



Mood  
Disorders  
Centre of  
Ottawa



# FLOURISH

## Understanding and Preventing Mood Disorders

### Hello Readers!

Welcome to our winter newsletter. This has been a busy fall and winter season, as we have been catching up with many of our study participants. We continue to recruit new relatives in existing families this winter as well as to catch up with all of you in the study and we look very much forward to seeing you. If you know of a family member who might be willing to join the study, please don't hesitate to let us know and we can explore the possibilities. Thank you so much for your participation and support!



### Bipolar Disorder and Movies



Because of their power to portray and heal, movies have found their way into healthcare. They can be easily utilized to illustrate and

teach characteristic symptoms of bipolar disorders and to increase awareness about them. And because a number of such movies also depict healing stories, since the 1930s they have been occasionally used as part of treatment, to facilitate self-acceptance, self-understanding and health. Follow the link to read the full article:

[Bipolar Disorder and Movies](#)



### LINKS AND RESOURCES

Electronically accessible information you may find helpful:

- Self-assessment tool that can be used as an online mental health check-up. May help identify some symptoms of mood and anxiety disorders, but is not a diagnostic tool:  
<http://www.mooddisorders.ca/program/check-up-from-the-neck-up>
- United States National Library of Medicine (PubMed Central) <http://www.ncbi.nlm.nih.gov/pmc/> For a free full-text archive of biomedical and life sciences journal literature at the U.S. National Institutes of Health's National Library of Medicine (NIH/NLM)
- The Family Association for Mental Health Everywhere (FAME) provides a facilitation of hope, acceptance, recovery and education. Their goal is to teach family members to embrace self-care and individual responsibility: [www.fameforfamilies.com](http://www.fameforfamilies.com)

## RESEARCH RESULTS

### What Has Been Happening

Dr. Duffy recently presented at the Mood and Anxiety Disorders 12th Annual Conference in Kingston, Ontario at the end of November. There are several research articles currently being drafted to submit in the New Year. With so much appreciation for your help, we continue to collect saliva samples to investigate the presence and effect of cortisol, which is a hormone that is related to stress.

### WHAT CAN YOU DO TO IMPROVE RESILIENCE?

With or without a mood disorder, it is beneficial to engage in approaches to boost mood and mental health. This helps to strengthen your resilience when faced with life stressors. Follow the link to read the article [Keep Your Blood Sugar Balanced to Improve Mood](#)



### 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 modafinil (Brand name: Alertec)

Medication Information – [Modafinil](#)



### 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

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