

From: [APA Communications](#)
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Subject: APA Headlines: Researchers Devise Panel Of Blood Biomarkers In Asymptomatic Patients At Increased Risk For Schizophrenia
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Good morning Ms Cathy Thompson

August 29, 2016

Leading The News

Researchers Devise Panel Of Blood Biomarkers In Asymptomatic Patients At Increased Risk For Schizophrenia.

[Newsweek](#) (8/28, Venosa) reported that researchers have found “abnormalities in glucose handling in early-stage” patients with schizophrenia. These findings were made in “postmortem brains of psychiatric patients” and in the “cerebrospinal fluid of early-stage...patients” with schizophrenia “who had not yet taken any medication.” Investigators then used these findings to devise “a panel of blood biomarkers in individuals who have an increased risk of schizophrenia but have no visible symptoms yet.” The [findings](#) were published online in Translational Psychiatry.

Psychiatric News Alert



[U.S. Surgeon General Asks Physicians to Pledge Commitment to Stop Opioid Epidemic](#)

[Metformin May Curb Weight Gain in Youth Taking Antipsychotics for Autism](#)

Urge Congress to Pass Comprehensive Mental Health Reform

MH reform

Congress is considering mental health reform. [Learn more](#) about Senate Bill 2680, and [contact your representative and senators](#) to support the legislation.



Psychiatric Treatment/Disorders

Deaths From Self-Injury In US May Be Underestimated, Researchers Say.

[Reuters](#) (8/26, Seaman) reported, “When deaths from substance abuse are counted as self-inflicted, then deaths from self-injury in the US are tied with deaths attributed to diabetes and outnumber those from flu and pneumonia or kidney disease,” researchers found after examining “data from the CDC on deaths occurring in the US between 1999 and 2014.” The researchers “write...that self-injury deaths in the U.S. are generally underestimated because suicides by poisoning and drug overdose are often misclassified as ‘accidents’ on death certificates.” The [findings](#) were published online Aug. 24 in JAMA Psychiatry.

PTSD In 9/11 Workers May Be Associated With Higher Risk Of Asthma.

[MedPage Today](#) (8/27, Boyles) reported that research indicated “World Trade Center rescue and recovery workers who developed post-traumatic stress disorder after the Sept. 11, 2001, terrorist attack showed a more than two-fold increase in new-onset asthma during some 5 years of follow-up.” Investigators also found that “probable PTSD was...associated with baseline clinically significant bronchodilator response (BDR) among the non-firefighter 9/11 workers in the study.” These “findings suggest that PTSD is an independent risk factor for clinical bronchodilator response and new-onset asthma in World Trade Center (WTC) workers...wrote” the researchers. The [findings](#) were published online in the American Journal of Respiratory and Critical Care Medicine.

Government and Psychiatry



Insurers’ Exits From ACA Marketplaces Limiting Options For Consumers In Many States.

The [Wall Street Journal](#) (8/28, A1, Mathews, Armour, Subscription Publication) reports that according to a new Kaiser Family Foundation study, in 2017, consumers may have only one option for healthcare coverage on Affordable Care Act exchanges in 31 percent of the nation’s counties, and in another 31 percent, there may be only two options. According to the Journal, this pull back by insurers could undercut the notion that the marketplaces are encouraging competition among insurers and, as a result, keeping prices lower and giving consumers more choices.

Enrollment In ACA Exchanges Less Than Half Of Original Forecasts.

The [Washington Post](#) (8/27, A1, Johnson) reported on its front page that enrollment in Affordable Care Act insurance exchanges “is at less than half the initial forecast, pushing several major insurance companies to stop offering health plans in certain markets because of significant financial losses.” The Post claimed “the root of the problem” is that the law’s “success...depends fundamentally on the exchanges being profitable for insurers,” which “requires more people to sign up.”

Psychiatry and Public Health

Tropical Storm Was “Blessing In Disguise” For Vermont’s Mental Healthcare System.

The [AP](#) (8/27, Ring) reported, “For most Vermonters, Tropical Storm Irene was a disaster that tore roads, communities and lives apart.” For mental health patients in the state, however, the August 2011 storm “was a blessing in disguise.” The AP said the storm provided an opportunity to demolish the Vermont State Hospital in Waterbury, which has since been “replaced by a new 25-bed Vermont Psychiatric Care Hospital in Berlin, 14 beds at the private Brattleboro Retreat and six at the Rutland Regional Medical Center.” Still, “challenges remain,” as some patients “now sometimes [have to] wait for days in emergency departments before they can get treatment.”

Other News

Continuing To Play Sports Despite A Concussion May Double Recovery Time For Teen Athletes.

The [AP](#) (8/29, Tanner) reports, “Continuing to play despite a concussion doubles recovery time for teen athletes and leads to worse short-term mental function than in those immediately removed from action,” researchers reported. The [findings](#) of the 69-teen study were published online in Pediatrics.

The [Pittsburgh Post-Gazette](#) (8/29, Bloom) points out that even though “a study published in April used medical records to study the effect of delayed reporting and removal from activity on concussion recovery, this is the first study to use clinical data to study that

issue.” In addition, the findings support “‘removal from play status’ as a predictor of protracted recoveries – ones that take at least 21 days.” Removal from play “was a stronger predictor of such lengthy recoveries than previously known factors such as sex and age, according to the research.”

Friday's Lead Stories

- **Genes Associated With Autism May Often Differ Among Siblings.**
- **ACA Premiums Are Lower In States That Expanded Medicaid, HHS Analysis Concludes.**
- **Tumblr Project Brings Mental Health Professionals, Users Together.**
- **US Surgeon General Urges Prescribers To Take Action To Stem Opioid Epidemic.**

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