

DBSA West Hill and Valley Newsletter: August, 2011

We had a crowd of 41 people for our picnic last month, including quite a few first-time attendees. Good planning by Bernadette, Norma and Mary brought the total bill for the event at just under \$400. The picnic was made possible by the efforts of many of our members. See our picnic recap article later in this newsletter.

We are moving our young adult support group to Thursday evenings. Attendance has been spotty on Sunday afternoons, and we are hoping that a change of date may draw more people to the meetings. The first Thursday meeting is August 4, 2011.

MONTHLY BOARD OF DIRECTORS REPORT

Bank Account Balances

Checking Account Balance	\$1,016
Emergency Medical Fund:	\$5,142

Dues Paying Members

Individual	29
Family	19
Total Dues Paying Members	48

Newsletter Distribution

Email Recipients	297
Hardcopy Recipients	74
Total Recipients	371
Last Email Date	8/5/11
Last USPS Mailing Date	8/6/11
Last Board of Directors Mtg	5/15/11

This month's article comes from www.psychcentral.com: **Diagnosing Bipolar with Brain Imaging**

Diagnosing Bipolar Disorder with Brain Imaging? A leading researcher believes a single MRI (magnetic resonance imaging) scan may soon provide individuals and health professionals with a faster and more accurate diagnosis of bipolar disorder.

Professor Mary Phillips, professor of psychiatry and director of the Clinical and Translational Affective Neuroscience Program at the University of Pittsburgh, comments that missed and delayed diagnosis are a major problem with bipolar disorder. She said: "Only one in five sufferers are correctly diagnosed at first presentation to a doctor and it can take up to ten years before sufferers receive a correct diagnosis."

A major problem for clinicians is the difficulty of differentiating between unipolar (normal) depression and bipolar disorder. Professor Phillips explained: "The problem is that sufferers (of bipolar disorder) frequently fail to tell their doctors about hypomanic phases because they can be experienced as quite pleasant or judged not to be abnormal at all."

Yet research carried out at Pittsburgh has shown that BPD may in the near future be more accurately diagnosed with a combination of a functional MRI, which scans the brain's 'software' or neural pathways, as well as a DTI (Diffusion Tension Imaging) which scans the brain's white matter.

Professor Phillips told Congress that scans of the brains of people who are suffering depression or bipolar disorder show 'functionally coupled' activity in two regions of the brain: the amygdala, which processes emotions, and the prefrontal cortex, important for emotional regulation.

Professor Phillips's study involved MRI scans comparing brain function in two groups of people, one group with bipolar disorder and the other with depression. It revealed that the two types of depression appear to be easily distinguished "by a very different and distinct pattern of brain activity."

She said: “If there’s a plan to do just one MRI in the future to try to decide whether someone has bipolar or depression, I’d suggest focusing the right prefrontal cortex. If there is any abnormality in functioning between the right and prefrontal cortex and right amygdala, the chances are that the person has bipolar.”

Professor Phillips suggested that the scans may also be used at some point to predict a future onset of bipolar disorder in young people who are not yet affected by the disease.

The Official DBSA West Annual Picnic Wrap Up and Thank You Letter

To: Our DBSA Friends
From: Bernadette Knudsen, President, DBSA West
Subject: Picnic Wrap-Up

We had our annual DBSA West picnic on July 17th and a good time was had by all with people getting to know one another in new ways and making new friends. I want to take this opportunity to thank all the wonderful people who made it possible.

To begin with, we would never have found our way to Seven Gables Park without the permit obtained by Judy Beem and the wonderful invitations created and the maps sent by Bob Steinmetz, our Secretary. He brought the horseshoes set for our entertainment. Kudos to our Vice President, Norma Wimunc. She got to the park very early to set out the signs with balloons so we could navigate the turns to the picnic shelter’s parking lot. She brought a folding table and covered all the tables to make the shelter look good. She got up extra early to bake the yummy brownies that we all enjoyed, and then stayed late to clean up the shelter. Wow!

Gwyn Jones made delightful deviled eggs and brought net tents to cover the food and keep out flies. Judy Michelic and her brother, Steve Dancik, arrived early and brought another folding table along with the raw vegetables, the chips and salsa, which were perfect for snacking before the rest of the food arrived. Their good friend, Marilyn Thompson, brought a watermelon for our enjoyment and Linda Dougherty did as well. At about 12:15 the caterers brought Italian beef, Italian sausage, fried chicken, meat ravioli, cheese ravioli, coleslaw and potato salad, Italian bread rolls and garlic bread. But that wasn’t all there was.

Our treasury covered the cost of the beverages and ice but Mary Paganoni, our Treasurer, did the heavy lifting – buying and bringing them. She made her luscious taffy apple salad while her good friend, Judy Beem brought an inimitable four bean salad and Helen Moulter repeated her success from last year with her baked beans. Karen Wennersten baked a cake with chocolate frosting and the Steinmetzes brought two delightful sheet cakes with DBSA written on them in blue icing.

We had anticipated having 55 plus guests, but probably because of the heat, only about 40 came. As you can guess, there was enough food to feed an army and we are grateful to Judy Michelic for bringing all the containers for leftovers and to her brother Steve for putting the food in them. He was a dynamo!

Thanks to all who attended and to all who worked to make the picnic wonderful.

Please help DBSA West by becoming a dues-paying member.

DBSA is an all-volunteer organization dedicated to improving the lives of people living with mood disorders and their loved ones. Our primary focus is on providing support groups for persons dealing with depression and bipolar disorder and their friends and families.

We are constantly looking for ways to make people aware of our group, which means we spend money on postage, printing and distribution of our information. When you become a member of DBSA, your \$20 individual and \$30 family annual dues payments help us pay for the production and mailing costs of our newsletters and brochures. Please see the sign up form at the end of this newsletter.

Our Officers:

President: Bernadette Knudsen, bernadette@dbsawest.org

Vice President: Norma Wimunc, norma@dbsawest.org

Treasurer: Mary Paganoni, mary@dbsawest.org

Secretary: Bob Steinmetz, bob@dbsawest.org

Our Support Group Facilitators:

Sunday: Bernadette Knudsen, bernadette@dbsawest.org and Linda Dougherty

Sunday (young adult): Alex Steinmetz, alexsteinm@dbsawest.org

Wednesday: Norma Wimunc, norma@dbsawest.org

Thursday: Bob Steinmetz, bob@dbsawest.org

Support groups meet at **Good Samaritan Hospital**, 3815 Highland Ave in Downers Grove. Here is our schedule for the next few weeks. Since schedules are subject to change, always refer to www.dbsawest.org for the most current information regarding room assignments.

DBSA West Support Group Meetings Aug-Sep, 2011

Day	Date	Time (pm)	Location	Group
Wed	8/3	7:00-9:00	White Oak	Patient
Thu	8/4	7:00-8:30	White Oak	Caregiver
Thu	8/4	7:00-8:30	Blue Oak	16-25
Sun	8/7	1:00-3:00	Red Oak	Patient
Wed	8/10	7:00-9:00	White Oak	Patient
Thu	8/11	7:00-8:30	White Oak	Caregiver
Thu	8/11	7:00-8:30	Blue Oak	16-25
Sun	8/14	1:00-3:00	Red Oak	Patient
Wed	8/17	7:00-9:00	White Oak	Patient
Thu	8/18	7:00-8:30	White Oak	Caregiver
Thu	8/18	7:00-8:30	Black Oak	16-25
Sun	8/21	1:00-3:00	Red Oak	Patient
Wed	8/24	7:00-9:00	White Oak	Patient
Thu	8/25	7:00-8:30	White Oak	Caregiver
Thu	8/25	7:00-8:30	Blue Oak	16-25
Sun	8/28	1:00-3:00	Red Oak	Patient
Wed	8/31	7:00-9:00	White Oak	Patient

Day	Date	Time (pm)	Location	Group
Thu	9/1	7:00-8:30	White Oak	Caregiver
Thu	9/1	7:00-8:30	Black Oak	16-25
Sun	9/4	1:00-3:00	Red Oak	Patient
Wed	9/7	7:00-9:00	White Oak	Patient
Thu	9/8	7:00-8:30	White Oak	Caregiver
Thu	9/8	NO 16-25 MEETING		
Sun	9/11	1:00-3:00	Red Oak	Patient
Wed	9/14	7:00-9:00	White Oak	Patient
Thu	9/15	7:00-8:30	White Oak	Caregiver
Thu	9/15	7:00-8:30	Black Oak	16-25
Sun	9/18	1:00-3:00	Red Oak	Patient
Wed	9/21	7:00-9:00	White Oak	Patient
Thu	9/22	7:00-8:30	White Oak	Caregiver
Thu	9/22	7:00-8:30	Red Oak	16-25
Sun	9/25	1:00-3:00	Red Oak	Patient
Wed	9/28	7:00-9:00	White Oak	Patient
Thu	9/29	7:00-8:30	White Oak	Caregiver
Thu	9/29	7:00-8:30	Red Oak	16-25

DBSA West – Suburban Chicago

We've been there. We can help.

BECOME A DUES-PAYING 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 to their friends and families.

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

Type of newsletter: US Mail: Email

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

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!