



FLOURISH

Understanding and Preventing Mood Disorders

Hello Readers!

Welcome to our third issue of the newsletter. We really appreciate your feedback and encourage you to send your thoughts and contributions our way. Our aim is to offer participants and families information about how your help with the study translates into valuable mental health research. As well, our hope is to offer potential helpful mental health resources and tips.

Striving towards wellness can be challenging and at times can seem impossible. Many participants share a concern that they may encounter such challenges if they haven't already. Bipolar disorder (BD) is associated with the highest estimated heritability of all major psychiatric disorders. This means that the offspring of parents with BD are themselves at elevated risk for developing this illness. But we also know that genetic contributions are not the only factors that determine who we are and what our lives are like. The environments we live in, our personalities, our positive and negative experiences with others - just to name a few - can all interact with and affect our genes. For this reason, there are many important contributing factors to be considered and better understood. As mentioned in the last issue, one focus in our research is identifying and understanding more about biological indicators of vulnerability. These and other vulnerability traits are extremely helpful in understanding what risk factors are relevant to individuals with a family history of BD.

With so many factors to take into consideration and learn about, there is a lot of information to make sense of in the research! If you are interested in learning more about what findings have come out of the research, we'd like to suggest that for a brief overview you take a peek at Dr. Grof's guest editorial in the Canadian Journal of Psychiatry [Investigating Children at High Risk for Bipolar and Psychotic Disorders: Findings and Implications](#). For a more comprehensive explanation and for more details, see Dr. Duffy's piece in the same journal, [The Early Natural History of Bipolar Disorder: What We Have Learned From Longitudinal High-Risk Research](#).



LINKS AND RESOURCES

Electronically accessible information you may find helpful:

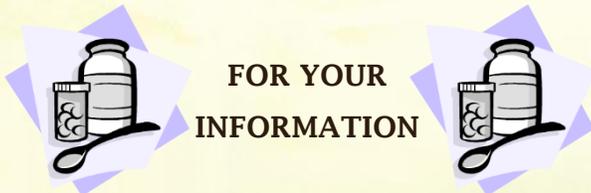
- International Society for Bipolar Disorder (ISBD) (www.isbd.org)
- International Group for the study of lithium-treated patients (IGSLI) (www.igsli.org)
- Child & Adolescent Bipolar Foundation - CABF (www.bpkids.org)
- The Stanley Medical Research Institute (SMRI) (www.stanleyresearch.org) Mental Health Association: <http://www.cmha.ca>
- Lithium Information Center of the Madison Institute of Medicine (www.miminc.org)

RESEARCH RESULTS

What Has Been Happening

We mentioned several upcoming research events in the spring newsletter and we're pleased to report a few more.

Dr. Duffy will join professionals from the multiple disciplines involved in the study of the mental health of children and caring for children with mental health problems at the 20th World Congress of IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions) in Paris this July. The theme, Brain, Mind and Development, aims to explore the consequences entailed by the advances made by the neurosciences in understanding the functioning of the mind and in treating its disorders. As well, Dr. Grof and Dr. Duffy will be part of the 26th IGSLI (International Group for the Study of Lithium Treated Patients) conference in Berlin this September. Dr. Duffy has been invited to present at the Mood and Anxiety Disorders 12th Annual Conference in Kingston, Ontario in November.



FOR YOUR INFORMATION

There are countless medications that are used to treat mood disorders and other psychiatric difficulties. We will include information on different medications in each newsletter. Please follow the link below to read medication information about lithium:

[Medication Information - Lithium](#)

While most commonly used to treat patients who suffer from bipolar disorder, lithium has also been shown to effectively reduce the risk of suicide. This very unique and significant property of the drug is further explained in [The Anti-Suicidal Effect of Lithium and Clinical Implications for Affective Disorders](#).



WHAT DO YOU KNOW ABOUT BIPOLAR DISORDER?



Whether you have or know someone with bipolar disorder or not, you may wish to learn more about the misleading myths that contribute to the perception of the illness, as well as about the facts that debunk these myths.

[Myths and Facts about Bipolar Disorder](#)

WE WANT TO KNOW!

Do you have any comments, questions or suggestions? Is there anything you would like to see in future newsletters? We invite and welcome your feedback ☺ Please direct your responses to newsletter editor-in-chief Shannon McCloskey. Thanks for reading!

CONTACT US

Mood Disorders Centre of Ottawa

General Inquiries:

Suite 202, 1929 Russell
Ottawa, Ontario
K1G 4G3

Phone: 613-526-3091
Fax: 613-526-3092
Email: office@mdco.ca

Ottawa Site Research Coordinator

Shannon McCloskey
Email:
shannon_mccloskey@mdco.ca

Centre for Clinical Research Halifax

***NEW LOCATION!**

General Inquiries:

Department of Community
Health and Epidemiology
5790 University Ave, 2ND floor
Halifax, Nova Scotia
B3H 1V7

Phone: 902-494-4216
Fax: 902-494-1597
Email: sarah.doucette@dal.ca

Halifax Site Research Coordinator

Sarah Doucette
(e-mail above)