

Hill and Valley Newsletter, April, 2010

We are back in the newsletter business! We will begin publishing monthly newsletters again. Please send any comments you may have on the newsletter to our new email address: dbsawest@gmail.com

What's New?

We have a new website.

- Check out www.dbsawest.org
- We welcome comments.

We have a new Email address:

- Contact us at dbsawest@gmail.com

Help Wanted!

- We need an editor for our newsletter who can devote about 4 hours / month to composing and mailing our newsletter. Please reply to this email if you're interested.

We are planning our summer picnic.

- More details in next month's newsletter.

I found an **interesting article** in the March issue of Science Daily:

Widely Used Screening Scale May Misidentify Borderline Personality Disorder as Bipolar Disorder (Science Daily, 3/2010)

In the *Journal of Clinical Psychiatry*, researchers question the effectiveness of the Mood Disorder Questionnaire (MDQ).

The MDQ is the most widely-used and studied screening tool for bipolar disorder. It is a brief questionnaire that assesses whether a patient displays some of the characteristic behaviors of bipolar disorder.

Bipolar and borderline personality disorders share some clinical features, including fluctuations in mood and impulsive actions. The treatments, however, will vary depending on the individual and the diagnosis.

In a study of 500 patients, researchers found that patients who had been previously diagnosed with borderline personality disorder based on clinical interviews, tested positive for bipolar disorder using the MDQ. This study points out the danger of using a "quick" screening tool to come up with a bipolar disorder diagnosis.

Read the full article here: <http://www.sciencedaily.com/releases/2010/03/100325131600.htm>

Our Officers:

President: Ken Kalal, kenkalal@aol.com

Vice President: Norma Wilmunc, nwimunc@earthlink.net

Treasurer: Mary Paganoni, marypaganoni@aol.com

Secretary: Kathy Davis

Our Support Group Facilitators:

Sunday: Bernadette Knudson, beesnees1@sbcglobal.net

Sunday: Linda Dougherty

Wednesday: Ken Kalal, kenkalal@aol.com

Thursday: Bob Steinmetz, bob@steinmetzmail.com

Support groups meet at **Good Samaritan Hospital**, 3815 Highland Ave in Downers Grove.

In April, May & June:

- **Patient Support Groups** will be held in the White Oak Room on the first floor in the main wing of the hospital on Sundays from 1:00pm to 3:00pm, and on Wednesdays from 7:00pm to 9:00pm.
- **Caregiver Support Groups** will also be held in the White Oak Room on Thursdays from 7:00pm to 8:30pm.

Check for last minute changes at www.dbsawest.org

BECOME A MEMBER: Print this form and mail it with your check to the address below.

Your annual dues (\$20 for an individual, and \$30 for a family) will help us in our mission to provide support, friendship, hope and information for individuals with depression or bipolar disorder and their families.

In addition to helping to financially support our organization, you will receive our monthly newsletter, either by mail or Email.

Type of membership: Family (\$30): Individual (\$20):

Type of Newsletter: US Mail: Email:

Name: _____

Address: _____

City: _____ Zip: _____

Email Address: _____

Make checks payable to: **DBSA West**

Mail Checks to: **DBSA West
PO Box 4646
Naperville, IL 60567**

Thank you for your generous support!