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**Subject:** APA Headlines: Antipsychotic Use In Pregnancy Appears To Present No Meaningful Risk Of Birth Defects In Newborns  
**Date:** Thursday, August 18, 2016 7:02:22 AM

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Good morning Ms Cathy Thompson

August 18, 2016

## Leading The News

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### Antipsychotic Use In Pregnancy Appears To Present No Meaningful Risk Of Birth Defects In Newborns.

[Reuters](#) (8/17, Seaman) reports that expectant mothers taking antipsychotics "can continue taking most of those medications without worrying the" medicines "will increase the risk of their newborns having birth defects," researchers found in a [study](#) published online Aug. 17 in JAMA Psychiatry. Investigators arrived at the study's conclusion after examining "data on over 1.36 million U.S. pregnant women enrolled between 2000 and 2010 in Medicaid."

[HealthDay](#) (8/17, Preidt) reports, "The study focused on the most often used" medicines in both typical and atypical antipsychotic "classes: aripiprazole (Abilify), olanzapine (Zyprexa), quetiapine (Seroquel), risperidone (Risperdal) and ziprasidone (Geodon)." The study authors "reported birth defects in about 3.8 percent of babies born to women who had taken a

typical antipsychotic and 4.45 percent whose mothers had taken atypical antipsychotics." In comparison, "the birth defect rate of babies whose mothers had not taken an antipsychotic" were found to be "3.27 percent."

[MedPage Today](#) (8/17, Walker) points out, "Only risperidone (Risperdal) was associated with a 26% increase of congenital and cardiac malformations, even in fully adjusted analyses." Also covering the story are [Medscape](#) (8/17, Lowry), [Healio](#) (8/17, Oldt) and [OBGYN News](#) (8/17, Worcester).



## Psychiatric News Alert



### [Report Finds YouTube Presents 'Distorted Picture' of Schizophrenia](#)

### [Early Improvement in Work Productivity May Predict Treatment Success in Depression](#)

Thinking about a career move? Check out [JobCentral](#)

[APA JobCentral](#) is the career hub for psychiatry. View open positions, post a resume or set up email job alerts. Visit [JobCentral](#) to view recently posted jobs, such as:

- [Outpatient Psychiatrist](#) at The Mental Health Center, Berlin, N.H.
- [Consultant Psychiatrist](#) at Counties Manukau Health, South Auckland, New Zealand



## Psychiatric Treatment/Disorders

## Childhood Abuse Associated With Higher Risk Of Death For Women, Study Finds.

[TIME](#) (8/17, Sifferlin) reports a new [study](#) published online Aug. 17 in JAMA Psychiatry suggests that “being physically or emotionally abused as a child can increase a woman’s risk of death.” The study did not determine a causal relation as to why childhood abuse is linked “with a higher risk for death, but the researchers speculate that abuse may heighten women’s risk for mental health issues, like depression, that can take a toll later on.”

[NPR](#) (8/17, Hobson) reports the research examined “a government-funded study that” asked roughly 6,200 men and women about their childhood experiences with physical and emotional abuse, tracking them for 20 years. Edith Chen, an author of the study, pointed out in an email that “the link to early death was with self-reported abuse, not abuse confirmed by courts or independently documented in other ways.” Researchers also said it was unclear why the association appeared in women, but not men. [HealthDay](#) (8/17, Norton) and [Medical Daily](#) (8/17, Cara) also provide coverage.

## Some Older Women Who Take Calcium Supplements May Face Increased Risk Of Dementia, Research Suggests.

[Reuters](#) (8/17, Rapaport) reports that a study suggests “some older women who take calcium supplements commonly recommended to ward off age-related bone damage may face an increased risk of developing dementia.” Researchers found that the increased “dementia risk appears limited to women who have had a stroke or suffer from other disorders that affect blood flow to the brain.” The [study](#), which included 700 women, was published in Neurology. Reuters points out that some of the participants underwent brain scans. The [Telegraph \(UK\)](#) (8/17, Bodkin) and [Medscape](#) (8/17) also cover the story.

## One-Third Of Former ICU Patients May Have Depression, Review Suggests.

[HealthDay](#) (8/17, Preidt) reports, “One-third of former intensive care unit (ICU) patients have depression,” researchers found. A review of 42 studies revealed that “the rates of depression among former ICU patients are three to four times higher than in the general population.” The [findings](#) were published in the September issue of Critical Care Medicine.

## Stimulant Medications For AD/HD May Be Associated With Fewer Risky Behaviors In Teens.

[HealthDay](#) (8/17, Rauf) reports that stimulant medications for the treatment of attention-deficit/hyperactivity disorder (AD/HD) appear to be associated with fewer “risky behaviors in teens,” researchers found after examining “Medicaid claims of nearly 150,000 children aged 4 to 19 who were diagnosed with” AD/HD “in South Carolina between 2003 and 2013.” Adolescents who took stimulant medications for AD/HD “were seven percent less likely to have a substance abuse disorder and nearly four percent less likely to contract a sexually transmitted disease, compared to those who did not receive medication,” and “were also two percent less likely to be injured.” The findings were published online in Labour Economics. Susan Pinker also discusses the study in the [Wall Street Journal](#) (8/17, Subscription Publication) “Mind and Matter” column.

## Healthy Diet, Regular Exercise May Help Keep The Brain Free Of Changes Leading To Alzheimer’s, Small Scan Study Indicates.

[HealthDay](#) (8/17, Reinberg) reports, “A healthy diet and regular exercise might be the keys to keeping your brain free of changes that lead to Alzheimer’s disease,” researchers found. The 44-senior PET scan study revealed that “the brains of those who followed a Mediterranean diet and were physically active had fewer plaques and tangles, a hallmark of Alzheimer’s, than those whose diet was less healthy and who were less active.” The findings were published online Aug. 16 in the American Journal of Geriatric Psychiatry.

### Government and Psychiatry

## Thirteen Percent Of Americans Still Uninsured, Survey Says.

The [New York Times](#) (8/18, Goodnough, Subscription Publication) reports the Affordable Care Act has provided insurance to about 20 million more Americans but there are still “about 24 million adults with no coverage, according to a survey by the Commonwealth Fund.” The figure “translates to an uninsured rate of about 13 percent, down from 20 percent in 2013.” According to the survey, “forty percent of the uninsured are Hispanic,” up from 29 percent in 2013; “forty-one percent of the uninsured are white,” down from 50 percent in 2013; “12 percent are black,” down from 13 percent; and “6 percent are Asian and other races,” which has remained unchanged.

### Psychiatry and Public Health

## First Weeks Of College Risky Time For Students, Experts Suggest.

In a nearly 1,700 word article, the [New York Times](#) (8/17, Heffernan, Wallace) reports people are at high risk for alcohol abuse, depression, and sexual assault during the first weeks of college, so parents should talk with their children about those risks before and after they begin college, according to “Robert Turrissi, professor of biobehavioral health and director of the PRO Health Lab at Penn State,” and other experts. The article highlights research by the National Institute on Alcohol Abuse and Alcoholism that has found binge-drinking among college students has declined overall, but the number of alcohol-related hospitalizations among college students has increased.

## Stigma Associated With Mental Illness Keeps Many Afghans From Seeking Help For

## PTSD.

The [AP](#) (8/18, O'Donnell, Sharifi) reports that after four decades of turmoil, "experts say the vast majority of the Afghan population suffers from some form of post-traumatic stress disorder, yet arcane societal attitudes on mental health are holding back many from seeking help." In the last 10 years, several hundred psychologists "have been trained...to work at clinics across the country, many funded by foreign donors – but the stigma associated with 'being crazy' remains a barrier." Some young adults say they cope by expressing their feelings through social media.

### APA in the News

## APA's Oquendo: "The Time To Act Is Now" To Pass Meaningful Mental Healthcare Reform.

In [The Hill](#) (8/17) "Congress Blog," American Psychiatric Association president Maria Oquendo, MD, writes, "We are on the cusp of passing meaningful mental health legislation in the Senate – the Mental Health Reform Act of 2016 (S.2680) – following passage earlier this summer of a similar bill in the House by an overwhelmingly large margin." Dr. Oquendo points out that "time is running out for this Congress to pass this important legislation." According to Dr. Oquendo, "The time to act is now" to pass meaningful mental healthcare reform.

### Wednesday's Lead Stories

- [Research Suggests Association Between Chronic Pain, Depression In Couples.](#)
- [European Aviation Safety Agency Proposes Better Mental Health Assessments For Pilots.](#)
- [Psychiatrist: FDA Making It Harder To Save The Lives Of Smokers.](#)

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