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Annual Meeting Sessions Highlight Heart Disease, Depression Connection

ARLINGTON, Va. (May 7, 2009) — Dean Ornish, M.D., known for promoting a low-fat diet to reverse heart disease, will discuss strategies for motivating people to make and maintain comprehensive lifestyle changes at the American Psychiatric Association Annual Meeting in San Francisco.

Ornish's presentation, a Frontiers in Science lecture on Thursday, May 21, is among several at the APA meeting that will delve into the relationship between mental health, depression and heart disease.

In his presentation, "The Power of Personalized Lifestyle Changes," Dr. Ornish will discuss strategies for motivating people to make and maintain comprehensive lifestyle changes and a method for personalizing lifestyle changes based on individual needs, genes and preferences. Dr. Ornish is founder and president of the nonprofit Preventive Medicine Research Institute in Sausalito, Calif., and a clinical professor of medicine at the University of California, San Francisco. He also is the author of several bestselling books including *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight & Gain Health* and *Dr. Dean Ornish's Program for Reversing Heart Disease*.

APA past-President Carolyn Robinowitz, M.D., will chair a symposium, "Matters of the Heart: Depression and Cardiovascular Disease," on Thursday, May 21, from 2 p.m. to 5 p.m., that includes four presentations exploring the relationship between depression and heart disease.

"Cardiovascular disease is still the number-one killer in the United States," Robinowitz said. "Treatments for depression are effective, and we are learning about their positive impact on the course of cardiovascular disease as well as the quality of life."

Other annual meeting topics that address cardiovascular issues as they relate to mental health include depression in African Americans and its association with cardiovascular risk factors, advances in psychosomatic medicine, and the metabolic effects of psychotropic medications.

Annual Meeting sessions (at the Moscone Center)

Monday, May 18

3 – 5 p.m.

Hall D, Exhibit Level

Differential Expression of Atypical Depression in African Americans and Its Association with Cardiovascular Risk Factors and Diseases

New Research Poster Session

Oreisa O'Neil M.P.H., Yu Dong, M.D., Ph.D., William B. Lawson, M.D., Ph.D., Douglas Levinson, M.D., Evaristus Nwulia, M.D., M.H.S.

Tuesday, May 19

9 a.m. - 12 noon Advances in Psychosomatic Medicine

Gateway Ballroom 102 Chair: *James L. Levenson, M.D.*

Update on Heart Disease and Psychiatry, *Peter A. Shapiro, M.D.*

Update on Psychopharmacology in GI Disease, *Catherine Crone, M.D.*

Legal Issue for Psychiatrists in Medical Settings, *James L Levenson, M.D.*

Psychopharmacology in the Medically Ill, *Stephen J. Ferrando, M.D.*

Severe Drug Reactions, *Stanley N. Caroff, M.D.*

Wednesday, May 20

11 a.m. - 12:30 p.m. Metabolic Effects of Psychotropic Medication

Rooms 272-276

Chair: *Julio Licinio, M.D.*

Do Cardiovascular Risk Factors Impede Antidepressant Treatment Response? *Dale D'Mello M.D.*

Depressive Symptoms and Risk for 10-Year Cardiovascular Morbidity and Mortality, *Hannu Koponen M.D., Ph.D.*

Weight Gain and Increases in Cholesterol, Triglyceride, and Glucose Levels in Schizophrenic Patients Treated With Clozapine, Olanzapine and Haloperidol, *Menahem Krakowski M.D., Ph.D.*

Thursday, May 21

11 a.m.-12:30 p.m. The Power of Personalized Lifestyle Changes

Room 308

Frontiers of Science Lecture

Dean Ornish, M.D.

2 – 5 p.m.

Room 308

Matters of the Heart: Depression and Cardiovascular Disease

Chairs: *Carolyn B. Robinowitz, M.D.*; *Charles B. Nemeroff, M.D. Ph.D.*

Heartache and Heartbreak: The Remarkable Relationship Between Depression and Cardiovascular Disease, *Nemeroff.*

Autonomic Imbalance, Depression and CAD: Facing Our Scotoma, *Lawson Wulsin, M.D.*

The Relationship Between Depressive Episodes and Acute Coronary Syndrome (ACS), *Alexander Glassman, M.D.*

The AHA Scientific Perspective: Is Depression an Independent Risk Factor for Cardiovascular Disease? *Erika Froelicher, R.N.*

Information on the meeting and the [scientific program](#) are now available. Online advanced registration for journalists is open. For more [information and to register](#) visit the APA online before May 8. On-site registration is available for working press with appropriate credentials.

About the American Psychiatric Association:

The American Psychiatric Association is a national medical specialty society whose more than 38,000 physician members specialize in diagnosis, prevention and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org.

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