

The Editor

Rare (and extremely lucky!) is the person able to live a long life without ever experiencing some kind of illness. From the common cold to allergies to major, life-threatening diseases, the human pathway is full of hazards. But we are not necessarily doomed to unrelenting misery. We can do a lot to ward off many health problems by caring for our bodies in a thoughtful and sensible manner, observing the habits and practices of healthy people and avoiding those of unhealthy ones. And when, in spite of our best efforts (or possibly because of frailty or error) we become sick, there are better and worse ways to cope.

The most powerful part of your immune system and the most important component in your health program is your attitude. With a positive outlook, illness is less likely to strike, and if it does, recovery is faster. Fear, anger, bitterness, pessimism, faultfinding, and similar attitudes reduce the quality of life in countless ways, including physical and mental health.

But some may argue, "I can't help what I think; that's just the way I am." Wait a minute, here! You have more control over your thoughts than you may realize. If you surround yourself with poison and pollution, you may well get poisoned. If you clean up your emotional environment, filling it with cheerful, happy people, inspiring and constructive literature, heart-warming music, joyful activities, productive work, and peaceful sleep, you are providing healthful and nourishing mind food. Your thinking patterns will reflect the care you take with them.

If you are reading this newsletter, you have probably had some kind of close contact with mental illness. You may have a mood disorder or know someone who has. You are not helpless, any more than you are doomed to get beriberi or scurvy. The laws of health and the best advice resulting from the scientific findings of the modern age can give you the advantages you seek. And be sure you keep a sense of humor. A laugh a day keeps the gloom at bay!

Yours for better health and happy living,
Yen

You can call us at **(909)780-3366**

Since we have no full-time staff, leave a message and one of our volunteers will call you back. Due to budget constraints, we are unable to return long distance calls unless you give us permission to call you collect.

The Thermometer Times

16280 Whispering Spur
Riverside, CA 92504
(909) 780-3366

Publisher & Editor in Chief
Jo Ann Martin

Senior Editor
Yen Cress

Copy Editor
Karen Cameron

Associate Editors
Nelma Fennimore
Karen Cameron
Georgia Peterson

Staff Writer
Yen Cress

Medical Advisor
Andrew J. Rooks, M.D.
Child, Adolescent & Adult Psychiatry
American Board of Psychiatry
and Neurology

Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.

**You may now contact us via e-mail at:
MDDARIV@AOL.COM**

Thanks, Kevin!

We are now officially on the web.
Check it out at:
<http://www.geocities.com/mddariv/>
We have been waiting a long time for this.
Congratulations, Kevin, for a good job!

Thank you for renewing your
memberships
and newsletter subscriptions.

If you find errors on your
mailing label, including the
renewal date, please contact
us at: 909/780-3366

Thyroid and Mood

One of the clinical symptoms of thyroid disease is mood disturbance. People with hypothyroidism (underactive thyroid) exhibit depressive symptoms while those with hyperthyroid (overactive thyroid) can appear manic or even psychotic. When laboratory tests indicate a deficit or excess of thyroid hormone, the patient can be treated and symptoms will disappear. Testing for thyroid malfunction is one of the important rule-outs in making a diagnosis of depression or manic depression.

But thyroid disease can exist along with a mood disorder. And testing is important when medications aren't working and for patients on lithium. Lithium, which is used to treat both unipolar and bipolar depression, can cause hypothyroidism. Hypothyroidism has been particularly implicated in rapid cycling bipolars. These individuals experience four or more cycles per year, some cycling back and forth from depression to hypomania or even mania without a period of normalcy between. They are difficult to stabilize on lithium or alternatives such as carbamazepine or valproic acid.

Yet it's not as simple as all that. Basic thyroid tests will not always indicate a malfunction. When the more sophisticated TSH test is given, however, an underlying thyroid dysfunction may be detected. The TSH test measures the amount of thyroid stimulating hormone. When levels are high, the thyroid gland is working harder to produce adequate amounts of the hormone. Untreated, eventually the thyroid will "burn out." Adding thyroid to the patient's medication regimen can make all the difference.

Even patients who do not show any abnormalities on thyroid tests are being given thyroid supplementation and are showing improvement. For some time, thyroid has been added to boost action of tricyclic antidepressants. The effectiveness of this

What Do These Famous People Have In Common?

Gioacchino Rossini	Composer
Philip Roth	Writer
John Ruskin	Writer
King Saul	Biblical Figure
Charles Schulz	Cartoonist
Robert Schumann	Composer
Delmore Schwartz	Poet
Alexander Scriabin	Composer
Jean Seberg	Actress
Sabatini Sevi	Messiah figure
Anne Sexton	Poet
Mary Shelley	Author

All of them are believed to have suffered from depressive disorders. Yet they are known not for their illnesses, but for **their achievements!**

treatment suggests that some depressive disorders may involve hormonal systems as well as brain chemicals.

Of particular interest is the use of high levels of thyroid in treatment-resistant rapid cyclers.

In a trial reported in the *Archives of General Psychiatry*, May 1990, ten out of eleven patients experienced improvements in depressive symptoms, and five out of seven in manic symptoms when high doses of levothyroxine sodium were added to their existing medication regimens. The authors suggest that rapid cycling and perhaps other treatment-refractory affective disorders may be due to a deficit in brain thyroid hormone. Adequate amounts of thyroid are not reaching the brain or are not being processed adequately even though there are normal circulating levels of thyroid hormone.

—Hill & Valley, DMDA Hinsdale, IL, January 1993
As seen in MDDA Detroit, *Life in Balance*, August 2000

**B
I
Z
A
R
R
O**

Can you BELIEVE it? I'm 46 years old & my parents STILL refuse to take responsibility for my irresponsibility.



BY Dan Piraro

PIRARO-B-1-00 UEXPRESS.COM Dist. by Universal Press Synd.

Who Are You?

SEND YOUR LETTERS TO THE MDDA MEMBERS FOR A FREE PERSONALITY PROFILE THAT WE CAN PUBLISH IN THE THERMOMETER TIMES IF YOU WOULD ENJOY PARTICIPATING IN THIS. PLEASE CALL HER AT 688-0368.

Tylenol PM Compound May Interact with Prozac and Other Drugs

Question: My doctor recently prescribed Prozac for premenstrual syndrome. It's certainly made a difference, but I am having trouble sleeping. Is it safe to take Tylenol PM every night as a sleep aid? I think it helps, but I don't want to jeopardize my health.

Answer: The compound in Tylenol PM that makes people drowsy is diphenhydramine (DPH). It is also found in many other nighttime pain relievers and in Benadryl.

New research (*Clinical Pharmacology and Therapeutics*, May 2000) suggests that diphenhydramine might interact with a number of medicines. The scientists discovered that effects of the heart and blood pressure pill metoprolol (Lopressor, Toprol-XL) were exaggerated when it was taken in combination with DPH.

Other medications that might be affected include certain antidepressants, drugs for obsessive-compulsive disorder (Anafranil, Luvox), painkillers such as codeine, hydrocodone, oxycodone and Ultram, as well as a number of heart medicines. Only the metoprolol-DPH interaction has been studied in humans, but we worry that Tylenol PM every night might increase your side effects from Prozac.

—Joe Graedon and Teresa Graedon
The People's Pharmacy
LA Times

Martha Buell's Book Review

Can You Trust Psychology?

BY GARY R. COLLINS

Many Christians, including Jimmy Swaggart and Dave Hunt, claim psychology is seductive, destructive and dangerous. These concerns have left many people confused and questioning. If I'm in counseling, should I get out? Are non-Christian counselors always to be avoided? Should pastors do counseling themselves? Should they refer church members to psychologists?

Gary R. Collins is one of the most widely read and well-respected Christian authors of our day, having also written many other books including *How to Be a People Helper* and *Christian Counseling*. He received his Ph.D. from Purdue University and is a professor of psychology at Trinity Evangelical Divinity School in Deerfield, Illinois. He provides a reasoned voice in a sometimes loud and heated debate that threatens the spiritual and emotional vitality of millions. He answers the questions you are asking and gives clear direction in plain language.

This is a must book for anyone who questions psychology.

—*Mood Challenge*, Peoria
June 2000



Phone Phriends

If you need someone to talk with, you may call one of the following members at the corresponding times.

Leroy

6 a.m. to 9 p.m.
(909) 686-5047

Sandy

3 p.m. to 9 p.m.
(909) 688-0368

Josie

10 a.m. to 9 p.m.
(909) 822-1928

Donna

10 a.m. to 9 p.m.
(909) 736-9665

Georgia Ann

6 a.m. to 9 p.m.
(909) 352-1634

Marlene and George

Before 9:30 a.m.
and from 8 p.m. to
12 midnight
(909) 685-6241

LABOR DAY Picnic

BRING YOUR TOWEL AND SUITSUIT, A DISH TO SHARE, GAMES,
MUSICAL INSTRUMENTS, COME AND ENJOY ONE OF THE FUN ACTIVITIES
RIVERSIDE MDDA HAS FOR YOU!
12 NOON, SEPTEMBER 4, AT JOANNS
DIRECTIONS ON FRONT PAGE

Headlines to Make You Smile

- Include Your Children When Baking Cookies
- Something went Wrong in Jet Crash, Experts Says
- Police Begin Campaign to Run Down Jaywalkers
- Safety Experts Say School Bus Passengers Should Be Belted
- Drunk Gets Nine Months in Violin Case
- Iraqi Head Seeks Arms
- Panda Mating Fails; Veterinarian Takes Over
- British Left Waffles on Falkland Islands

—Vital Signs, August 31, 1999
As seen in Tampa Bay DMDA Newsletter,
August/September 2000

California Network of Mental Health Clients Annual Conference

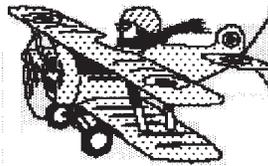
December 2nd and 3rd
at the Marriot Mission Valley Hotel
For more info: 909/352-1634

How To Be Assertive With Your Doctor

- 1) Keep a Medication Diary; it should have what you are taking, starting when, and the results. Carry it with you everywhere. You never know when you might need it.
- 2) If you have a question about what you are taking write it down in the diary. Write the answer down as well; you won't remember when you get home.
- 3) Make sure you tell your doctor what is working as well as what is not.
- 4) Be sure to ask about side effects; they are rarely fatal but frequently uncomfortable. If you are prepared, you will not have significant problems.

- 5) If your doctor refuses to talk to you, tell him that you will request a change and why. You are the customer and are in control, and he/she needs to understand this.
- 6) If your medication is working, don't ask for changes just because you "know that there is something better." You should ask about current developments, but realize they may not be right for you.

—Liane Hileman, LCSW, Guest Speaker for
Riverside MDDA support group in
August, 2000.



ANNOUNCEMENTS

HEMET SUPPORT GROUP

"Foundations" meets every
Monday and Tuesday 7-9 pm.
Trinity Lutheran Church
Please call (909) 929-1223

THE UPLIFTERS

(Christian emphasis) meets at
Victoria Community Church
Contact:
Arlie (909) 780-0379

UPS & DOWNS - San Bernardino

Meets Saturdays at Noon-2 pm.
Call David Avila at (909) 862-1096

UPLAND DMDA FONTANA DMDA

Meet Thursday evenings
Call David or Samantha Johns
(909) 947-1307 OR
e-Mail dmjbf@aol.com

TEMECULA DMDA

Meets every Tuesday 11 am-1 pm.
41002 County Center Dr.
Contact Mark at (909) 696-7496
or (909) 507-1365

UPS & DOWNS - Riverside

Call Family Services at
(909) 686-3706

UPS & DOWNS/DMDA - Highland

Meets Wednesdays 7-9 pm.
St. Adelaide Church - Ministry Bldg.
27457 E. Baseline (at Palm), Highland
Call David Avila at (909) 862-1096

For Support People: AMI - Riverside Mental Health Administration
Building, 4095 County Circle Dr. (off Hole Ave. near Magnolia) 7:30 pm,
1st & 3rd Monday each month (909) 737-5747 (call FIRST)

Due to a serious illness in Jo Ann Martin's family,
the **10th Annual CDMDA Conference**
planned for October 27 & 28, 2000, in San Francisco,
has been cancelled.

See you at our next
conference in Visalia in 2001!

ORIGINAL MATERIAL



Do you have a story to tell,
or a poem or art work?
We welcome submissions
to our newsletter.
If you have something you think
we could use, please send it to:
EDITOR

**MDDA P.O. Box 51597
Riverside, CA 92517-2597
FAX 909/780-5758**

