SANJAY MATHEW, M.D.
Dr. Mathew is Associate Professor of Psychiatry and Behavioral Sciences at Baylor College of Medicine and holds the Marjorie Bintliff Johnson and Raleigh White Johnson, Jr. Chair for Research in Psychiatry. He also is a staff physician at the Michael E. DeBakey VA Medical Center, where he directs a depression and anxiety disorder research program. His areas of expertise include the treatment of severe depression and anxiety and biomarker research. His recent research has focused on the use of rapid-acting antidepressants to treat depression in patients who have not responded well to other treatments. He is board-certified by the American Board of Psychiatry and Neurology and is a member of several professional societies, including the Anxiety and Depression Association of America and the American College of Neuropsychopharmacology. Dr. Mathew earned his medical degree from Baylor College of Medicine and completed his residency at the New York State Psychiatric Institute and a fellowship at Columbia University College of Physicians and Surgeons.

DIANE TREADWELL-DEERING, M.D.
Dr. Treadwell-Deering is Associate Professor of Psychiatry, Pediatrics and the Center for Medical Ethics and Health Policy at Baylor College of Medicine and is a psychiatrist with Texas Children’s Hospital Autism Center. Her fields of expertise include autism spectrum disorder and Fragile X Syndrome, which is an inherited condition associated with intellectual disability and autism. She is Co-Medical Director of Texas Children's Fragile X Clinic. She is a member of the American Academy of Child and Adolescent Psychiatry, the Harris County Medical Society and the National Fragile X Clinic and Research Consortium. Dr. Treadwell-Deering earned her medical degree from The University of Texas Medical Branch at Galveston and completed residency and fellowship at the University of Texas Health Science Center at Houston.

STUART YUDOFSKY, M.D.
Dr. Yudofsky is nationally recognized for his research and clinical practice in psychopharmacology and neuropsychiatry for the treatment of mood and behavioral changes associated with brain disorders such as stroke, Alzheimer’s disease, multiple sclerosis and traumatic brain injury. For more than a quarter century, he served as editor of *The Journal of Neuropsychiatry and Clinical Neurosciences*, and he was the author/co-author of numerous scientific articles and book chapters. He also authored or edited/co-edited more than 48 medical books, including two of the standard reference textbooks in this field. In 2014, he received the inaugural Gary J. Tucker, M.D. Award for Lifetime Achievement in Neuropsychiatry from the American Neuropsychiatric Association. In October 2015, Dr. Yudofsky received the Lishman Award in Jerusalem from the International Neuropsychiatric Association, given every two years for outstanding achievement in neuropsychiatry. Dr. Yudofsky, a Baylor College of Medicine alumnus, retired from Baylor at the end of 2015, after serving as chair of the Menninger Department of Psychiatry and Behavioral Sciences and Distinguished Service Professor and holding the Beth K. and Stuart C. Yudofsky Presidential Chair in Neuropsychiatry.
IMPROVE YOUR MOOD

The blues, a funk or a bad mood—whatever you want to call them—are not uncommon feelings, but Dr. Sanjay Mathew offers tips to improve your outlook.

• LIGHT EXPOSURE  Research shows exposure to light can be mood-elevating. Take advantage of situations where you can go outside for a walk or get fresh air—this can be an immediate way to elevate your mood.

• EXERCISE  This has a very potent effect on mood and anxiety. Daily exercise is best, but even short bursts can be beneficial. Take the stairs instead of the elevator.

• TALK IT OUT  If stress is the source of your bad mood, consider reaching out for social support. The act of talking to others about something can be helpful.

• AVOID DAMAGING HABITS  Avoiding excessive alcohol consumption, use of sleep medications or caffeine can improve your mood and stress level.

• SOCIAL INTERACTION  The act of interacting with others can decrease the aloneness that you feel.

• WRITE IT DOWN  Journaling your thoughts can be therapeutic.

• LEARN SOMETHING NEW  Staying mentally sharp is a great way to improve your mood. Taking a yoga or cooking class or learning a second language are some ideas.

• SEEK HELP  If you’ve tried these tips but still find yourself decreasing your socializing and cutting yourself off from others, it can be a red flag to seek out help from a professional.

RESEARCH UPDATE
Ketamine Found to Have Rapid Antidepressant Effects

Low doses of ketamine, a commonly used anesthetic, relieved symptoms of treatment-resistant major depression rapidly—but not permanently—in a randomized clinical trial of patients at the Michael E. DeBakey Veterans Affairs Medical Center and Baylor College of Medicine and at the Icahn School of Medicine at Mount Sinai in New York.

Seventy-three patients took part in the study with about two-thirds receiving ketamine and one-third receiving an active placebo.

Researchers found that 24 hours later, 64 percent in the ketamine group showed a favorable antidepressant response.

What’s more, after seven days, many of the patients who received ketamine continued to benefit from the treatment, although there was a decrease in benefits by day seven. Researchers then studied the subgroup of patients who did well at day seven to see how long they remained depression-free and found that a small group of patients were able to remain depression-free for an additional four weeks.

Research leader, Dr. Sanjay Mathew, notes that although there is still much to learn about the role of ketamine in treatment-resistant depression, the findings thus far are promising.

STUDIES ENROLLING ON MENTAL HEALTH

Baylor College of Medicine is participating in two large-scale clinical trials funded by the National Institutes of Health to investigate whether specific drugs could be effective treatments for people with depression and other mood and anxiety disorders. If you are between the ages of 18 to 70, you may be eligible for one of these studies.

If you would like to discover new treatments for these conditions, please email mood@bcm.edu or call 713.798.9856.

If you would like to help researchers learn more about bipolar disorder, please email mood@bcm.edu or call 713.798.9856.
DID YOU KNOW?

Autism spectrum disorder...
• Is currently estimated to affect 1 in 68 children and 1 in 42 boys, representing a 30 percent increase over figures from three years ago.
• Is the fastest-growing serious developmental disability in the U.S., affecting more children than childhood cancer, juvenile diabetes, and pediatric aids combined.
• Costs a family $60,000 a year on average.

• Can be reliably diagnosed in children as young as 18 months.
• Has no medical test or cure.

The Autism Center at Texas Children’s Hospital...
• Sees more than 2,000 children each year for diagnostic evaluations and ongoing clinical care.
• Has increased the number of new diagnostic appointments by 80 percent since 2012.
• Includes a multidisciplinary team of developmental pediatricians, psychologists, neurologists, psychiatrists, and social workers.
• Collaborates in some of the most prominent research studies related to genetics, biomarker discovery, therapeutics, epidemiology, and clinical care of children with autism spectrum disorder.

Work Being Done at the Autism Center
Autism Center faculty have been involved in numerous research studies focused on understanding the causes, course, and treatments for autism spectrum disorder (ASD). A few of these include:

The Autism Treatment Network: A clinically focused effort to develop best practices for the comprehensive assessment and long-term care of children with ASD.

The Simons Simplex Collection: A multi-site, North American repository of clinical and genetic data on more than 2,700 children with ASD and their immediate family members.

The Simons Variation in Individuals Project: A genetics-first approach to understanding connections between genes, the brain, and behavior among children with ASD and related genetic mutations.

Autism Spectrum Disorder, Birth Cohort 1976–2000, Epidemiology and Adult Status: A project led by the Mayo Clinic to understand population-based prevalence of ASD and follow outcomes into adulthood.

Families are reminded of our TOP 5 REASONS to participate in autism research:

1. Families may learn additional information that informs their children’s medical care, therapies, and educational programming.

2. Research is the only way to discover the causes of autism.

3. Research allows us to explore ways to detect autism at the earliest ages so that helpful interventions can be started.

4. Families may feel good about contributing to science in ways that will make the experience of autism easier for those following in their footsteps.

5. Research helps us to understand how to promote the best outcomes for all individuals with autism.

If you are interested in more information and how you can help, please contact The Autism Center at 832.825.9065.
THE IMPORTANCE OF TALKING ABOUT MENTAL HEALTH

CAUSES OF DEATH (2013)

GAINS PRESENTING SPONSOR WITH GENEROUS GIFT

With The Lester and Sue Smith Foundation as the Presenting Sponsor and Carol Sawyer and Robin Young-Ellis as co-chairmen, The Magic of Motown is off to a roaring start.

The Partnership for Baylor College of Medicine will present The Magic of Motown on April 8, benefiting The Lung Institute at Baylor College of Medicine, which provides diagnostic and treatment services to patients with benign and malignant tumors and other lung diseases such as asthma.

For one high-energy night, Houston’s historic Revention Music Center will become Hitsville U.S.A. with state-of-the-art lighting and sound and record-breaking smash hits that tell the story of classic Motown, a beat that changed minds, touched lives and took the world by storm. The ’60s inspired vintage feel and “Dancing in the Streets” will transport guests to the iconic Motown era, capturing the spirit and memories that defined the “Baby Boom” generation.

REGISTER ONLINE www.bcm.edu/giving/get-involved/the-partnership/events/the-magic-of-motown.

If you are unable to attend the event, but still want to support this worthy cause, please consider making a tax-deductible gift at connect.bcm.edu/partnership/support-Partnership.

*NIH = National Institutes of Health
JOIN THE PARTNERSHIP OR RENEW YOUR MEMBERSHIP NOW

You won’t want to miss any of the exciting educational and social events we have planned for this season of The Partnership for Baylor College of Medicine. Join or renew your membership, invite your friends and start having fun today!

All members enjoy:
• Invitations to all Partnership events, educational programs and tours
• Updates on cutting-edge health news from the College
• Opportunities to meet some of the best minds in medicine today

MEMBER LEVELS
Supporting Member
Annual Dues, $50
Patron Member
Annual Dues, $200
Endowed Lifetime Member
One Time Fee, $1,500

All membership fees are fully tax deductible.

For more information about membership, please contact partnership@bcm.edu or 713.798.5460.

A special thanks to our 2015-2016 Sponsors

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