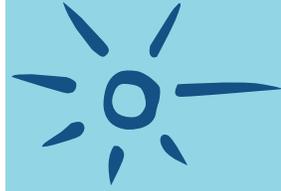


In the Mood



A Newsletter for the Friends of the Fuqua Center for Late-Life Depression
Wesley Woods Center of Emory University

Volume 2, Issue 2
Summer 2003

We all know the physical benefits of exercising: lower weight, stronger heart, and better flexibility, among others. But **DID YOU KNOW THAT EXERCISE CAN HAVE A POSITIVE IMPACT ON YOUR MENTAL HEALTH?**

Studies show that moderate physical activity can improve mood and help prevent or lessen feelings of depression. Regular exercise also has positive effects on other symptoms of depression, like reducing stress and anxiety, boosting self-esteem and improving sleep quality.

Studies may disagree on what type of exercise is best, but all agree that everyone can perform some sort of beneficial exercise regardless of age or ability. Experts suggest that when starting an exercise program, one should keep in mind what physical activities he or she enjoys and if group or individual activities are preferred. If you like the activity, exercise will be fun and not a chore, and you will be more likely to get the mental health benefits. Feeling better about yourself can happen after the first workout! Remember to check with your doctor before beginning an exercise regimen if you have medical conditions such as diabetes or heart disease.

To get the maximum physical and emotional benefit, exercise is recommended for 20-30 minutes three or more times per week. Get a jump-start on your exercise program with the Wesley Woods walking group! The Center for Health in Aging offers a walking group for all abilities every Tuesday at 9 a.m. at the Health Center entrance. For more information, call Adrienne Lloyd at (404) 728-6981.

Tips for Summer Exercise

- ☀ **Exercise in the early morning or evening to avoid the hottest part of the day**
- ☀ **Wear loose, light colored clothing**
- ☀ **Wear a protective hat or sunscreen**
- ☀ **Stretch your muscles before and after to avoid pain and soreness**
- ☀ **Pay attention to the body's warning signs; if you feel like you need a break, you probably do**
- ☀ **Stay hydrated! Drink water before, during, and after your workout**





Fuqua Center for Late-Life Depression Director's Note

Who to call



To make an appointment at the Fuqua Center for Late-Life Depression, contact Shannan Hambrick at (404) 728-6302.

For more information on ECT at Wesley Woods, contact Jocelyn Porquez, FNP at (404) 728-6469.

For more information on the Fuqua Center or community education activities, call toll-free at (877) 498-0096.

For more information on telemedicine, contact Eve Byrd, FNP, MPH at (404) 728-4981.

For more information on community clinical services, call (404) 728-6302.

For newsletter comments or inquiries, contact Shannon Tuohy at (404) 728-4558.

For more information about Transitions Senior Program, a day treatment program at Wesley Woods, please contact Ed Lawrence at (404) 728-6975.

A June 18, 2003 article in the Journal of the American Medical Association cited that 34 million Americans will suffer a severe depression in their lifetime, but only one in five will receive adequate medical treatment. That statistic shows a growing need for more widely available mental health services. Recently a member of Congress stepped up to urge the government to do something about it.

In May of this year, Rep.

Patrick J. Kennedy of Rhode Island reintroduced a very important piece of legislation concerning older adults: The Positive Aging Act (HR 2241). The focus of this bill is to improve older adults' access to mental health services and the quality of those services.

The proposed initiative would call for mental health screening and treatment at primary care offices that serve a geriatric population, which

would markedly improve access in rural areas where geriatric psychiatrists are scarce. Screening for mental illnesses would also be made available at senior centers, adult day programs, and other facilities.

The Fuqua Center supports this landmark legislation and urges you to contact your representative with your support. To send a letter to your representative, visit the website of the American Association of Geriatric Psychiatry at www.aagpgpa.org.

William M. McDonald, M.D.

Director, Fuqua Center
for Late-Life Depression

Treatment Options

While medications for depression, called antidepressants, have been used since the 1950s, one of the newer classes of anti-depressants is the selective serotonin reuptake inhibitors (SSRIs).

SSRIs were developed based on the notion that the reason that people are depressed is because there is too little of the neurotransmitter serotonin that reaches its target receptor. SSRIs work by blocking the reabsorption of serotonin so that more serotonin is available to activate receptors, which has an antidepressant effect.

The SSRIs include Celexa, Lexapro, Luvox, Paxil, Prozac, and Zoloft.

SSRIs are as effective as the older classes of antidepressants, like monoamine oxidase inhibitors and tricyclics. However, they have fewer side effects. SSRIs do not require bothersome diet restrictions, or cause side effects like hypotension, blurred vision, constipation, sedation, and the effects on the heart that the older antidepressants may cause. While fairly expensive, medication assistance programs may be available for qualified patients.

See our website for more information on all classes of antidepressants at <http://fuqua.emoryhealthcare.org>.



SYMPTOMS OF DEPRESSION

- :-(Feeling sad or numb
- :-(No interest or pleasure in things you used to enjoy
- :-(Crying easily or for no reason
- :-(Feeling slowed down or feeling restless and irritable
- :-(Feeling worthless or guilty
- :-(Change in appetite; unintended change in weight
- :-(Trouble recalling things, concentrating or making decisions
- :-(Headaches, backaches or digestive problems
- :-(Problems sleeping, or wanting to sleep all of the time
- :-(Feeling tired all of the time
- :-(Thoughts about death or suicide



Community Education

Referral Network

In this issue of *In The Mood*, The Fuqua Center would like our readers to know our Referral Network has a new design! The Referral Network was reorganized to compliment the 12 Area Agencies on Aging (AAA) of the Georgia Department of Human Resources Division of Aging Services. The reorganization of the Referral Network was a result of the strong partnership between the AAAs and the Fuqua Center. Both organizations have a common mission to improve access to Mental Health Services for older adults throughout the state of Georgia. In the upcoming issues, we will continue to highlight outstanding members of the Network, and as always, the Referral Network can be found on the website at <http://fuqua.emoryhealthcare.org>.

Living Well

The Fuqua Center has developed an educational film series entitled "Living Well: A Treatment Series". The film series includes five videos reviewing several treatment options for depression including The Use of Psychotherapy, Anti-Depressant Medications, The Importance of Exercise, Modern Day ECT, and The Research of TMS.

The series includes interviews with patients, health care providers, and other professionals, and is a must for any individual, caregiver or clinical practice working with older adults. The videos are available through the website at <http://fuqua.emoryhealthcare.org> and can be purchased individually or as a set. Just click on Fuqua Education Products and order yours today!

NONDRUG TREATMENT FOR DEPRESSION WITH PARKINSON'S DISEASE

Emory researchers are seeking people with both Parkinson's disease and depression who have not responded to medication for a research study involving an investigational treatment called transcranial magnetic stimulation (TMS).

The study examines whether TMS improves depression symptoms as well as Parkinson's disease symptoms.

For information call Larisa Slaughter at 404-321-6111 Ext. 7099.

Have you heard?



THE FUQUA CENTER WELCOMES Lauren Scudder, RN, MSN, FNP and Kimberly Beyer, BS to its team! Ms. Scudder is the coordinator of community clinical services, in which she provides psychiatric care at local assisted living facilities. Ms. Beyer will be coordinating studies on depression for the research department.

GROUP THERAPY IS OFFERED through the Fuqua Center and the Transitions Senior Program. The group meets once per week for six weeks on a rolling basis at the Fuqua Center. There is no charge for this service. Call Shannan Hambrick at (404) 728-6302 for more details and to sign up.

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If you would like to receive this newsletter, or stop receiving it, please call (404) 728-4558 or e-mail fuquacenter@emory.edu.
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Hot Topic: Telemedicine

TELEMEDICINE IS A CUTTING-EDGE APPROACH TO PSYCHIATRY that uses a computer complete with video and audio to link two medical facilities by a DSL connection.

DID YOU KNOW

that the entire June 18th issue of the Journal of the American Medical Association was about major depression? Check it out at your local library, or online at www.jama.com.

In partnership with BeBetter Networks, Inc. and Bellsouth, The Fuqua Center for Late-Life Depression has established Georgia's first Geriatric Psychiatry Telemedicine Service.

Telemedicine is a cutting-edge approach to psychiatry that uses a computer complete with video and audio to link two medical facilities by a DSL connection. In this way, a patient can be at their local practitioner's office outside Atlanta but interact with and be evaluated

by geriatric psychiatrist Dr. William McDonald at the Fuqua Center in real time through the computer.

The Fuqua Center's newest telemedicine site is in Chatooga County at Trion Medical Center in Trion, GA. To make an appointment at Trion Medical Center for a telemedicine evaluation, call (706) 734-2003.

The Fuqua Center is seeking partnerships in rural or underserved areas for telemedicine.

For more information, please call Eve H. Byrd, RN, MSN, MPH, FNP at (404) 728-6302.



HOT TOPIC

EMORY HEALTHCARE

Fuqua Center for Late-Life Depression

Wesley Woods Health Center, 4th Floor
1841 Clifton Rd., NE
Atlanta, GA 30329



Facts about depression
Treatment options
How to learn more