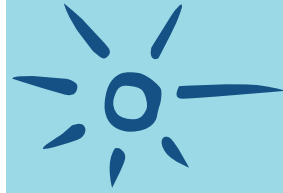


In the Mood



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

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IT IS WELL KNOWN THAT DEPRESSION INCREASES THE RISK OF MANY DISEASES. HEART DISEASE, THE NUMBER ONE KILLER OF BOTH MEN AND WOMEN IN AMERICA, IS ONE OF THOSE DISEASES. On average, 18 to 20% of patients with coronary artery disease who have not suffered from a heart attack experience depression. This number jumps to between 40 and 65% of patients when a heart attack is experienced.

Depression can be caused by psychological reactions to chronic illness or by the physical changes to one's body as a result of the illness. When an individual experiences enough stress from the chronic illness a depressive episode can be triggered. Anyone, especially older adults, afflicted with a chronic illness such as heart disease is forced to undergo adjustments to their lifestyle. As a result, people often experience decreased mobility and independence. They also begin to view themselves and their relationships with others differently.

Not only are those who have heart disease at risk for developing depression but also those who suffer from depression are twice as likely to develop heart disease. Depression increases patients' risk of death from illness and interferes with their ability to rehabilitate.

Studies of nursing home patients with physical illnesses have shown that the presence of depression substantially increased the likelihood of death from those illnesses. Depression also has been associated with increased risk of death following a heart attack. For that reason, making sure that an elderly person you are concerned about is evaluated and treated is important, even if the depression is mild.

Depression in people with heart disease is treated similarly to other types of depression. People who get treatment for depression that occurs at the same time as a chronic disease often experience an improvement in their overall medical condition, a better quality of life, and are more easily able to stick to their treatment plans.



SYMPTOMS OF DEPRESSION

- :-(**Feeling sad or numb**
- :-(**Crying easily or for no reason**
- :-(**No interest or pleasure in things you used to enjoy**
- :-(**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**



Fuqua Center for Late-Life Depression Director's Note

Who to call



To reach the Fuqua Center, please call (877) 498-0096.

For appointments, ask for DeAngelia Igodan.

For information on ECT, ask for DeAngelia Igodan.

For information on depression or community education, ask for Laura Britan.

For community clinical services ask for Patty Joy.

For telemedicine, ask for Eve Byrd, FNP.

For newsletter comments or inquiries and for research opportunities, ask for Kim Beyer.

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

CHECK OUT OUR WEBSITE:
<http://www.emoryhealthcare.org/departments/fuqua/>

THE FUQUA CENTER FOR LATE-LIFE DEPRESSION RECEIVED GOOD NEWS from Karen Bacheller, Community Care Service Program Section Manager, Georgia Department of Human Resources Division of Aging Services. Ms. Bacheller oversees the Community Care Services Program (CCSP), a program which allows frail seniors with Medicare and Medicaid to stay in their homes to receive care instead of moving into nursing homes. The program provides older adults an option to nursing home placement while saving the state of Georgia money.

Eve Byrd, MSN, MPH and Laura Britan, MPH from the Fuqua Center realized this was a high-risk group for depression. These older adults have multiple medical problems which put them at risk physiologically and psychologically for a depressive

illness. Cathie Berger, Chief Division of Aging, Atlanta Regional Commission and Catherine Ivy, Visiting Nurse Health System/ Metro Atlanta CCSP agreed to work out a plan

Thanks to recent work with Community Care Services Program, more older adults in Georgia are receiving evaluation and treatment for depression.

to train case managers who are responsible for the care of 1500+ frail older adults in the metro Atlanta area to assess for depression, suicidal ideation and assist the older adults in obtaining treatment. The project initially funded by the American Foundation for Suicide Prevention was a great success! Approximately 61% of 2500+ CCSP recipients were identified

with depression and almost 200 older adults who were not receiving treatment prior to the project are now being treated.

Realizing this project could help all of Georgia's older adults, Ms. Berger encouraged the Fuqua Center to present the project to the Georgia Department of Human Resources. Ms. Bacheller then made the decision that the project needed to go statewide. The Fuqua Center has kicked off the project in southeast and southwest regions of the state, reaching approximately 2000 older adults. This is good news for older Georgians who now will receive healthcare for all of their medical problems- including depression! Many thanks to Karen Bacheller, Cathie Berger, Catherine Ivy and our new partners in South Georgia who are willing to "think outside the box" to provide state of the art treatment for their clients. We should all be proud of what the CCSP program is doing for Georgians.

William M. McDonald, M.D.

Director, Fuqua Center for Late-Life Depression



Dr. William McDonald with celebrity panelist Art Buchwald at "An Evening with The Blues Brothers: A Panel Discussion on Depression". Other celebrity panelists included Mike Wallace and Pulitzer Prize winning author William Styron.

"The Blues Brothers" Speak Out

Mike Wallace, co-anchor of CBS "60 Minutes" and owner of 20 Emmy Awards, along with humorist Art Buchwald and author William Styron, both Pulitzer Prize winners, were the celebrity panelists for "AN EVENING WITH THE BLUES BROTHERS: A PANEL DISCUSSION ON DEPRESSION," held April 27 at the Skyland Trail treatment center.

Speaking to a crowd of 400, the trio shared stories about their own struggles with depression, how depression affected their careers, how their families dealt with it, and how they sought treatment. Tom Johnson, retired Chief Executive



Community Education

Fuqua Referral Network

To access a list of providers in your area, visit the Fuqua Referral Network on our website at <http://www.emoryhealthcare.org>.

Mental Health and Aging Policy Committee

The Fuqua Center for Late-Life Depression and The Center for Health in Aging at Wesley Woods partnered to form the Mental Health and Aging Policy Committee, a true coalition of individuals representing organizations committed to aging and mental health. The purpose of this committee is to gather and discuss mental health and aging issues affecting Georgia's elders and to advocate for change in Public Policy to improve mental health services for Georgia's elders. Meetings will be held quarterly on Wednesday mornings from 8–9am at the Wesley Woods Health Center 5th Floor. Dates for 2004 include June 23, September 15, December 8, and also March 16, 2005. For information, please contact Laura Britan at 404-728-6876.

National Depression Screening Day

Have you been feeling consistently moody or sad? Can't relax or concentrate? Been alternating between highs and lows? Have you been troubled by unexplained aches and pains? Are you unable to eat or sleep? If so, you may be suffering from a mental health disorder. On October 7th, 2004, as part of The National Depression Screening Day, The Fuqua Center for Late-Life Depression, Budd Terrace of Wesley Woods and The Emory Mood and Anxiety Disorders Program of Emory University will offer free mental health screenings for a range of common emotional situations that often go undiagnosed and misunderstood. The program will offer individuals a free and anonymous depression and/or anxiety screening, information about depression and anxiety, a brief private talk with a mental health professional, and a referral, if needed, to local treatment services. This event is free and open to adults ages 18 and over. For more information, please call The Fuqua Center for Late-Life Depression toll free at 1-877-498-0096.



WELCOME TO OUR NEW EMPLOYEES AT THE FUQUA CENTER!

Nancie Vito, BS/BA joined the Fuqua Center staff in May. She will serve as a Research Project Coordinator.

Paul Holtzheimer, MD will be joining the Fuqua Center in August. He will be spending most of his time working with our TMS studies.

Officer of CNN and who has also battled depression, was the panel moderator.

Joining "The Blues Brothers" on stage were Emory physicians, Charles B. Nemeroff, MD/PhD and William M. McDonald, MD who discussed depression from a clinical standpoint and fielded audience questions about treatment options and research. "About 90% of what we now know about the brain we learned in the last decade," stated Dr. Nemeroff, "so we are on the verge of a tremendous breakthrough. It's not a wild thought to think that in the not-too-distant future, we will be able to practice preventive psychiatry the same way we practice preventive medicine."

One of the largest hurdles in healing is social stigma. Nearly two-thirds of depressed people do not get proper treatment. In many

cases, it is because they are afraid or ashamed to admit to what is often perceived as a personal failing. The opportunity to help dismantle that stigma was what lured Wallace, Buchwald, and Styron to Atlanta.

"These are all prominent, successful men," said Dr. McDonald, "and if people can see that they have depression, get it treated and then still function, that goes a long way to taking away the stigma."

To order a copy of the discussion on VHS (\$15.95) or DVD (\$20.95), contact Sara Parker at (404) 728-6309, or email sparke@emory.edu.

A FOND FAREWELL to Shannon Tuohy and Jocelyn Porquez. Ms. Tuohy left the Fuqua Center in May after 3+ years of service to attend nursing school. Ms. Porquez left the Fuqua Center in June after more than 3 years of service to pursue other career opportunities. Thanks to both for their hard work, enthusiasm and dedication.



Go On and Live: Delta Burke

DELTA BURKE IS A TWO-TIME EMMY AWARD-NOMINATED ACTRESS, famous for her roles as “Suzanne Sugarbaker” on the show **Designing Women**, and more recently, her Broadway performance in **Thoroughly Modern Millie**. What many do not know, is that Delta Burke is a long-time depression sufferer. The good news is that Delta has been able to manage her condition and is now committed to helping others do the same.

Speaking to a large crowd on the Emory campus Friday, June 18th, Delta shared her emotional story of her battle with depression and addressed questions from the audience. “There are so many people out there who have accepted sadness and isolation as a way of life,” says Burke, “but I’m living proof that it doesn’t have to be that way!” Joining the panel discussion was Cheryl Josephson, Executive Director of the National Mental Health Association of Georgia, and our own Dr. William McDonald. Dr. McDonald helped to explain the causes of

depression, identify the symptoms, and outline how people can manage the condition.

Delta’s commitment to helping others who suffer from depression and other mental illnesses led her to become involved in the GOAL! (Go On and Live) campaign, which brought this program to Emory. To learn more visit the website at: www.GoOnAndLive.com.

Many people do not know that Broadway’s “Thoroughly Modern Millie” is a long-time depression sufferer.



Delta Burke sharing her story on the Emory campus in June.

EMORY HEALTHCARE

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<http://www.emoryhealthcare.org/departments/fuqua/>

Facts about depression

Treatment options

How to learn more

