



NYU Langone Medical Center

# Acute and Maintenance Treatment of Bipolar Disorder: Expert Perspectives



December 13, 2008  
New York City

Sponsored by the NYU Post-Graduate Medical School



**The Post-Graduate Medical School of the New York University School of Medicine is committed to improving patient care through continuing medical education.**

## TARGET AUDIENCE

Psychiatrists and allied healthcare professionals with an interest in bipolar disorder.

## COURSE DESCRIPTION

Bipolar disorder is a devastating psychiatric disease associated with significant morbidity and mortality. Current epidemiology supports the estimate of 5% for the prevalence of this disorder in the general population. There is no consensus, at this point, with respect to diagnosis and treatment of bipolar disorder. Given its prevalence and the severe impact of the disorder on the patient, his or her family, and on society as a whole, improved diagnosis and more effective selection and use of medications are needed.

## STATEMENT OF NEED

This program represents a unique opportunity for clinicians to learn from and interact with a faculty of nationally recognized experts on the diagnosis and treatment of bipolar disorder. In addition to focusing on the issues surrounding the diagnostic boundaries of bipolar and unipolar disorders, the presentations will address emerging findings about the neurobiology of bipolar disorder, the long-neglected cognitive dimension of the disorder, and how these relate to treatment decisions. In terms of treatment, attendees will benefit from a review of the potential benefits and risks associated with both longstanding and newer therapeutic options, and how they compare to older mood stabilizers.

## EDUCATIONAL OBJECTIVES

- Describe how treatment may impact prefrontal and limbic circuitry and may decrease the risk of future structural alterations
- Explain the barriers to accurate diagnosis of patients with bipolar disorder and unipolar depression and list ways to overcome them
- Review existing bipolar disorder diagnostic guidelines and describe how emerging evidence might modify these guidelines so that they more accurately reflect clinical reality
- Discuss the importance of appropriate diagnosis in bipolar disorder patients, especially considering the alarming rate of misdiagnosis
- Evaluate the risks/benefits of therapeutic options for bipolar disorder and consider the possibility of neuroprotection in deciding to initiate treatment
- Detail the clinical implications of early pharmacologic intervention on cognition and course of illness
- Recognize the correlation between early, effective treatment of mood disorders, rates of remission, and subsequent unlikelihood of relapse and recurrence
- Review pharmacologic therapeutic options for treating bipolar disorder in terms of efficacy and safety profiles and incorporate this information to select patient-specific therapy



# Program

- |         |   |          |   |
|---------|---|----------|---|
| 7:00 am | Registration and Continental Breakfast  | 9:45     | Break   |
| 7:55    | Welcome and Introduction<br><i>Norman Sussman, MD</i>   | 10:15    | <b>Lithium and the Anticovulsant Mood Stabilizers: Which to Use, and When</b><br><i>Joseph L. Goldberg, MD</i>                                    |
| 8:00    | <b>Evolving Diagnostic Criteria for Bipolar Disorder: Differentiating Between Unipolar and Bipolar Mood States</b><br><i>S. Nassir Ghaemi, MD, MPH</i>              | 10:50    | <b>Pharmacologic Profiles of the New Generation Antipsychotics: Empirical Evidence for FDA-Approved Indications</b><br><i>J. Craig Nelson, MD</i> |
| 8:35    | <b>Structural and Functional Changes in Bipolar Disorder: Using Neurobiology Findings as a Basis for Diagnosis and Treatment</b><br><i>P. Murali Doraiswamy, MD</i> | 11:30    | Break   |
| 9:10    | <b>Cognitive Dysfunction in Bipolar Disorder: An Overlooked Therapeutic Dimension</b><br><i>Joseph L. Goldberg, MD</i>  | 11:45    | <b>Panel Discussion: Optimal Management of Acute States and Prevention of Recurrence</b><br>Moderator:<br><i>Jerrold F. Rosenbaum, MD</i>         |
|         |   | 12:30 pm | Adjourn   |

## COURSE DIRECTOR

### **Norman Sussman, MD**

Professor of Psychiatry  
Associate Dean for Post-Graduate Medical Programs  
NYU Post-Graduate Medical School  
New York, NY

## NYU SCHOOL OF MEDICINE

### **P. Murali Doraiswamy, MD**

Chief, Division of Biological Psychiatry  
Department of Psychiatry  
Duke University Medical Center  
Durham, NC

### **S. Nassir Ghaemi, MD, MPH**

Professor of Psychiatry  
Tufts University School of Medicine  
Director, Mood Disorders Program  
Tufts Medical Center  
Boston, MA

### **Joseph L. Goldberg, MD**

Clinical Associate  
Professor of Psychiatry  
Mount Sinai School of Medicine  
Norwalk, CT

### **J. Craig Nelson, MD**

Professor in Residence  
Department of Psychiatry  
University of California, San Francisco  
San Francisco, CA

### **Jerrold F. Rosenbaum, MD**

Psychiatrist-in-Chief  
Massachusetts General Hospital  
Stanley Cobb Professor of Psychiatry,  
Harvard Medical School  
Boston, MA

# Faculty

## LOCATION

NYU Langone Medical Center  
Schwartz Lecture Hall, Classroom F  
550 First Avenue  
New York, NY 10016

NYU School of Medicine is located in a predominately residential area on the east side of Manhattan.

PHOTO IDENTIFICATION IS REQUIRED TO ENTER THE MEDICAL CENTER.

### ONLINE COURSE REGISTRATION PREFERRED

[www.med.nyu.edu/courses/cme/bipolar](http://www.med.nyu.edu/courses/cme/bipolar)

Applications will be accepted in order of their receipt.

### Mailing Address and Contact Information

Registration Office - NYU Post-Graduate Medical School  
P. O. Box 1855, Murray Hill Station  
New York, NY 10016  
Phone: 212-263-5295 Fax: 212-263-5293

Please Note: We cannot accept telephone registration.

**Accreditation Statement** - The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit Designation Statement** - The NYU Post-Graduate Medical School designates this educational activity for a maximum of 3.75 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity. To obtain CME credit, you must: (1) have your ID badge electronically scanned for attendance once each day, and (2) access our website, [www.med.nyu.edu/cme](http://www.med.nyu.edu/cme), and click on the Online Course Evaluator/CME Credit Process (follow all instructions to receive instantaneous letter of credit).

**Disclosure Statement** - The NYU Post-Graduate Medical School adheres to the ACCME Essential Areas and Policies, including the Standards for Commercial Support, regarding industry support of continuing medical education. In order to resolve any identified Conflicts of Interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty will be fully noted at the meeting.

**Parking** - Parking is available on 29th and 30th Streets between First and Second Avenues, as well as at the Schwartz Health Care Center garage on First Avenue and 30th Street.

**Course Confirmation** - Please supply your email address to receive a confirmation letter. Written confirmation will not be mailed.

**Hotel Accommodations** - Rooms are in very heavy demand in New York City; we urge you to make your reservations early. You may obtain a list of hotels located near NYU School of Medicine by visiting our website. [www.med.nyu.edu/cme](http://www.med.nyu.edu/cme)



# Course Registration Form

## Acute and Maintenance Treatment of Bipolar Disorder: Expert Perspectives — Course #400

Saturday, December 13, 2008

Register online at [www.med.nyu.edu/courses/cme/bipolar](http://www.med.nyu.edu/courses/cme/bipolar)

Please do not reduce or enlarge this form.

PLEASE PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS AND NUMBERS.

On-site registrants will incur an additional \$20 charge and will receive a receipt by email within 1-2 weeks.

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Degree \_\_\_\_\_

Day Phone (        ) \_\_\_\_\_ Fax (        ) \_\_\_\_\_

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Specialty (REQUIRED FOR CME CREDIT) \_\_\_\_\_

Full Fee - Physicians: \$95    Reduced Fee: \$75\*

\*Reduced fee applies to physicians-in-training with letter of certification from Chief of Service; NYU School of Medicine alumni, former residents and fellows; M.D.s employed by the Department of Veteran's Affairs Medical Center; full-time active military personnel; nurse practitioners and all other non-M.D. healthcare professionals. Eligibility for reduced fee must be indicated below:

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**Refund Policy:** An Administrative charge of \$50 will be assessed for cancellations prior to November 28, 2008. Cancellations must be in writing and postmarked no later than the above date. (Faxes and emails are not accepted.)

**Course Cancellation Policy:** In the unusual circumstance that this course is cancelled, two weeks' notice will be given and tuition will be refunded in full. The NYU Post-Graduate Medical School is not responsible for any airfare, hotel or other costs incurred.

**Methods of Payment:** (cash and phone registration are not accepted) If faxing, do not mail or refax; this will only result in a duplicate charge to your account.

- Check in U.S. Dollars only \$ \_\_\_\_\_
- Credit Card Payment (see to the right)
- International Postal Money Order (Foreign registrants, including those from Canada, must pay by International Postal Money Order or credit card.): \$ \_\_\_\_\_

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**Send to:**

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To help fulfill your continuing education needs, submit a question or topic relating to this course:

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\_\_\_\_\_

**AFTER DECEMBER 10, 2008 ONLY  
ON-SITE REGISTRATION AVAILABLE**

Credit card payments may be faxed to (212) 263-5293.

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