

Royal College of Psychiatrists

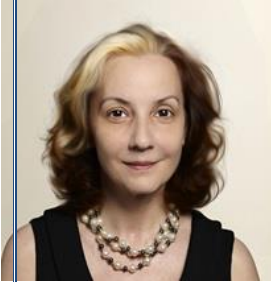
Pan American

Division Newsletter



September 2017 (Issue 33)

Dear Colleagues



Sophia Frangou
Chair

We hope you had a wonderful summer and that most of you managed to get some time off. Our first autumnal newsletter of this year focuses on two issues that are making headlines regarding schizophrenia and dementia. The [Lancet published results of a phase 3b multicenter, double-blind trial](#) that randomised 461 patients with schizophrenia predominantly suffering from negative symptoms to monotherapy with either cariprazine (new FDA-approved dopamine D3/D2 receptor partial agonist) or risperidone. The study was conducted at 66 study centers in 11 European countries and involved researchers affiliated with Gedeon Richter, Plc, a partner with the drug's manufacturer, Allergan. The study found that cariprazine-treated patients showed a significant improvement in negative symptoms compared to the risperidone-treated group; however this amounted to a difference of 1.5 points in the Positive and Negative Syndrome Scale factor score for negative symptoms. Since publication some researchers and clinicians have heralded the findings as particularly promising while for others they confirmed the difficulties in finding meaningfully efficacious treatments for negative symptoms and raises issues regarding the effect on the results of the expected heterogeneity of patients samples in large multisite studies.



Kenneth Kaufman
Acting Vice-Chair

In July we also saw the publication of the [Lancet Commission on Dementia: Prevention, Intervention and Care](#). The report emphasizes that dementia is not an inevitable consequence of age and that the level of risk can be significantly modified by lifestyle choices that are relevant for prevention not just in old age but across the lifespan. The report provides advice for the medical management of dementias but also highlights the need for wider social interventions since 85% of costs are related to family and social care.

Finally, Professor George Ikkos, Editor of [BJPSych International](#), is particularly interested in receiving papers from our division members on topics related to the psychiatric presentation and care for all ages and all ethnic and clinical groups, whether in community, hospital or penal setting from countries within our division.

We hope you find this information relevant to your work and as always, we are looking forward to your comments and ideas.

Sophia Frangou

Kenneth Kaufman

This and That

✿Job Board✿

The Job Board can be accessed at http://jobs.rcpsych.ac.uk/home/index.cfm?site_id=16082 The site accepts job postings from employers and allows job seekers to search for jobs and create personalized alerts based on their interests. Please note that the **postings are international** (not just UK) and include clinical and academic posts at all levels of seniority.

✿ **RCPsych PanAm Book club** ✿ The book club features books (recommended by our members). The topic has to be relevant to psychiatry and neuroscience from either a scientific, literary or societal perspective. Self-nominations by authors who are college members are welcome. Please provide a brief comment for each recommendation but this is optional. Any ideas? Please send them in at panamericandivision@rcpsych.ac.uk! NB: Inclusion of a book in the PanAm Book Club does not imply endorsement or promotion by the RCPsych.

Book of the Month

The Grey Zone: A Neuroscientist Explores Border Between Life And Death

By Adrian Owen (Scribner, 2017)

Previously featured

When Breath Becomes Air

By Paul Kalanithi (Random House, 2016)

Brainwashed: The Seductive Appeal of Mindless Neuroscience

By Sally Satel, Scott O. Lilienfeld (Basic Books, 2015)

The Ministry of Utmost Happiness

By Arundhati Roy (Knopf, 2017)

For all of you who love India and “The God of Small Things”

The Mask of Sanity

By Jacob Appel (Permanent Press, 2017)

Introduction to Syndemics: A Critical Systems Approach to Public and Community Health

By Merrill Singer (Jossey-Bass, 2009)

Head in the Cloud: Why Knowing Things Still Matters When Facts Are So Easy to Look Up

By William Poundstone (Little, Brown and Company, 2016)

Walking the Medicine Wheel: Healing Trauma & PTSD

By David Kopacz and Joseph Rael (Beautiful Painted Arrow)

Millichap Books/Pointer Oak, 2016

Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine

By David Kopacz (Ayni Press, a division of John Hunt Publishing, 2014)

The Emotional Life of Your Brain

By Richard J. Davidson, Sharon Begley

Avery; Reprint edition (December 24, 2012)

Journeys into the Bright World

by Marcia Moore and Howard Alltounian (Para Research, 1978)

Freely accessible at <http://pdf.textfiles.com/books/journeysbrightworld.pdf>

The Doors of Perception

By Aldous Huxley (Harper Perennial Modern Classics 2009)

The Age of Wonder: The Romantic Generation and the Discovery of the Beauty and Terror of Science,

by Richard Holmes (HarperCollins, 2008)

Marijuana: The Unbiased Truth about the World's Most Popular Weed

By Kevin Phill (Hazelden 2015)

Algorithms to Live By: The Computer Science of Human Decisions

By Brian Christian and Tom Griffiths (Henry Holt and Co 2016)

Why You Love Music: From Mozart to Metallica--The Emotional Power of Beautiful Sounds

By John Powell (Little, Brown and Company 2016)

Introductory Textbook of Psychiatry, Sixth Edition

By Donald W. Black and Nancy C. Andreasen (APA 2014)

(Comment by Sophia Frangou: A good textbook for residents and students updated to reflect changes in the DSM5)

Sacred Pathways: The Brain's role in Religious and Mystic Experiences

By Todd Murphy; Foreword by His Holiness The Dalai Lama and A. Persinger; 2015

NeuroTribes: The Legacy of Autism and the Future of Neurodiversity

By Steve Silberman (Penguin 2015); Winner of the 2015 Samuel Johnson Prize for non-fiction

The Digital Doctor: Hope, Hype, and Harm at the Dawn of Medicine's Computer Age

By Robert Wachter (McGraw-Hill Professional 2015)

The Well-Tuned Brain: Neuroscience and the Life Well Lived

By Peter Whybrow (WW Norton & Company 2015)

The Heart and the Bottle

By Oliver Jeffers (HarperCollins Publishers 2015)

(Comment by Sophia Frangou: An unbelievably tender book that helps children understand death and loss; it is also available as an animated film read by Helena Bonham-Carter: <https://itunes.apple.com/gb/app/heart-bottle-for-ipad/id407795360?mt=8>)

Gratitude

By Oliver Sachs (Knopf 2015)

A Passion for Science: Stories of Discovery and Invention

By Suw Charman-Anderson (Editor) (Kindle ebook 2015)

Furiously Happy: A Funny Book About Horrible Things

By Jenny Lawson (Flatiron Books 2015)

Brain Renaissance: From Vesalius to Modern Neuroscience

By Marco Catani and Stefano Sandrone (Oxford University Press, 2015)

Shrinks: The Untold Story of Psychiatry

By Jeffrey A. Lieberman and Ogi Ogas (Little, Brown and Company, 2015)

The Future of the Brain: Essays by the World's Leading Neuroscientists

By Gary Marcus and Jeremy Freeman (Princeton University Press, 2014)

Drugs, Without the Hot Air

By David Nutt (UIT Cambridge, 2012)

Meeting Announcements

2017

World Psychiatric Association, 17th WPA World Congress of Psychiatry "Psychiatry of the 21st Century: Context, Controversies and Commitment" 8-12 October, Berlin, Germany. Visit the congress website for details: <http://www.wpaberlin2017.com>

XXV World Congress Of Psychiatric Genetics, Oct 13- 17, Orlando, Florida, US, Visit the congress website for details <http://www.wcpq2017.org/>

American Academy of Child and Adolescent Psychiatry, 64th Annual Meeting, October 23-28, Marriott Wardman Park and Omni Shoreham Hotels, Washington, DC

2018

European Psychiatric Association, 26th Congress, 3-6 March, Nice, France. Visit the congress website for details: <http://www.epa-congress.org/>

Annual meeting of the American Association for Geriatric Psychiatry, 15-18 March, Honolulu, Hawaii

American Psychiatric Association, 171st Annual Meeting, May 5-9, New York, NY, USA

Society of Biological Psychiatry, 73rd Annual Scientific Meeting and Convention, May 10-12, Hilton New York, New York, NY, USA

International Congress of the Royal College of Psychiatrists, June 24-27, Birmingham, ICC Birmingham, UK. Visit the congress website for details:
<http://www.rcpsych.ac.uk/congress>

European College of Neuropsychopharmacology, 31st Congress, October 6-9, Barcelona, Spain, Visit the congress website for details: <http://www.ecnp-congress.eu/>

Please feel free to submit information on meetings or teaching events you may be organising nationally or locally and which may be of interest to the Pan American Division members to panamericandivision@rcpsych.ac.uk