

From: [APA Communications](#)
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Subject: APA Headlines: Extremely High Or Low Resting Heart Rates In Young Men May Predict Psychiatric Illness Later In Life, Study Suggests
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Good morning Ms Cathy Thompson

October 27, 2016

Leading The News

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Extremely High Or Low Resting Heart Rates In Young Men May Predict Psychiatric Illness Later In Life, Study Suggests.

The [New York Times](#) (10/26, Bakalar, Subscription Publication) "Well" blog reports, "Extremely high or low resting heart rates in young men may predict psychiatric illness later in life, a large new study has" revealed. Researchers found that "the highest heart rates – above 82 beats a minute – were associated with increased risks of obsessive-compulsive disorder, anxiety disorder and schizophrenia," while "the lowest, below 62 beats, were associated with an increased risk of substance abuse and violent criminality."

[HealthDay](#) (10/26, Thompson) reports investigators arrived at these conclusions after reviewing "health data for more than one million Swedish men whose resting heart rate and blood pressure were measured when they were drafted into the military between 1969 and 2010" at an "average age" of 18. The [findings](#) were published online Oct. 26 in JAMA Psychiatry.

Psychiatric News Alert



[Psychiatrists Should Be Alert to Testosterone Abuse](#)

[Early Identification Programs Show Urban Poor More Likely to Meet Psychosis Criteria](#)

How should practice guidelines influence your telepsychiatry practice?

Dr. Alexander Von Hafften discusses the role practice guidelines play in telepsychiatry practice in a video in APA's Telepsychiatry toolkit. [Watch the video.](#)

APA's [Telepsychiatry Toolkit](#) is an evolving resource for members who want to learn about the various aspects of telepsychiatry, including clinical, training and policy considerations. See more videos on other telepsychiatry specifics from APA experts, as well as other telepsychiatry resources, in the online APA [Telepsychiatry Toolkit](#).



Psychiatric Treatment/Disorders

Good Pain Relief During Labor May Be Associated With Lower Postpartum Depression Scores, Small Study Indicates.

[HealthDay](#) (10/26, Doheny) reports, "Women who obtain good pain relief during labor may have to worry less about postpartum

depression later,” researchers found after evaluating “201 women.” Women who had “more pain relief during labor had lower scores on a scale that measured depression after childbirth,” the study revealed. The findings were scheduled for presentation at the American Society of Anesthesiologists’ annual meeting.

[Medical Daily](#) (10/26, Glowatz) points out, “The National Institutes of Mental Health estimates that postpartum depression follows about 15 percent of” US births.

Small Study Examines High Rate Of Risky Sexual Behavior In Adolescents With Mental Health Disorders.

[Medscape](#) (10/26, Lowry) reports, “A study that examined sexual health in persons aged 15 to 24 years who were attending a mental health clinic for a variety of mental disorders found low rates of contraception and high rates of unplanned pregnancy and sexually transmitted diseases (STDs),” researchers found. The findings of the 103-participant study were presented at the IEPA 10th International Conference on Early Intervention in Mental Health.

Vitamin D Supplementation May Improve Depression, Fatigue In Spinal Cord Injury Patients With Insufficient Levels Of The Vitamin, Small Study Suggests.

[Medscape](#) (10/26, Salamon) reports, “For patients with spinal cord injury who have insufficient levels of vitamin D, supplements can improve symptoms of depression and fatigue,” researchers found. Furthermore, “pain severity scores were significantly better with high-dose supplements than with low-dose supplements” in these patients, the study revealed. The findings of the 42-patient study were presented at the American Academy of Physical Medicine and Rehabilitation 2016 Annual Assembly.

Risk For Developing Depression High In The Three-Month Period After Experiencing A Stroke, Researchers Say.

[HCP Live](#) (10/26, Lutz) reports, “In the three month period after experiencing a stroke, the risk for developing depression is as much as eight times higher,” researchers found after analyzing data on “157,000 patients” who “had a first time hospitalization for a stroke between January 1, 2001 and December 31, 2011,” and a matching “non stroke, hospitalized population” of controls. The [findings](#) were published in the October issue of JAMA Psychiatry.

Government and Psychiatry

Millions Choosing To Pay ACA Penalty Rather Than Enroll In Healthcare Plans.

In a front-page story, the [New York Times](#) (10/26, A1, Pear, Subscription Publication) reports that the creators of the Affordable Care Act believed “they had a blunt instrument to force people – even young and healthy ones – to buy insurance through the law’s online marketplaces: a tax penalty for those who remain uninsured.” That, however, has not proven to be the case. The full penalty will not take effect until April of 2017, and even then, it may not compel millions of consumers to enroll in healthcare plans, because the penalty could be cheaper than high premiums and large deductibles.

Psychiatry and Public Health

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Patients Seeking Assisted-Suicide Are More Concerned About Controlling Their Death Than Controlling Pain, Research Suggests.

In an over 1,600 word article, [Kaiser Health News](#) (10/26, Szabo) reports terminally ill patients who have sought assisted-suicide in states that have legalized the practice are more concerned about “controlling the way” they die “than controlling pain,” according to research on the subject. The article points out that advocates for assisted-suicide laws often argue that the laws allow people to end their pain, but research suggests this is not the primary motivation for many people who have sought assisted suicide. Dr. Lonny Shavelson of Berkeley, California, who specializes in caring for the terminally ill, said, “It’s almost never about pain. It’s about dignity and control.”

States Are Experimenting With “Peer Coaches” To Help People Recover From Drug Addiction.

[Kaiser Health News](#) (10/26, Luthra) reports several states are experimenting with using peer coaches to help people who are addicted to drugs overcome their addictions while also saving money. The article explains that the peer coaches are people who have recovered from a drug addiction and who have received training on guiding others through the recovery process.

Psychiatric Medication Update

Cancer Survivors May Be More Likely To Use Medication For Anxiety And Depression, Study Suggests.

[Reuters](#) (10/26, Rapaport) reports that a [study](#) published online Oct. 23 in the Journal of Clinical Oncology suggests individuals “who live through a bout with cancer are more likely to use medication for anxiety and depression than those without a history of malignancies.” Investigators found that approximately “19 percent of adult cancer survivors take drugs for depression, anxiety, or both, compared to roughly 10 percent of other adults.”

[HealthDay](#) (10/26, Reinberg) reports, “The findings show it’s not only newer cancer patients using medications to manage distress. Survivors who were a decade or more past their cancer diagnosis are also using these medications at a rate about double the general population, she said.” HealthDay points out that 3,000 adult survivors with cancer and 45,000 adults without a history of cancer were included in the study.

Wednesday's Lead Stories

- **Parents Working With Children With Autism From A Young Age May Help Reduce Their Kids' Severity Of Symptoms, Small Study Suggests.**
- **Natural Disasters May Raise Dementia Risk For Seniors Forced To Leave Their Homes, Study Indicates.**
- **Employees Feeling Impact Of Rising Healthcare Costs Because Incomes Have Not Increased, Study Suggests.**
- **Patients With Behavioral Health Diagnoses Responsible For Disproportionate Share Of The Increase In ED Visits In New Jersey, Report Says.**
- **FDA Adds Warning Of Abuse Potential For Medications Treating Low Testosterone.**

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