

From: [APA Communications](#)
To: lpmastaff@lpma.net
Subject: APA Headlines: Older Women May Also Exhibit Symptoms Of Eating Disorders
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Good morning Ms Cathy Thompson

December 22, 2015

Leading The News

Older Women May Also Exhibit Symptoms Of Eating Disorders.

The [Huffington Post](#) (12/22, Jeltsen) reports that a [study](#) published in 2012 in the International Journal of Eating Disorders revealed that “13 percent of women aged 50 and older exhibited symptoms of eating disorders.” Due to “lingering stereotypes about who gets sick,” older women with eating disorders “can face lower rates of diagnosis, unique medical complications and limited treatment options, as well as the stigma that comes with having a disease” often seen in adolescents.

Psychiatric News Alert



[School-Based Mindfulness Program May Help Urban Children Deal With Negative Stress](#)

[Low-Dose Buprenorphine Found to Decrease Suicidal Ideation, but Experts Remain Cautious](#)

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The [APA Foundation](#) was created to support both the APA membership and increase public awareness about mental health and the effectiveness of treatment. When you give to the APA Foundation, you help meet the chronically unmet needs of minority populations, contribute to scientific research, and remove barriers to mental health care. [Learn More](#) or [Make a Tax-Deductible Gift for 2015!](#)



Psychiatric Treatment/Disorders

Ebola Survivors Can Face Depression, Anxiety.

[Reuters](#) (12/22) reports that according to [data](#) published in the New England Journal of Medicine, a spot survey of Ebola victims whose care was managed in the US found that they may also face depression, anxiety, and nerve damage, in addition to vision, hearing, and other problems, which emerge after they leave the hospital. CDC researchers said these symptoms can continue for months.

Psychiatry Professor Calls For Identifying, Treating College Students At Risk For Developing A Serious Mental Disorder.

In an opinion piece in the [Washington Post](#) (12/22), Marney A. White, PhD, MS, an associate professor of psychiatry and chronic disease epidemiology at Yale University, writes that not only is suicide “the leading cause of death among college students,” but also that “nearly one in five college-aged adults currently have or will develop a mental health problem within the next year.” White calls for adoption of “a public health approach focused on early identification and treatment” of students who could be at risk for the development of a “serious mental disorder.”

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Government and Psychiatry

CMS Releases “Dashboard” To Show Medicare Medication Spending.

The [Washington Post](#) (12/22, Goldstein) reports that HHS officials “unveiled an online tool Monday that will allow the public and policymakers to explore the financial burden that scores of high-expense drugs place on the Medicare program and the nation’s seniors.” The interactive “dashboard” shows overall Medicare spending for each medicine listed, “along with recent trends in its price and the number of older Americans who rely on it.” The Post says the tool can help show which pharmaceuticals are driving up spending. According to the article, Federal officials “portrayed their new analysis as a sequel to a forum on drug prices that the department convened last month.”

[The Hill](#) (12/22, Sullivan) reports the Centers for Medicare and Medicaid Services said in a statement, “The data can be used to spur research and public discussion of how these drug products are being used in Medicare and how they are affecting beneficiary costs.”

The [Wall Street Journal](#) (12/22, B2, Loftus, Subscription Publication) reports that new data released as part of the dashboard demonstrate that at least five medications covered by Medicare Part D had their price increase by at least 100 percent from 2013 to 2014. Overall, Medicare spending on prescription medicines rose 19.4 percent in 2014, compared to 9.5 percent growth in the prior year.

Senate Health Panel To Prioritize Cures Bill.

[The Hill](#) (12/22, Sullivan) reports that the Senate Health Committee “will be turning its attention to a medical innovation bill now that it has completed the overhaul of No Child Left Behind, Chairman Lamar Alexander (R-Tenn.) said.” Alexander noted the bipartisan support for the Senate’s version of the House-passed 21st Century Cures Act. The Hill says the idea “behind both bills is to speed up the Food and Drug Administration’s approval process for new drugs and boost funding for research at the National Institutes of Health (NIH).” A major point of contention, however, is whether the funding increase for the NIH will be in the form of mandatory spending. Ranking member Sen. Patty Murray (D-WA) “has made her support for the bill contingent on mandatory NIH funding.”

Psychiatry and Public Health

CDC's Proposed Opioid Prescribing Guidelines Debated.

A [USA Today](#) (12/22) editorial calls opioid abuse “America’s deadliest drug problem” and argues that it is “fueled as much by well-meaning doctors as it is by dope pushers,” as overdoses of “legal painkillers, such as oxycodone and hydrocodone, accounted for more deaths last year than heroin, according to numbers released Friday by the Centers for Disease Control and Prevention (CDC).” USA Today praises the CDC for proposing “guidelines to change physicians’ prescribing habits,” but claims the guidelines “would cut into the bottom lines of companies that have made billions of dollars selling opioid painkillers.” USA Today contends that if the guidelines are defeated, “the winners will be the pushers of opioids, legal and illegal alike.”

In an opposing op-ed in [USA Today](#) (12/22), Bob Twillman, executive director of the American Academy of Pain Management, “which receives a small part of its income from opioid manufacturers,” criticizes the CDC’s proposed prescribing guideline, arguing that while it would help address the problem of prescription medication abuse and overdose, it could worsen the problem of “inadequately treated chronic pain.”

Florida Crackdown On Opioid Abuse Decreased Overdose Deaths, Study Finds.

[STAT](#) (12/22, Swetlitz) reports that a [study](#) published in the American Journal of Public Health concludes that Florida’s crackdown on pain medication abuse could be preventing overdose deaths. Researchers “looked at deaths from opioid overdose in North Carolina, which has a similar poverty level and median household income to Florida but didn’t push hard to limit access” to opioid medications. They concluded that the rate of overdose deaths in Florida declined after implementing the reforms, when overdose deaths would have actually increased without them. [HealthDay](#) (12/22, Reinberg) also covers the story.

Healthcare Professionals, Counselors Offer Help To Those Dealing With Illness, Grief During The Holidays.

The [Wall Street Journal](#) (12/22, D2, Landro, Subscription Publication) reports in “The Informed Patient” that healthcare professionals, patient advocacy groups, and bereavement counselors are stepping up programs to help people dealing with illness and grief during the holidays. The Health Care Chaplaincy in New York, for instance, offers a free Chat with a Chaplain service that provides consultations by phone, email, or video.

Drinking Heavily On A Chronic, Long-Term Basis May Result In Brain Damage, Cognitive Decline.

On the front of its Personal Journal section, the [Wall Street Journal](#) (12/22, D1, Beck, Subscription Publication) reports in “Health Journal” that drinking heavily on a chronic and long-term basis may cause brain damage and cognitive decline. To avoid those effects, the National Institute of Alcohol Abuse and Alcoholism (NIAAA) recommends no more than 14 drinks weekly or four on one day for men and no more than seven drinks weekly or three on one day for women.

Androgen-Deprivation Therapy For Prostate Cancer May Increase Risk Of Alzheimer’s.

The [Washington Post](#) (12/22, Searing) reports in “Quick Study” on [research](#) published in the Journal of Clinical Oncology that suggests that androgen-deprivation therapy for prostate cancer may increase the risk of Alzheimer’s. Investigators “analyzed data on 16,888 men who had prostate cancer, including 2,397 who were treated with androgen-deprivation therapy.” Patients “treated with androgen-deprivation therapy were nearly twice as likely as the others to have developed Alzheimer’s, and those who had been given the hormone treatment for at least a year had more than double the risk for Alzheimer’s, compared with men who did not” receive ADT.

Practice Management

CMS Releases Draft Plan For New Payment Models.

[Health Data Management](#) (12/22, Slabodkin) reports that the CMS “has released a draft [Quality Measure Development Plan](#) outlining how the agency will support the transition to a new Merit-based Incentive Payment System (MIPS) and for [practitioners] who choose to participate in alternative payment models (APMs).” The Medicare Access and CHIP Reauthorization Act of 2015 (MACRA), passed by Congress earlier this year, “effectively sunsets payment adjustments for three existing clinician reporting and incentive programs—Physician Quality Reporting System (PQRS), Value-based Payment Modifier (VM), and the Meaningful Use Electronic Health Record Incentive Program for eligible professionals.” The draft plan “focuses on gaps identified in the quality measure sets currently in use in PQRS, VM and Meaningful Use, offering recommendations for filling these gaps.”

Other News

FDA Lifts Lifetime Ban On Blood Donations From Gay Men.

The [New York Times](#) (12/22, A12, McNeil, Subscription Publication) reports that the Food and Drug Administration “said on Monday that the agency would scrap a decades-old lifetime prohibition on blood donation by gay and bisexual men.” The FDA will continue to ban “men who have had sex with men in the past year, however, saying that the measure was needed to keep the blood supply safe.” Dr. Peter Marks, deputy director of the FDA’s Center

for Biologics Evaluation and Research, spoke at a press conference Monday and said that the 12-month deferral period was “supported by the best available research,” and that the newest blood tests are “highly accurate but not perfect,” which is “why the elimination of all deferrals is not feasible at this time.” However, gay rights groups consider the lifting of the life time ban, “a major stride toward ending a discriminatory national policy, but had wanted blanket bans for gay men to be removed entirely.”

The [AP](#) (12/22, Perrone) reports that Dr. Marks said the [policy change](#) is “backed by sound scientific evidence” and will “continue to protect our blood supply.” The FDA had “considered eliminating all restrictions on blood donations from gay and bisexual men, but concluded that would increase the transmission of HIV through the blood supply by 400 percent.” Dr. Marks said Monday that “an increase of that magnitude is not acceptable.”

The [Los Angeles Times](#) (12/22, Kaplan) reports in its “Science Now” blog that the “one-year deferral treats men who have sex with men the same as people in other groups that face an increased risk” of having HIV. The LA Times points out that the FDA “spent several years evaluating epidemiological data from around the world and using statistical models to determine whether the lifetime ban on blood donations from men who have sex with men could be safely eased.”

[The Hill](#) (12/22, Ferris) reports that Dr. Marks wrote in a [statement](#) that the FDA “will continue to actively conduct research in this area and further revise our policies as new data emerge.” However, “a leading HIV/AIDS advocacy group, the Gay Men’s Health Crisis, has said the government’s decision to keep the one-year ban – which they say is de facto a lifetime ban, remains ‘offensive and harmful.’”

[Bloomberg News](#) (12/22, Edney) points out that “several countries, including the UK and Australia, have one-year deferrals as well,” and “studies in Australia have shown no change in risk to the blood supply, the FDA said.”

Monday’s Lead Stories

- [CDC Report: Deaths From Overdoses Reach Record High In 2014.](#)
- [Light Boxes May Also Benefit Some People Without Full Blown Depression, Small Study Indicates.](#)
- [Obama Signs Budget Deal That Suspends, Delays Key ACA Taxes.](#)
- [CDC: Gun, Traffic Deaths Now Equally Common.](#)
- [Patients Often Unable To Arrange Efficient Medication Regimens, Study Suggests.](#)
- [Companies, Employees Adopt Novel Strategies To Deal With Medication Prices.](#)

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