

I N T H E M O O D

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ABERDEEN, QUEENS CROSS

PATCH WORKS

Doctors at an American hospital have discovered a way of making anti-depressants work more quickly – skin patches. Eighty-nine patients were given an anti-depressant via a patch and all saw a dramatic change in their depression in just a week. The patients were given a drug from a group of anti-depressants known as MAOI's. These have fallen out of use because of the danger of severe side effects when taken with certain foods.

The skin patches not only speeded up the working of the drug but also did away with the food-related side effects, thus making MAOI's more acceptable for doctors and patients. Patches are normally used to cure nicotine addiction and in hormone replacement therapy, but this is the first time they have been used in place of tablets or liquid medicine.

Source: Daily Mail 03.11.98

DEPRESSION ALLIANCE

The Depression Alliance has recently opened its Scottish headquarters in Edinburgh. There are currently Depression Alliance self-help groups in Aberdeen, Edinburgh, Glasgow and Stirling. Mr. Rodney Elgie, U.K. Director of the Alliance, called for more public education that depression was not a sign of weakness because it is a flaw of the brain, not of the person, and it is treatable.

Source: Herald 24.04.98

GREAT M.D. DELUSIONS NO. 3

Kay Redfield Jamison is an international authority on manic depression as well as being a sufferer. In her autobiography she tells of a time when she was ill and believed that God had chosen her, and only her, to alert the world to the wide proliferation of snakes in the Promised Land.

ST JOHN'S WORT

The herbal depression reliever St. John's Wort is now available as a convenient one a day tablet under the brand name of Kira. It costs £14.95 for 30 tablets, equivalent to 50p a day. Anyone wishing to start a course of these tablets would be advised to consult their doctor first.

SURPRISING S.A.D. FACTS

A study carried out by Dr. John Eagles, a consultant psychiatrist at Royal Cornhill Hospital, has shown that nurses who had moved north to Aberdeen were more likely to suffer winter depression than those from the city. Two to three percent of the adult population of Aberdeen suffer from Seasonal Affective Disorder.

It is thought that Shetlanders may have a genetic resistance to S.A.D. as the incidence there appears to be lower than in the south of Scotland. Dr Eagles will, in fact, be the guest speaker at our April, 1999 meeting.

Source: Press and Journal 13.11.98

MERRY BERRY BIRDS

Waxwings are wassailing
on an overhead wire
They're bloated with berries,
this chatty, charming choir.

These winter wanderers
have come from north or east
to maximise their intake
and celebrate the feast.

Mike Harley

FREE DIRECTORY ENQUIRY CALLS

It is possible to get free Directory
Enquiry Calls.

All you need to do is phone 195. Tell the
operator that you want to apply to have
free Directory Enquiry Calls. You will
be asked why you think you are entitled
to free calls. Explain that you suffer
from Manic Depression and can't
concentrate enough to use a phone book.
You will be sent a card with special
telephone number and a card number on
it.

When you want a telephone number;
simply phone the number on the card,
and tell the operator your name and the
number on the card and the details of the
person you want to phone.

Good luck with your application.

Ian Cox, Treasurer

DID YOU KNOW?

There is a song called 'Manic
Depression' written by the late Jimi
Hendrix which begins, "Manic
depression – it's coming my way". Jimi
was not known as a sufferer although he
liked to be high, man.

SEASON'S GREETINGS

The Committee: Philip, Ian, Mike, Susan,
Jack, Lachlan, Aileen, Jim and your
Support Worker - Sandra would like to
wish all readers an enjoyable Christmas
and a healthy and happy New Year. All
the best for 1999.

Sandra

OLD JOKE

There is a long-term ward in a mental
hospital where the patients have heard
their favourite jokes so often that they
can recognise them by number.
"Fifteen!" says the charge nurse and the
patients fall about laughing. "Number
57!" says someone else and they are
rolling around in stitches.

A visitor asks if he can try. "31!" he
shouts, and is met by silence. "They
laughed at you, why not me?" he asks.

"Ah" says the nurse, "it's the way you
tell 'em".

FINANCIAL CONCERNS

The Mental Welfare Commission for
Scotland has become increasingly
concerned that sufferers in the
community should have help in looking
after their financial affairs which is not
currently provided. Some patients move
out of hospital but their funds remain
frozen there.

Source: Herald 06.11.98

EPILOGUE

Depression is a terrible thing – like
treacle on the soul.

Mark Radcliffe
