

Session Details

Session #: 313
Title: Depression Risk and Inflammation Triggers (repeat)
Speaker: Janet Leathem, MA, PMHNP-BC
Date: Saturday, October 10
Time: 2:40-3:55 p.m.
CE Contact Hours: 1.25
Pharmacology Hours: 0.5

Session Description

Preventing or reducing the incidence and prevalence of depression is a public health priority. According to the World Health Organization, depression is the number one cause of disability in the world. Psychiatric Mental Health NPs almost always see patients after they've developed depression and other psychiatric disorders in which neuroinflammation is already present. While pharmacotherapy and psychotherapy both reduce inflammation, educating patients about adopting a healthy lifestyle can preemptively reduce the risk of brain disorders. Neuroinflammation is a well-established mechanism in depression. Avoiding triggers of inflammation might be a useful tactic to prevent depression or decrease its severity. Ten triggers of inflammation to avoid include: sedentary lifestyle, stress, poor sleep hygiene, vitamin D deficiency, smoking, poor diet, oral disease such as tooth decay, gingivitis, periodontitis, obesity, changes in gut permeability, and allergy.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Identify the public health impact of depression as the leading cause of disability worldwide.
2. Differentiate the monoamine hypothesis of depression with the cytokine hypothesis of depression and describe treatment choices.
3. Explore ten triggers of inflammation and discuss strategies to help patients reduce the risk of depression.

Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.