

PSYCHIATRY NOTES

FALL/WINTER
2007

HOWARD R. BELKIN, M.D. AND BARBARA HERZIG BELKIN, M.D.
Psychopharmacology and Psychotherapy for Adults, Adolescents, and Children

HOWARD R.
BELKIN M.D.

BARBARA
HERZIG
BELKIN,
M.D.

*Psychopharmacology
and Psychotherapy
for Adults,
Adolescents, and
Children*

1137
HOLLAND
STREET
BIRMINGHAM
MI
48009

(248) 644-
3605

HOLLAND IS
LOCATED OFF OF
S. ADAMS, JUST
NORTH OF
LINCOLN

FOOD DYES AND PRESERVATIVES MAY MAKE JUNIOR ACT UP

As many parents with hyperactive children have long suspected, some artificial food colors and preservatives commonly found in snack foods may wind up some kids, investigators in England have recently found.

In a recent carefully designed controlled study, common food dyes and a preservative were found to increase hyperactive behaviors and inattention in three-year-olds and children eight and nine. Their findings "lend strong support for the case that food additives exacerbate hyperactive behaviors (inattention, impulsivity, and overactivity) in children at least up to middle childhood," the authors wrote.

The observed effects were relatively small, and the study's authors could not determine which food additives or combinations might account for the behaviors they observed.

DEPRESSION ECLIPSES OTHER DISEASES FOR POOR HEALTH STATUS

No individual chronic disease -- not angina, not arthritis, not asthma, not diabetes -- is more disabling than depression, according to a World Health Organization study.

In the World Health Survey of 245,404 patients ages 18 and older, from 60 countries in all regions of the world, respondents with depression had the lowest health score among all five chronic disease conditions.

Patients with depression plus even one chronic disease had the worst scores on a health survey, they added. Respondents with neither chronic disease nor depression had the highest health scores.

In reviewing the study's limitations, the researchers said that because the World Health Survey was cross-sectional, they could not determine what burden depression combined with other chronic diseases places on the health care system.

LATE-NIGHT TEEN CELL PHONE USE A THREAT TO SLEEP

Just because adolescents go to bed, that doesn't mean they stop calling and texting their friends, and that may leave them bleary-eyed in the morning, researchers have reported.

Adolescents who use their mobile phones for calling friends and sending and receiving text messages after bedtime awaken sleep-deprived and tired, Jan Van den Bulck, Ph.D. reported in the Sept. 1 issue of *Sleep*.

Heavy use of TV, internet, and computer games in the bedroom has been linked to reduced time in bed and to sleep disturbances, although adolescents often claim they need these media as "sleep aids."

The present study suggests that there are many more threats to adolescent sleep in the bedroom. As mobile phones become ever more complex (integrating radio, television, and MP3 technologies), the attraction to use them after lights out is likely to increase further, Dr. Van den Bulck concluded.

FOR OLDER ADULTS, HEALTHY BODY FOLLOWS HEALTHY MIND

Emotional well-being protects physical health for older adults, researchers said recently. Patients ages 70 to 79 with the fewest depressive symptoms were 37% less likely to develop any physical health problem over the next five years than those with more than a few symptoms at baseline. A recent study supports a link in health across mental, emotional and physical domains.

HOWARD R. BELKIN M.D

BARBARA HERZIG BELKIN, M.D.

Psychopharmacology and Psychotherapy for Adults, Adolescents, and Children

1137 HOLLAND STREET

BIRMINGHAM, MICHIGAN 48009

(248) 644-3605

Located off of S. Adams, North of Lincoln