be done at all, and only brief treatment is reimbursed by insurance companies. So therapy and drugs are now entirely about short-term crisis management and about dispensing cosmetic treatments.

There are two kinds of medications: cosmetic drugs and curative drugs. Every single drug on the shelf of the psychopharmacopoeia is cosmetic.

Source: Seligman, Flourish, 2011, p 46
Antidepressants Work Overall, But Some Symptoms May Persist

Insomnia, sadness, concentration reported by many study participants

By Robert Preidt

Antidepressants may not improve all symptoms of depression, according to a new study.

Researchers analyzed data from a U.S. National Institute of Mental Health-sponsored study of depression treatment, which involved more than 4,000 people with major depression around the country and is the largest study on depression treatment to date.

While antidepressant medications worked in general, all patients taking them reported three to 13 residual symptoms, and 75 percent reported five or more residual symptoms.

These symptoms included insomnia that occurs in the middle of the night (79 percent); sadness (nearly 71 percent), and problems with concentration and decision-making (nearly 70 percent), said the researchers at UT Southwestern Medical Center in Dallas.

“Widely used antidepressant medications, while working overall, missed these symptoms. If patients have persistent residual symptoms, these individuals have a high probability of incomplete recovery,” lead author Dr. Shawn McClintock, an assistant professor of psychiatry, said in a medical center news release.

However, suicidal thoughts discontinued in nearly all cases, the release said.

McClintock said it will be important to develop antidepressents that decrease the other depressive symptoms, and to explore the link between depression and concentration.

The study appears in the April issue of the Journal of Clinical Psychopharmacology.

Depression, which affects about 19 million adults in the United States a year, can increase the risk of heart disease, diabetes, asthma and obesity.

Source: Health Day News
April 26, 2011

Fish Oil May Have Positive Effects On Mood, Alcohol Craving, New Study Shows

Omega 3 fatty acids may be beneficial for more than just the heart. Researchers at the Indiana University School of Medicine have found at a molecular level a potential therapeutic benefit from these dietary supplements for treating alcohol abuse and psychiatric disorders.

In a multi-year study, researchers showed conclusive behavioral and molecular benefits for omega 3 fatty acid given to mice models of bipolar disorder. The fatty acid DHA, which is one of the main active ingredients in fish oil, “normalized their behavior, according to Alexander B., Niculescu, M.D., Ph.D., associate professor of psychiatry and the lead author of the study reported online in the Nature Publishing Group journal Translational Psychiatry.

Using a stress-sensitive mouse model of bipolar disorder developed in his lab, Dr. Niculescu and his colleagues studied the influence of dietary DHA. The mice have characteristic bipolar symptoms including being depressed and, when subjected to stress, becoming manic.

“The mice that were given DHA normalized their behavior, they are not depressed and when subjected to stress, they do not become manic,” said Dr. Niculescu “When we looked into their brains, using comprehensive gene expression studies, we were surprised to see that genes that are known targets of psychiatric medications were modulated and normalized by DHA.”

An unexpected finding of the research was the discovery that the mice given DHA also showed a reduced desire for alcohol.

“These bipolar mice, like some bipolar patients, love alcohol. The mice on DHA drank much less; it curtailed their alcohol abusive behavior,” he said, adding that this is a completely novel finding. To verify this finding, the researchers studied another well-established animal model of alcoholism, the alcohol preferring P rats, and obtained similar results.

“We believe a diet rich in omega 3 fatty acids may help

Continued on page 6 (Fish Oil)
The treatment and prevention of bipolar disorder, and may help with alcoholism as well,” he said.

The researchers also found correlations between mouse brain molecular changes and molecular markers in their blood, so called “biomarkers.”

“There is now substantial evidence at the molecular level that omega-3 fatty acids work on the brain in ways similar to psychiatric drugs” said Dr. Niculescu. “With these biomarker findings, we can now move forward as a field and do more targeted clinical studies in humans.”

Omega 3 fatty adds are known to be good for one’s health, good for one’s brain, and lack major side-effects, as opposed to some psychiatric medications, he said. Perhaps, he said, omega 3 fatty acid could in the future be used as an adjuvant treatment to minimize the amount of psychiatric drugs needed to produce the same effect, especially in pregnant women or women who intend to get pregnant,

“A lot more work needs to be done in this area,” Dr. Niculescu said.

The research was supported by a National Institutes of Health Director’s New Innovator Award grant to Dr. Niculescu.

Source: Science Daily
May 27, 2011

---

Famous Faces of Depression
Learn About Those Who Rose to Fame despite feeling Low

Jim Carrey
Jim Carrey made a career on making people laugh, yet Carrey’s humor was born out of “desperation” while growing up with an ailing mother and an unemployed father. To help make ends meet, he dropped out of high school and went to work full time. Depression was a constant battle for Carrey, and he was medicated off and on for years. These days, he relies on his spirituality to get him through the valleys.

Source: Healthline
2011

J. K. Rowling
Before becoming a wildly successful author and creator of the Harry Potter series, J. K. Rowling contemplated suicide while a single mother in a cramped apartment after her marriage dissolved. She thought of suicide, but instead Rowling used her daughter as motivation to rise above grim circumstances and began writing what would become a multi-billion-dollar franchise. She often reflects back on those darker days, but doesn’t blame herself.

Source: Healthline
2011

Buzz Aldrin
After returning from the moon, Buzz Aldrin was coping with a marriage in disrepair, trapped in the clutches of alcoholism, and in the depths of depression. He’d been to the moon and back—what was left? After his second marriage dissolved, he admitted he needed help and joined Alcoholics Anonymous and began therapy for the depression. Now happily remarried for the third time and sober for over thirty years, Aldrin calls his recovery “a never-ending process.”

Source: Healthline
2011

Misfortune has built all the great sages. It was through great difficulties that they were enlightened. Do not depend on good fortune. Depend on your own virtuous personality and normal life to make you the final winner.

HUA CHING NI
Good Boss, Mad Boss
THE LINK BETWEEN LEADERSHIP AND MENTAL ILLNESS
By Nancy Ryerson
A LITTLE BIT of crazy might be the key to effective leadership. That’s the linchpin idea of the book A FIRST-RATE MADNESS. Author Nassir Ghaemi, a Tufts psychiatrist who also holds a degree in history, noticed that celebrated historical figures seemed to have symptoms of mental abnormalities. He hypothesizes that certain leaders owe their success to being a little off-kilter. “During peaceful periods, being mentally healthy leads to conventional success,” he says. But during crisis, we may need leaders with unusual brains to approach problems in a fresh way. Here are three of Ghaemi’s diagnoses and the leaders who benefited from them.

Depression
Depressed people may have a good grasp on their own limitations. Abraham Lincoln and Winston Churchill had an eye for assessing tough situations because of their ‘depressive realism,’ Ghaemi posits. And Martin Luther King, Jr. and Gandhi may have gained their empathy from depression. “Depressed individuals appear to better appreciate, understand, and recognize suffering in other people,” he says.

Bipolar Disorder
When those with bipolar disorder hit emotional highs, they’re more creative and energetic. That may have helped General Sherman and Ted Turner (who, Ghaemi says, both exhibited bipolar-like behavior) solve tough problems—i.e., winning a war and reinventing TV news.

Abnormal Personality
Both FDR and JFK were known for thinking fast and talking nonstop. Ghaemi thinks their “hyperthymic” or high-energy personalities helped them bounce back from challenges. “Constantly coming in and out of mood episodes can help you become very resilient,” he says. The downside? All that energy has to go somewhere—their unusual personalities may be one reason both presidents were notorious womanizers.

Fear Fighter
Therapist’s little helper?
By Sarah Henrich
IMAGINE A PILL that dramatically speeds the recovery time of patients suffering from conditions such as post-traumatic stress disorder, obsessive compulsive disorder, and phobias. Sounds magical, but it might not be far off: Emory University researchers have developed a drug that could accelerate relief from emotional trauma.

The drug contains a compound that mimics brain-derived neurotrophic factor, a naturally occurring protein that speeds learning, memory, and fear processes. After a traumatizing experience, rats injected with the compound quickly returned to normal with extinction training, unlike untreated rats, who took much longer to heal, an American Journal of Psychiatry study finds. For humans, this could translate to quicker results from therapy for fear-related conditions. Instead of just alleviating symptoms, this treatment—which may be available in a decade—would spark the same brain activities that occur naturally in trauma recovery.

Timing would be key to a therapy enhancer developed from the compound, researcher Kerry Ressler says. The drug would intensify sufferers’ emotional memory at the time of psychotherapy; taking it right before a session would ensure that the therapist could help the patient process and alleviate her fears.

Source: Psychology Today
June 2011
**Family/Friends Support Groups**

Riverside County Dept. of Mental Health offers Support groups for families and friends of people with severe and persistent mental illness. These Support Groups are offered throughout the County of Riverside.

The County also offers the NAMI Family-to-Family Education Program. This program is a 12-week series of educational meetings for family members. There is NO COST TO YOU.

For information on dates, times, and location, please contact:

Riverside Co. Dept. of Mental Health
The Family Advocate Program
951 358-4987/1-800-330-4522

**Phone Phriends**

If you need someone to talk with:

**Leroy** 951 / 686-5047
6 a.m. to 9 p.m.

**Andie (Amanda)** 909 / 824 - 5385
9:30 a.m. to 7:30 p.m. (youth)

**Yen Cress** 951 / 315 - 7315
9 pm - 6 a.m. & Weekends

**Cathy Waechter** 951 / 529 - 8586
5 pm to 9 pm

---

**ANNOUNCEMENTS**

**Rancho Cucamonga DBSA**
Meets Thursdays
Contact: Gena Fulmer
909 / 367 - 8944 OR
email: genafulmer@yahoo.com

**DBSA - Loma Linda**
VA Medical Center, 2nd Floor
11201 Benton Street
Loma Linda
Thursdays, 6 to 8 pm.
909 / 327-6178

**DBSA Temecula**
Mark Monroe
951 / 551-1186

**DBSA Hemet**
Hemet Support group meets at Trinity Lutheran Church
Mondays, 5 to 7 pm.
951 / 658 - 0181 (Lyla)

**DBSA Riverside (Over-comers)**
Lake Hills Christian Center
12500 Indiana Avenue, Riverside
Ken Sharum
951 / 368-7713

**DBSA Alta Loma**
1st and 3rd Wednesdays
6 to 8 pm.
909 / 944-1964

**For Support People:**

NAMI - Riverside Mental Health Administration Building
4095 County Circle Dr. (off Hole Ave., near Magnolia)
7:00 pm, 1st Monday each month 951 / 369 - 1913 - Rosanna

**Calling all interested consumers!**

NAMI—In Our Own Voice:

We are looking for consumers who are interested in sharing their personal recovery stories. In Our Own Voice: Living With Mental Illness (IOOV) is a recovery-education program conducted by trained presenters for other consumers, family members, friends, and professional and lay audiences. Individuals need not be active in mental health advocacy at this time, but

- They have “been there.”
- They are able to present professionally.
- They are in recovery.
- They have the time to be trained.
- They believe in treatment, with medication as a component for recovery.
- They periodically present at 1½–2 hour workshops, during working hrs.

Stipends will be paid for presentations.

For more information, or to be put on a waiting list, please call:

Angela Sandoval, IOOV Coordinator
(951) 686-5484, ext. 120

A collaborative effort brought to you by:
—The Riverside County Mental Health Department—
—NAMI, Western Riverside County—
—Jefferson Transitional Programs—
About DBSA-Riverside

DBSA of Riverside is a support group for people who have depression or bipolar (manic-depressive) disorder and who have sought or are seeking treatment for their illness. DBSA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time is held at the home of JoAnn Martin on the Saturday afternoon following the last sharing meeting of each month to assemble the newsletter for mailing. Directions are printed on the lower left corner of the front page of this newsletter. You may reach JoAnn or Leroy at 951/780-3366. Our sharing meetings are held every Saturday of each week from 10:00 a.m. to 12:00 noon at the Riverside Mental Health Administration Building, 4095 County Circle Drive (off Hole Avenue near Magnolia), Room A. We welcome professional care providers and adult family members and friends. Please note our new area code - 951, effective on July 17, 2004.

MEMBERSHIP INFORMATION

Individual membership for the Depression and Bipolar Support Alliance of Riverside is $20.00 per year. This helps defray the cost of the monthly newsletter and helps pay for the cost of our meetings. Subscription to the newsletter is $10.00 per year. If you are unable to help financially, the newsletter may be sent upon request. Volunteers are always needed. If you would like to volunteer, please indicate below.

Mail to DBSA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE _________________ Please Print □ New □ Renewal

NAME __________________________________________ PHONE __________________

ADDRESS __________________________ CITY ______________ STATE ____

ZIP ___________ E-MAIL ADDRESS __________________________

Please check one of the following:

I have: □ Bipolar Disorder (Manic-Depression) □ Depression

I am a □ Family Member □ Professional

None of the above

Birth Date (Optional): Month _________ Day ______ Year ______

Enclosed is my payment for DBSA Membership _____ $20.00 (includes newsletter).

Enclosed is my donation of $ ___________ to help others receive the newsletter.

I would like a subscription to the newsletter only. $10.00 (12 issues per year).

I would like to volunteer my time and talent to help. □
HELP US KEEP COSTS DOWN

We're using a computer mailing list.
Print legibly so that mistakes can be avoided.

If there is an error or if you are receiving more than one newsletter, please let us know. Please help us keep costs down by making sure your name and address are correct.

Your help and patience are greatly appreciated.