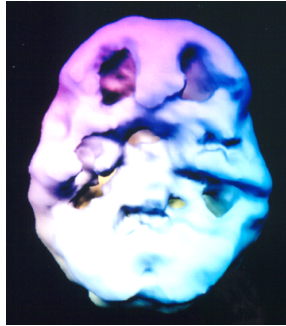


COREPSYCH RADIO #7 APRIL 9, '09  
THURSDAYS 4 EST, 3 CST, 2MST, 1PST



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Review Last week: ADHD and Depression – missing the cognitive piece

Program 7: Today – Is It AD/HD, Bipolar, or Both?

- a. The Diagnostic Challenge: Biology More than Psychology
  - i. Mood Disorder,
    - 1. 'Not' Primarily Cognition\_\_\_\_\_
    - 2. 'Not' Primarily Impulsivity\_\_\_\_\_
  - ii. Cognition Changes \_\_\_\_\_
    - 1. Sleep\_\_\_\_\_
    - 2. Drug Reactions: Stim with Depress\_\_\_\_\_
    - 3. Substance abuse\_\_\_\_\_
    - 4. Malnutrition\_\_\_\_\_
    - 5. Immune conditions: Gluten/Corn\_\_\_\_\_
    - 6. PTSD\_\_\_\_\_
    - 7. Estrogen Dominance\_\_\_\_\_
    - 8. Industrial toxins\_\_\_\_\_
    - 9. Thyroid TSH and the Am Soc Endo\_\_\_\_\_
- b. Bipolar I: Shopping and Sex – Differential Depression
  - i. Shopping for the neighborhood \_\_\_\_\_
  - ii. Art Buchwald\_\_\_\_\_
  - iii. Sex\_\_\_\_\_
  - iv. Impulsivity becomes cyclic\_\_\_\_\_
  - v. Tx: Must turn off the brain\_\_\_\_\_
- c. Bipolar II: The Refractory Depression
  - i. Shopping to fill the hole in my heart\_\_\_\_\_
  - ii. Comorbid ADHD\_\_\_\_\_
  - iii. Drugs and ETOH\_\_\_\_\_
  - iv. Watch for Clint Eastwood: More Explosive\_\_\_\_\_
  - v. Sleep and Paranoia \_\_\_\_\_

- vi. Post Partum Depression – Estrogen\_\_\_\_\_
- d. Differentiate from ADHD\_\_\_\_\_
- e. May Include ADHD\_\_\_\_\_
  - i. ADHD predominantly cognitive\_\_\_\_\_
  - ii. Bipolar Moods more explosive and dangerous\_\_\_\_\_
  - iii. Both Can have Associated Sleep problems\_\_\_\_\_
  - iv. History in School\_\_\_\_\_
  - v. Bipolar is less contextual\_\_\_\_\_
  - vi. Bipolar lasts longer\_\_\_\_\_
  - vii. ADHD and Bipolar Often assoc; with TBI\_\_\_\_\_
- f. Brain function: SPECT images demonstrate significant subsets
  - i. Examples\_\_\_\_\_
- g. Medications have specific applications and many problems
  - i. Mood stabilizers: Antiepileptics\_\_\_\_\_
    - 1. Trileptal\_\_\_\_\_
    - 2. Neurontin\_\_\_\_\_
    - 3. Depakote Generic/Breakfast blood 50-100 mcg/ml  
pref: maintain 80, may need to go to 150\_\_\_\_\_
  - ii. Lithium: World Congress of Brain Toxicology\_\_\_\_\_
    - 1. mEq/L = .3 - .8 up to 1.0\_\_\_\_\_
  - iii. Mood stabilizers: Atypicals
    - 1. Zyprexa\_\_\_\_\_
    - 2. Risperdal\_\_\_\_\_
    - 3. Seroquel\_\_\_\_\_
    - 4. Abilify 3<sup>rd</sup>  
Generation\_\_\_\_\_
  - iv. May mix Antidepressants with Mood or ADHD
    - 1. Issue is sequence\_\_\_\_\_
    - 2. First Mood stabilizer\_\_\_\_\_
    - 3. ~Then antidepressant\_\_\_\_\_
    - 4. ~Then Stimulant\_\_\_\_\_
    - 5. Always sleep = 8.25 TAH Total Ave Hrs\_\_\_\_\_

Notes:

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