

IN THE MOOD

Edition 113

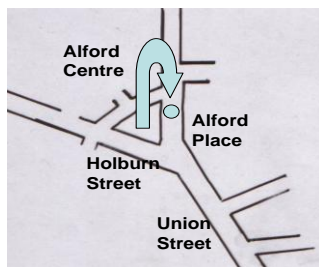
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OFFICE NEWS

Welcome to August's edition of in the mood. We hope that you are enjoying the summer, even though the weather has been a bit mixed. For those of you who have kids enjoy the school holiday, not long before they go back.

The office continues to be busy with about 10 contacts a day. Do pop in have a coffee and a chat.

Bipolar Aberdeen is looking at ways in which we can boost our funds. If you have any ideas or wish to make a donation, please contact the office

Gavin

FUTURE EVENTS

This Month we have a meeting at **7.30** in the Alford centre on the **27th** of August. Come along and join us for an informal chat and a cup of tea or coffee

Mentally ill exploited by Careless lenders

if you are suffering from a mental illness, you are three times more likely to be in debt, and four times more likely if diagnosed with schizophrenia or bipolar disorder.

However, lenders often do not understand how mental health can influence the way that customers deal with their finances, and few have effective plans to deal with the specific demands such customers have.

Emma Mamo, of Mind, the mental health charity, says: "People with bipolar disorder may go on massive spending sprees during a manic phase and take on credit and loans that they cannot afford. Once their mania is over, they may be unable to deal with the consequences, such as being harassed to pay debts that they may not even remember accumulating.

Times On Line

Optimism For Bipolar Patients

At a meeting of the Biochemical Society, Professor Nick Craddock from Cardiff University urged his profession to embrace the opportunities offered by new research methodologies. Advanced technology and the large sample sizes in research have led to unprecedented advances in the identification of specific genetic risk factors for psychiatric disorders as recently as the last two years. Emerging data provide a powerful resource for exploring the relationship between psychiatric characteristics. There is an urgent need to think beyond diagnostic boxes and consider how variations in brain biology and function lead to the huge range of clinical variations seen in people with psychiatric diseases, said Professor Craddock. Although not of immediate clinical use, this new understanding will open up new avenues for research and should ultimately lead to improved treatments. Professor Craddock concluded, This is a time of rapid progress in bipolar disorder research.

Life Sciences Blog

Hospitals Fail on Smoking Ban

More than 80 per cent of the country's psychiatric wards are failing to enforce the smoking ban,

Staff shortages, a lack of safe outdoor space and insufficient training in quitting techniques means staff have had little success in stopping patients smoking indoors, says research by the Mental Health Foundation.

Around 70 per cent of people with severe mental health problems smoke cigarettes, but those admitted to hospital under section are often unable to leave the confines of the ward without special permission and accompanied by a staff member.

The ban has led to secret smoking among patients, according to the foundation, which is calling for a review of the ban's impact.

The Independent

Bipolar Linked to Biological Clock

Abnormalities in the genes that control circadian rhythms (rhythms of approximately 24 hours, also called biological clock) contribute to the development of bipolar disorder (manic depression), suggests a study presented at the Eighth International Conference on bipolar disorder. The conference was held in Pittsburgh between June 25 -27 of 2009.

Dr. McClung has focused his research on genes that affect circadian rhythms because many people with bipolar disorder exhibit abnormalities in their biological rhythms. Depression and bipolar disorder were associated with significant activity and sleep disturbance. Changes in schedules may trigger those episodes. Variations on several circadian genes are associated with bipolar disorder.

Study to pinpoint bipolar disorder risk factors

Around 500 Australians aged 12 to 30 will be recruited to take part in a new study to know causes of bipolar disorder and related risk factors, to be conducted in collaboration with four major research institutions in the United States - Johns Hopkins University in Baltimore and the Universities of Michigan, Indiana and Washington.

The study, the most comprehensive of its kind to look at bipolar disorder and its causes, will follow participants who have at least one relative with bipolar disorder but who are non-sufferers of the illness themselves. Researchers will look at all the biological factors that may contribute to the illness, including a patient's DNA, brain-imaging, psychological testing, clinical evidence and drug use.

Health News Track