



# FLOURISH

## Understanding and Preventing Mood Disorders

### Hello Readers!

Welcome to our summer newsletter. We are happy to welcome graduate student Erika Sambo from Italy this summer. She will be here in Canada focusing on a review of our high risk research for her thesis paper.

As an update for families in the Ottawa area, we are pleased to announce that Maryam Nemati will now also be working with us as a counsellor, in addition to her role as a research assistant for the study.

Please email if you would like a copy of any research publications mentioned in the newsletter.



### 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. To learn more about relaxation techniques to help with stress relief, try [http://www.helpguide.org/mental/stress\\_relief\\_meditation\\_yoga\\_relaxation.htm](http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm)

It's a helpful site that explains deep breathing, mindfulness walking, progressive muscle relaxation, rhythmic exercise and more.



### 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. Follow the link below to read about fluoxetine (Brand name: Prozac)

**Medication Information – [Fluoxetine](#)**



### LINKS AND RESOURCES

**Electronically accessible information you may find helpful:**

- [www.kidshealth.org](http://www.kidshealth.org) KidsHealth is a website for information about health, behaviour, and development from before birth through the teen years. KidsHealth also provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens. A unique feature of the site is that it has sections for parents, for kids, for teens and for educators.
- Olympic medalist Clara's Big Ride is a 110-day national bicycle tour through every province and territory, beginning in Toronto on March 14, 2014 and concluding in Ottawa on July 1, 2014. Clara's Big Ride will help grow awareness, acceptance, and action to create a stigma-free Canada. <http://clarasbigride.bell.ca/en/>



## RESEARCH RESULTS

### What Has Been Happening

We have a couple new articles to mention. Recently published in the International Journal of Bipolar Disorders is **Immunological and neurotrophic markers of risk status and illness development in high-risk youth: Understanding the neurobiological underpinnings of bipolar disorder**. There has been a substantial literature linking mood disorders with altered immune functioning, in at least a subset of patients. Our research findings provide support for detectable differences in immune and neurotrophic markers in individuals at high risk of developing bipolar disorder and for detectable changes over the clinical stages of illness development.

A second publication is by Dr. Anne Duffy in *Minerva Psichiatria*, an Italian peer-reviewed journal of psychiatry, psychology and psychopharmacology. The article is titled: **The developmental trajectory of bipolar disorder: Is ADHD a risk syndrome?** This paper summarizes key findings with regard to the early clinical stages of bipolar disorder and addresses specifically the relationship with attention deficit disorder with hyperactivity (ADHD), often postulated as a risk syndrome.

#### *Excerpt:*

“There is increasing recognition that major psychiatric disorders, including bipolar disorder, evolve from non-specific early antecedents or risk syndromes. Given the substantial heritability of these disorders, longitudinal studies of offspring of affected parents over the risk period can map the natural history, identifying predictive risk syndromes and separate these from burden of illness effects. This information is critical to identifying genetically sensitive causal pathways and biomarkers and identifying early intervention targets.”



*Erika, Shannon and Maryam*

**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!

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