

Contents

	oduction t of icons	xi xv
Abb	previations used in this book	xvii
1	The Case: The man whose antidepressants stopped working The Question: Do depressive episodes become more difficult to treat and more recurrent over time? The Dilemma: When can you stop antidepressant treatment and what do you do if medications that worked in the past no longer work?	1
2	The Case: The son who would not take a shower The Question: Will a 32-year-old man with an 18-year history of psychotic disorder ever be able to live on his own? The Dilemma: How can aging parents no longer with the health or the means to support an adult patient with a serious mental illness move their son towards independence without decompensating his psychotic illness or making him homeless?	15
3	The Case: The man who kept hitting his wife over the head with a frying pan The Question: How do you treat aggressive behavior in a patient with early Alzheimer's Disease? The Dilemma: Can Alzheimer patients ever be treated with black box antipsychotics?	25
4	The Case: The son who would not go to bed The Question: What do you do when SSRIs and behavioral therapy fail to reverse disability in OCD for more than 19 years? The Dilemma: How to improve quality of life for a patient with treatment resistant OCD still living at home?	33
5	The Case: The sleepy woman with anxiety The Question: How can you be anxious and narcoleptic at the same time? The Dilemma: Finding an effective regimen for recurrent, treatment resistant anxious depression while juggling complex treatments for sleep disorder.	47
	= designates a "Lighting Round," a short case without a tutorial	

٧



Contents

6	The Case: The woman who felt numb The Question: Are the complaints of a 63-year-old woman with a complex set of psychiatric conditions due to incomplete recovery, or to SSRI induced apathy? The Dilemma: How to have your cake and eat it, too: namely, remission from psychiatric disorders yet no drug-induced cognitive side effects	65
7	The Case: The case of physician do not heal thyself The Question: Does the patient have a complex mood disorder, a personality disorder or both? The Dilemma: How do you treat a complex and long-term unstable disorder of mood in a difficult patient?	69
8	The Case: The son whose parents were desperate to have him avoid Kraepelin The Question: Can you forecast whether an adolescent will become bipolar, schizophrenic or recover? The Dilemma: Should you treat symptoms empirically when the diagnosis changes every time the patient come for a visit?	81
9	The Case: The soldier who thinks he is a "slacker" broken beyond all repair after 3 deployments to Iraq The Question: Are his back injury and PTSD going to end his military career? The Dilemma: Is polypharmacy with 14 medications including multiple opiates, tranquilizers and psychotropics the right way to head him towards symptomatic remission?	93
10	The Case: The young man everybody was afraid to treat The Question: How can you be confident about the safety of combining antihypertensive medications for serious hypertension with psychotropic drugs for serious depression in a patient with a positive urine screen for amphetamine? The Dilemma: Which antidepressants can you use?	105
11	The Case: The young woman whose doctors could not decide whether she has schizophrenia, bipolar disorder or both The Question: Is there a such thing as schizoaffective disorder? The Dilemma: Does treatment depend upon whether the diagnosis is schizophrenia, bipolar disorder or schizoaffective disorder?	117
12	The Case: The scary man with only partial symptom control on clozapine The Question: How to manage breakthrough positive symptoms as well as chronic negative symptoms in a 48-year-old psychotic patient with a history of homicide and suicide attempts? The Dilemma: What do you do when even clozapine does not work adequately?	129



		Contents
13	The Case: The 8-year-old girl who was naughty The Question: Do girls get ADHD? The Dilemma: How do you treat ADHD with oppositional symptoms?	133
14	The Case: The scatter-brained mother whose daughter has ADHD, like mother, like daughter The Question: How often does ADHD run in families? The Dilemma: When you see a child with ADHD, should you also evaluate the parents and siblings?	151
15	The Case: The doctor who couldn't keep up with his patients The Question: Is cognitive dysfunction following a head injury due to tramatic brain injury or to depression? The Dilemma: How can treatment improve his functioning at work?	167
16	The Case: The computer analyst who thought the government would choke him to death The Question: Can you tell the difference between schizophrenia, delusional disorder and obsessive compulsive disorder? The Dilemma: What do you do when antipsychotics do not help delusions?	175
17	The Case: The severely depressed man with a life insurance policy soon to lose its suicide exemption The Question: Is unstable depression without mania or hypomania a form of unipolar depression or bipolar depression? The Dilemma: Do mood stabilizers work for patients with very unstable mood even if the patient has no history of mania or hypomania?	185
18	The Case: The anxious woman who was more afraid of her anxiety medications than of anything else The Question: Is medication phobia part of this patient's anxiety disorder? The Dilemma: How do you treat a patient who has intolerable side effects with every medication?	201
19	The Case: The psychotic woman with delusions that no medication could fix The Question: How can you weigh severe side effects with therapeutic benefits of clozapine plus augmentation in a severely ill patient? The Dilemma: Is it possible for a patient to have better functioning even though treatment does not help her delusions?	209
20	The Case: The breast cancer survivor who couldn't remember how to cook The Question: What is chemobrain? The Dilemma: Can you treat cognitive dysfunction following chemotherapy for breast cancer?	223

۷ij



Contents

21	The Case: The woman who has always been out of control The Question: How do you treat chaos? The Dilemma: What can you expect from an antipsychotic in a woman with many problems and diagnoses?	237
22	The Case: The young man with alcohol abuse and depression like father, like son; like grandfather, like father; like great grandfather, like grandfather The Question: How can you help a young man who denies his alcoholism and depression? The Dilemma: Why do so few psychopharmacologists treat addictive disorders with approved medications?	241
23	The Case: The woman with psychotic depression responsive to her own TMS machine The Question: What do you do for TMS responders who need long-term maintenance? The Dilemma: Finding simultaneous medication treatments to supplement TMS for her psychosis, confusion and mood disorder when ECT and clozapine have failed	257
24	The Case: The boy getting kicked out of his classroom The Question: What is pediatric mania? The Dilemma: What do you do for a little boy with a family history of mania and who is irritable, inattentive, defiant and aggressive?	271
25	The Case: The young man whose dyskinesia was prompt and not tardive The Question: What is the cause of a profound and early onset movement disorder in a young man who just started a second generation atypical antipsychotic? The Dilemma: How do you treat the psychotic illness without making the movement disorder worse?	277
26	The Case: The patient whose daughter wouldn't give up The Question: Is medication treatment of recurrent depression in an elderly woman worth the risks? The Dilemma: Should remission still be the goal of antidepressant treatment if it means high doses and combinations of antidepressants in a frail patient with two forms of cancer and two hip replacements?	291
27	The Case: The psychotic arsonist who burned his house and tried to burn himself The Question: How to keep an uncooperative 48-year-old psychotic man with menacing behavior under behavioral control The Dilemma: What can you do after you think you have blocked every dopamine receptor and cannot give clozapine?	309

viii



Contents

28	The Case: The woman with depression whose Parkinson's disease vanished The Question: Can state dependent parkinsonism be part of major depressive disorder? The Dilemma: How to diagnose and treat with simultaneous antidepressants and anti-parkinsonian drugs?	315
29	The Case: The depressed man who thought he was out of options The Question: Are some episodes of depression untreatable? The Dilemma: What do you do when even ECT and MAOIs do not work?	323
30	The Case: The woman who was either manic or fat The Question: Will patients be compliant with effective mood stabilizers that cause major weight gain? The Dilemma: Can you find a mood stabilizer that does not cause weight gain or a medication that blocks the weight gain of the mood stabilizer?	341
31	The Case: The girl who couldn't find a doctor The Question: How aggressive should medication treatment be in a child with an anxiety disorder? The Dilemma: Can you justify giving high dose benzodiazepines plus SSRIs to a 12-year-old?	351
32	The Case: The man who wondered if once a bipolar always a bipolar? The Question: Is antidepressant induced mania real bipolar disorder? The Dilemma: Can you stop mood stabilizers after 7 years of stability following one episode of antidepressant induced mania without boarding a 2 year roller coaster of mood instability?	363
33	The Case: Suck it up, soldier, and quit whining The Question: What is wrong with a soldier returning from his deployment in Afghanistan? The Dilemma: Is it traumatic brain injury, PTSD or post-concussive syndrome, and how do you treat him?	377
34	The Case: The young man who is failing to launch The Question: What is the underlying illness and when can you make a long term diagnosis? The Dilemma: What can you do for a young adult on a tragic downhill course of social and cognitive decline?	387
35	The Case: The young cancer survivor with panic The Question:Why is this patient resistant to medication treatments? The Dilemma: How aggressive should psychopharmacological treatment be in terms of dosing and duration of drug treatment for panic?	401

İΧ



Contents

36	The Case: The man whose antipsychotic almost killed him The Question: How closely should you monitor atypical antipsychotic augmentation in a type 2 diabetic with treatment resistant depression? The Dilemma: Can you rechallenge a patient with an atypical antipsychotic for his highly resistant depression when he developed hyperglycemic hyperosmotic syndrome on the medication the last time he took it?	409
37	The Case: The painful man who soaked up his opiates like a sponge The Question: What do you do for a complex chronic pain patient whose symptoms progress despite treatment? The Dilemma: How far can medications go to treat chronic pain?	417
38	The Case: The woman with an ever fluctuating mood The Question: Where does her personality disorder end and where does her mood disorder begin? The Dilemma: Can medication work for mood instability of a personality disorder	437 r?
39	The Case: The psychotic sex offender with grandiosity and mania The Question: How to stabilize an assaultive patient with deviant sexual fantasies not responsive to standard doses of antipsychotics and mood stabilizers? The Dilemma: Should heroic doses of quetiapine be tried when standard doses give only a partial response?	451
40	The Case: The elderly man with schizophrenia and Alzheimer's disease The Question: How do you treat a patient with schizophrenia who is poorly responsive to antipsychotics and then develops Alzheimer's dementia? The Dilemma: Can you give an antipsychotic for one disorder when this is relatively contraindicated for another disorder in the same patient at the same time?	457
	ex of Drug Names ex of Case Studies	461 467