

Bipolar Disorder: Individualizing Treatment to Improve Patient Outcomes, Parts 1-3

Webcast Series with Live Q&A Sessions

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FACULTY INFORMATION

Robert M. Post, MD

The George Washington University
School of Medicine

Penn State University School of Medicine
Bethesda, MD

PART 1: Featured Article: Post RM. Role of BDNF in bipolar and unipolar disorder: clinical and theoretical implications. *J Psychiatr Res* 2007;41:979-990.

Trisha Suppes, MD, PhD

Stanford University School of Medicine
Stanford, CA

PART 2: Featured Article: Vieta E, Suppes T, Eggers I, Persson I, Paulsson B, Brecher M. Efficacy and safety of quetiapine in combination with lithium or divalproex for maintenance of patients with bipolar I disorder (international trial 126). *J Affect Disord* 2008;109:251-263.

Charles L. Bowden, MD

University of Texas Health Science Center
at San Antonio

San Antonio, TX

PART 3: Featured Article: Sachs GS, Nierenberg AA, Calabrese JR, et al. Effectiveness of adjunctive antidepressant treatment for bipolar depression. *N Engl J Med* 2007;356:1711-1722.

MODERATOR

Roger S. McIntyre, MD

University of Toronto
Toronto, ON

CREDIT INFORMATION (FOR EACH PART)

CME Credit (Physicians): CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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It has been assigned code 6WASUP-PRV-0646 (Part 1), 6WASUP-PRV-0647 (Part 2), 6WASUP-PRV-0648 (Part 3). 1.0 contact hours will be awarded for each part upon successful completion.

Note to Nurse Practitioners: The content of this CNE activity pertains to Pharmacology.

CEP Credit (Psychologists): CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

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CCMC Credit (Certified Case Managers): This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

CPE Credit (Pharmacists): CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 1.0 contact hours (0.1 CEUs)

Universal Program Number:
PART 1: 376-000-08-023-L01-P (Live), 376-000-08-023-H01-P
PART 2: 376-000-08-024-L01-P (Live), 376-000-08-024-H01-P
PART 3: 376-000-08-025-L01-P (Live), 376-000-08-025-H01-P
Post-tests, credit request forms, and activity evaluations can be completed online at www.neuroscienceCME.com (click on the Testing/Certification link under the Resources tab—requires free account activation), and participants can print their certificate or statement of credit immediately (70% pass rate required). CE credit expires 1 year from each premiere date.

3 Chances for Live Interaction with Experts on Featured Articles! Each part premieres on the following date/time:

PART 1: Monday, November 17, 2008, 12:00–12:45 p.m. ET (Dr. Post/Dr. McIntyre)

PART 2: Tuesday, December 2, 2008, 12:00–12:45 p.m. ET (Dr. Suppes/Dr. McIntyre)

PART 3: Monday, December 15, 2008, 12:00–12:45 p.m. ET (Dr. Bowden/Dr. McIntyre)

Faculty will answer email questions for two weeks after their respective Q&A date

NOTE: Additional time for completing the post-test and evaluation will be added to this 45-minute presentation to equal 1.0 CE credit

Questions?
Call **877.CME.PROS**

This activity offers CE credit for:

- Physicians (CME)
- Case Managers (CCMC)
- Social Workers (NASW)
- Psychologists (CEP)
- Nurses (CNE)
- Pharmacists (CPE)

All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.

STATEMENT OF NEED

Bipolar disorder (BPD) is a chronic condition characterized by fluctuating episodes of manic, or mixed symptoms, and depression. A recent estimate of the annual prevalence of BPD in the US is 2.6%.¹ BPD ranked as the 6th leading cause of disability worldwide in 1990.² Despite the dominance of depressive symptoms and episodes over the course of both bipolar I and II disorder, and the more frequent functional impairment associated with bipolar depression, there has been a disproportionate lack of attention to establishing effective treatment and management of bipolar depression. Researchers continue to explore the best possible treatments for these patients, as well as the potential role of proteins such as brain-derived neurotrophic factor (BDNF) in predicting the onset and treatment of bipolar disorder.

In these three evidence-based neuroscienceCME Journal Club activities, experts will review the latest clinical literature in the field of bipolar disorder and translate this information into improved clinical outcomes for patients with BPD.

¹ Kessler RC, Chiu WT, Demler O, Merikangas KR, Walters EE. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey Replication. *Arch Gen Psychiatry* 2005;62:617-627.

² Murray C, Lopez A, eds. *The Global Burden of Disease*. Cambridge, MA: Harvard University Press; 1996.

SERIES GOAL

To incorporate the latest evidence-based literature to develop strategies for early detection, intervention, and long-term maintenance of patients with bipolar depression.

LEARNING OBJECTIVES

At the end of each CE activity, participants should be able to:

- **PART 1:** Assess the role of Brain Derived Neurotrophic Factor (BDNF) in both the pathophysiology and clinical presentations of bipolar and unipolar disorder.
- **PART 2:** Compare the use of atypical antipsychotics in combination with mood stabilizers versus mood stabilizers plus placebo in patients with bipolar I disorder.
- **PART 3:** Compare and contrast the use of adjunctive, antidepressant therapy and mood stabilizers with the use of mood stabilizers alone in achieving a durable recovery in BPD.

TARGET AUDIENCE

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals with an interest in mental health.

COMMERCIAL SUPPORT

CME Outfitters, LLC, gratefully acknowledges an educational grant from AstraZeneca Pharmaceuticals in support of this CE series.

FAX completed form to **240.243.1033**

YES! Register me for the following LIVE evidence-based neuroscienceCME Journal Club activities':

PART 1: Monday, 11/17/08 online by phone PART 3: Monday, 12/15/08 online by phone
PART 2: Tuesday, 12/02/08 online by phone All three parts online by phone

YES! Register me for the following online archive. (Participation details will be sent to you via email.)

PART 1 PART 2 PART 3 All three parts

Site Name: _____ # Participants: _____

Individual Name: _____ Degree: _____

Address: _____

City/State/ZIP: _____

Practice Setting: Community Mental Health State Mental Health Primary Care
 Private Practice Other: _____ Phone: _____

Fax: _____ Email (required): _____

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