

Re briefs

■ Prostate cancer

Beaumont Hospital is recruiting volunteers for SELECT, or the "Selenium and Vitamin E Chemoprevention Trial." The research study, funded by the National Cancer Institute, will include more than 32,000 healthy men in North America, including Puerto Rico, to evaluate selenium (a micronutrient present in food and in supplements) and vitamin E (alpha-tocopherol), to determine their effectiveness in preventing prostate cancer. Needed are African-American men at least 50 years of age and other men at least 55 years old. Participants must have no prior history of prostate cancer and must be in generally good health. Call Beaumont's Cancer Clinical Trials Office at (248) 551-7695.

■ Cancer nutrition

The American Institute for Cancer Research has launched a new online guide devoted to nutrition for the cancer survivor. The new site features guidelines for eating and exercising as well as nutritional advice from experts. The Web site address for the new Cancer Survivor's Guide is www.aicr.org/survivor.

One of the areas in which science-based information has been lacking is nutrition and exercise. Research has tended to focus on the relations between diet and reducing risk of primary cancers rather than healing and preventing a recurrence.

The new Cancer Survivor's Guide includes a set of seven dietary guidelines, exercise tips, recipes for good health, lists of resources and helpful organizations, survivor stories and frequently asked questions. The site links survivors to a registered dietitian who will answer questions. By clicking on "Ask a Registered Dietitian," an e-mail form appears on which survivors can send a question to an AICR dietitian. A reply will be mailed back within two work days.

■ Heart cookbook

Revelers, take note: You don't have to overdo the holiday season to enjoy it. The American Heart Association Meals in Minutes Cookbook and the American Heart Association Low-Salt Cookbook, Second Edition, published by Clarkson Potter, a division of Random House, are now available at local bookstores.

The Low-Salt Cookbook contains 232 recipes, nutrition information, shopping tips, and pages of creative cooking ideas that cut the salt and fat without losing flavor. The Meals in Minutes Cookbook boasts 200 healthy recipes that take no more than 20 minutes preparation time.

■ Healthy heart

With a few clicks of a mouse, people can now find out their risk for heart disease. Beaumont Hospital is offering a free online heart disease risk assessment, the MACH (Measuring America's Cardiovascular Health - I Person at a Time). It's available at www.beaumonthospital.com.

The major advantages of this assessment are that it's computer based, it takes only about 10 minutes and the results are immediate," said Dr. William O'Neill, director of cardiology.

A specially designed heart disease risk assessment for women is also being offered through Beaumont's Minirelli Women's Heart Center. For more information, call (800) 633-7377.



BY LAURA COLVIN
CORRESPONDENT

Some 3 million teenagers suffer from depression, an illness that increases the risk of suicide, substance abuse, school failure and social isolation. Yet few get the help they need. Quality mental health services are limited, especially for low-income families. When services are available, the fear of stigma prevents many people from seeking help.

And, for teens, depressive symptoms are often misinterpreted as a normal part of the "ups and downs" of adolescence.

"Twenty or 30 years ago, there was a debate about whether children could be depressed, whether it was even possible," said Dr. Jerry Rushton, a pediatrician at the University of Michigan Health System who specializes in depression and other behavior issues in children and teens. "Now we know that this is something that certainly does have many roots in childhood and adolescence."

Although teens often exhibit many of the same symptoms of depression as adults, there are important differences.

"We think of depression as someone who's quiet in their room," said Rushton, "but teens can be angry, irritable and in your face. We're recognizing that in teens it's not just the depressed, sullen, melancholic mood of classic depression."

Boys and girls appear to be equally susceptible in childhood, but in adolescence girls are twice as likely as boys to become depressed.

"A lot of teens are going to go through periods when they are moody and withdrawn," he said. "The key difference is when it is persistent on a daily basis."

INFORMATION SOURCES

■ University of Michigan Depression Center
www.depressioncenter.org
To request an evaluation:
(800) 525-5188 or (734) 936-4400

■ Henry Ford Behavioral Health
Birmingham: (248) 647-3310
Dearborn: (313) 317-2000

■ MDOA of Metro Detroit
For a free newsletter with a list of support groups: (248) 557-5773
www.mdoa-metro-detroit.org

■ American Academy of Child and Adolescent Psychiatry
www.aacap.org

■ National Institute of Mental Health
www.nimh.nih.gov

UNDERSTANDING DEPRESSION

If the symptoms linger for longer than two weeks and begin to impair normal functioning, it might be time for a closer look.

"It's not the kid that's still getting good grades, hanging out with friends and getting along reasonably well with family," said Rushton, "but one that's failing or skipping school, not hanging out with friends or doing the activities they used to, and having extreme arguments with parents."

Depression is a mood disorder thought to be caused by an imbalance of chemicals called neurotransmitters in the brain. The imbalance prevents the brain's mood-regulating system from functioning as it should, thus resulting in extreme mood swings, changes in sleep patterns, eating disturbances and changes in activity and energy levels.

Several types of mood disorders exist:

■ **Major depressive disorder** (unipolar depression) is a combination of symptoms lasting at least two weeks and interfering with a person's ability to function normally.

■ **Dysthmic disorder** is a milder, but chronic form of depression with symptoms lasting at least one year (two years in adults). Symptoms are the same as those of major depression, but there may be fewer symptoms and less intensity.

■ **Bipolar disorder** (manic depression) is a recurring mood disorder that often begins with depression. Periods of mania, or "highs," alternate with periods of depression, or "lows." It is estimated that between 20 and 40 percent of children and adolescents with depression will eventually develop bipolar disorder.

It is widely believed that depression is brought on by a number of factors. According to the National Mental Health Association, biological, environmental and psychological factors can all contribute to the onset of depression. Children at increased risk for developing the disorder include those with a family history of depression and those who have experienced abuse, neglect or other trauma.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

Depression is also more likely to exist in teens with behavior or anxiety disorders, substance abuse problems, or a physical illness such as diabetes.

SIGNS OF DEPRESSION

Signs of depression common to adults, children and adolescents:

- Persistent sad or irritable mood
- Loss of interest in activities once enjoyed
- Significant change in appetite or body weight
- Difficulty sleeping or over sleeping
- Psychomotor agitation or retardation
- Loss of energy
- Feelings of worthlessness or inappropriate guilt
- Difficulty concentrating
- Recurrent thoughts of death or suicide

Five or more of these symptoms must persist for two or more weeks before a diagnosis of major depression is indicated.

Signs that may be associated with depression in children and adolescents:

- Frequent vague physical complaints such as headaches, muscle aches, stomachaches
- Frequent absences from school or poor performance in school
- Talk of or efforts to run away from home
- Outbursts of shouting, complaining, unexplained irritability or crying
- Being bored
- Lack of interest in playing with friends
- Alcohol or substance abuse
- Social isolation, poor communication
- Fear of death
- Extreme sensitivity to rejection or failure
- Reckless behavior
- Difficulty with relationships

Source: The National Institute of Mental Health

Wine may reduce risk of second heart attack

Middle-aged French men who drank two or more glasses of wine regularly after a recent heart attack were less likely to have a second heart attack or other cardiovascular complications compared to nondrinkers, according to a study in the Sept. 2 rapid access issue of *Circulation: Journal of the American Heart Association*.

The study examined data from the Lyon Diet Heart Study, a randomized trial evaluating whether the Mediterranean diet may prevent further cardiovascular disease or death after a first or recent heart attack.

The impact of regular moderate alcohol consumption in patients with heart disease is limited and controversial, says

Dr. Michel de Lorgeril, the study's lead researcher at the Cardiovascular Stress and Associated Pathology Laboratory, Joseph Fourier University of Grenoble, France. The Lyon trial offered a unique opportunity to examine the issues in a very homogeneous group of French middle-aged male survivors of a recent heart attack.

Researchers evaluated 353 men from the ages of 40 to 60 and classified the amount of alcohol they routinely drank. There were no significant differences in the severity of prior heart attack (the main indicator or new complications), in medications used, or in the diet among the drinking hanges.

During a mean follow-up of four years,

104 cardiovascular complications (including recurrent heart attack, stroke and heart failure) occurred. Thirty-six of the complications occurred among men who abstained from alcohol; 34 among men who drank less than two glasses of wine a day; 18 among those who drank about two glasses a day; and 16 among men who drank an average of four to five glasses of wine a day. Each glass of wine was about four ounces.

Compared with nondrinkers, men who drank two or more glasses of wine each day reduced their risk for a recurrent heart attack by more than 50 percent compared to nondrinkers.

The inverse relationship between wine drinking and the risk of complication

seemed to be independent of the major predictors of cardiovascular disease, including smoking, cholesterol and blood pressure, as well as major lifestyle factors such as dietary habits, says de Lorgeril.

The researchers caution that it's too soon to make general recommendations about secondary prevention. A great deal of prudence is required before extending the results to other groups, including women, people younger than 45, those older than 75, or when considering other types of alcohol and drinking patterns. More studies are needed to better define the type of patients who could most benefit from moderate drinking after a heart attack.

Source: The American Heart Association