

PENN PSYCHIATRY PERSPECTIVE

Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in *Penn Psychiatry Perspective*, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

Dwight L. Evans, MD
Ruth Meltzer Professor and Chair

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Departmental Goings On

Lead Exposure Increases Child’s Risk for Sleep Problems



David F. Dinges, PhD was the senior author of a recent Penn Medicine and Penn Nursing study showing that lead exposure in early childhood is associated with increased risk for sleep problems and excessive daytime sleepiness in later childhood. The paper appeared in the December 2015 issue of the journal *SLEEP*.

According to a November 12, 2015 news story from the Penn School of Nursing, this is the first longitudinal, population-based study that investigated the contribution of early lead exposure to sleep problems. The research is based on data from a longitudinal, cohort study - involving more than 1400 Chinese children - that began in 2004 investigating the influence of lead exposure in relation to the development of children’s and adolescents’ neurocognitive, behavioral, and health outcomes. Lead pollution is pervasive throughout China and other developing countries, and though rates of lead exposure are decreasing due to the phase-out of leaded gasoline and increased public awareness, its persistence presents a significant health risk to children.

“This study addresses an important but often neglected area of sleep science, namely, environmental factors that disrupt sleep biology and behavior in children and other vulnerable populations,” said Dr. Dinges. The sleep problems reported by the adolescents in the study include excessive daytime sleepiness, insomnia, early morning awakening, trouble initiating and maintaining sleep, and having to use sleeping pills, all of which highlight poor sleep quality. Using the data from the cohort study, 665 children’s blood lead levels were assessed when they were between three and five years old, and sleep was assessed six years later, when the children were between nine and eleven years old. The children and their parents answered separate questionnaires about the children’s daily sleep patterns, insomnia, and the use of sleeping pills.

Child-reported insomnia and use of sleeping pills were two times and three times more prevalent in children with blood lead levels (BLL) greater than or equal to 10 ug/dL than in children with BLL less than 10 ug/dL. This suggests that sleep disturbances appeared problematic enough for children to suffer from insomnia and even to use sleeping aids/pills in an attempt to ameliorate their symptoms. The study was covered by several print and electronic media outlets, including the *International Business Times*, *Tech Times*, and *PsychCentral*.

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Departmental Goings On

Lead Exposure Increases Child's Risk for Sleep Problems Continued from page 1

Dr. Dinges is Professor of Psychology in Psychiatry and Director of the Division of Sleep and Chronobiology in the Department of Psychiatry at Penn. Lead author Jianghong Liu, PhD, RN, FAAN is Associate Professor of Nursing at the Penn School of Nursing and a faculty member in the Penn Perelman School of Medicine. Other co-authors include contributors from the Penn School of Nursing, Shandong University School of Public Health (China), and Shanghai Jiaotong University School of Medicine (China).

View the November 12, 2015 Penn School of Nursing news story at - <http://www.nursing.upenn.edu/research/Pages/Science-In-Action.aspx?itemID=147>

News and Announcements

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. (For a more complete listing, please visit - <http://www.med.upenn.edu/psych/news.html>.)

Dr. Rostain Discusses ADHD on PBS' "Second Opinion"



(L-R) Anthony L. Rostain, MD, MA,
Lisa Harris, MD,
Peter Salgo, MD,
Frank South

Anthony L. Rostain, MD, MA appeared on PBS' show "Second Opinion" (WXXI-TV – Rochester, New York) this fall to discuss Attention-Deficit/Hyperactivity Disorder (ADHD) in adults, a topic of growing public health concern. Dr. Rostain joined host Peter Salgo, MD, in-studio panelist Lisa Harris, MD, and special guest Frank South for the segment. Adult ADHD symptoms can lead to a number of serious life problems, including unstable relationships, poor work or school performance, impaired physical health, mood and/or anxiety disorders, and low self-esteem. While ADHD always starts in early childhood, in some cases it is not diagnosed until later in life. This was the case with Mr. South, whose ADHD derailed his Hollywood career. Mr. South's son in grade school was diagnosed with ADHD about the time Mr. South was experiencing difficulties on the set of "Melrose Place," prompting him to seek a medical evaluation and eventually receive his own diagnosis at the age of 49.

Reflecting on Mr. South's experience, Dr. Rostain told the television audience that "probably only 1 out of 10 adults with ADHD right now are getting treated. Probably only 1 out of 4 or 5 have even recognized it

in themselves, so the vast majority of adults with ADHD right now are going undiagnosed." In evaluating adults for ADHD, Dr. Rostain stated, "We will ask about childhood symptoms. They don't have to have the full diagnosis as kids, but there had to have been something going on." He went on to discuss medications, psychosocial interventions, and other problem-solving approaches that might be recommended to adults seeking help for ADHD-related problems.

Dr. Rostain is Professor of Psychiatry and Pediatrics and Co-Founder and Co-Director of the Penn Adult ADHD Treatment and Research Program in the Department of Psychiatry at Penn.

View and listen to the PBS "Second Opinion" segment at – <http://secondopinion-tv.org/episode/adhd-adults>

News and Announcements

Are You a Reckless Drinker? Genes May Play a Role



Henry R. Kranzler, MD was quoted extensively in a November 18, 2015 *Yahoo! Health* article about new research presenting evidence that people who possess a particular genetic variation are more prone to rash or aggressive behavior when drinking even a small amount of alcohol than those without the variant form of the gene. The research, published in the journal *Translational Psychiatry*, shows that people who possess a particular genetic variation of the serotonin 2B receptor gene *HTR2B* are more prone to rash or aggressive behavior when drinking even a small amount of alcohol than those without the mutation. Dr. Kranzler was not involved in the University of Helsinki study, which examined two groups of Finnish individuals - those with the variant form of the gene, and those without it.

The gene identified in the study influences behavior after imbibing alcohol. Genes also impact the chance that a person will become addicted to alcohol. "Fifty to sixty percent of the risk of alcohol dependence is attributable to genetic factors in the population," Dr. Kranzler told *Yahoo! Health*. But when it comes to explaining reckless behavior under the influence, "it's not a matter of being an alcoholic, it's a matter of being intoxicated."

Dr. Kranzler noted that no matter what one's genetic predisposition to alcohol tolerance may be, there are some things everyone can do to ensure they stay safe and healthy. He recommended sticking to the standards set by the National Institute on Alcohol Abuse and Alcoholism - no more than three drinks in a day for women and four drinks for men - and advised bringing a trusted companion along to social events of concern, someone who will not drink heavily and can pull you aside to suggest that maybe you have had enough for the night.

Dr. Kranzler is Professor of Psychiatry and Director of the Center for Studies of Addiction in the Department of Psychiatry at Penn.

View the November 18, 2015 *Yahoo! Health* article at - <https://www.yahoo.com/health/cant-handle-your-alcohol-blame-genetics-214055344.html>

Modern Sleeplessness: How Your Phone Is Keeping You Up At Night



Philip Gehrman, PhD commented in a November 16, 2015 *Yahoo! Health* article about a new British study published in *Frontiers In Public Health*, showing that the blue-green wavelengths of light emitted from cell phones, iPads, Kindles, and other popular electronic devices could be robbing us of an hour of sleep or more a night. "It's the blue-green portion of the light that is the worst," said Dr. Gehrman, who was not involved in the study. "LEDs peak at that frequency... and these days, almost everything is an LED screen."

Taking the study into account, Dr. Gehrman recommended several steps to improve sleep. "The best thing is to not use a screen at all for two hours before your desired bedtime, but if you are going to, then using a device that has some sort of filtering software can help." He advised against trying to counteract the effects of nighttime electronic device usage with melatonin supplements. "Anything that you take is not going to be the same as producing it yourself," he said. "I'd much prefer to see someone reduce their exposure to blue-green light than continue using their screens with filtering software and just use melatonin to compensate."

Perhaps most importantly, Dr. Gehrman warned those concerned about sleep to beware of falling into damaging cycles of behavior. "When people have problems with sleep already, and now they're spending time on their screens before bed, it tends to make their sleep problems even worse. But for other people who may not have sleep problems, there's also a good chance that the screens are making it worse. So it's probably not the only reason that people are going to bed later, but it's feeding into the cycle. They choose to be up later, on the devices, and leads to them being up even later than intended, because now it impacts their melatonin levels. It's a downward spiral people get into."

Dr. Gehrman is Assistant Professor of Psychology in Psychiatry in the Department of Psychiatry at Penn.

View the November 16, 2015 *Yahoo! Health* article at - <https://www.yahoo.com/health/modern-sleeplessness-how-your-phone-is-keeping-213513784.html>

Elder Drug Abuse on the Rise



David W. Oslin, MD was interviewed in a December 8, 2015 *HealthlineNews* article about an emerging substance abuse and addiction epidemic among older Americans. The number of seniors with substance abuse problems is expected to double in the U.S. within the next five years. As reported in the story, according to the Hazelden Betty Ford Foundation, about 17 percent of people 60 years and older in the United States are substance abusers. Similarly, the Substance Abuse and Mental Health Services Administration (SAMHSA) reports that up to 19 percent of Americans 50 and older misuse the combination of alcohol and medication.

Dr. Oslin told *HealthlineNews* that he uses the same essential methods of treatment on his older adult patients with addiction as those for younger adult patients, including a combination of psychotherapy, counseling, peer support, and pharmacotherapy. However, older people require special considerations and flexibility when it comes to delivering treatment. For instance, Dr. Oslin said data suggest that some treatment options are not as popular among seniors. "Doesn't mean they're less effective, but people have less preference for them. For example, as most of us get older, we really like our privacy, so group sessions are not preferred by elders," he said.

"The truth is elders and substance abuse just hasn't been thought about enough, but it's a real growing problem that deserves to be [attended to]," Dr. Oslin, MD emphasized.

Dr. Oslin is Professor of Psychiatry in the Department of Psychiatry at Penn, Chief of Behavioral Health at the Corporal Michael J. Crescenz VA Medical Center (Philadelphia), and Director of the Veterans Integrated Service Network (VISN) 4 Mental Illness Research, Education and Clinical Center (MIRECC).

View the December 8, 2015 *HealthlineNews* article at - <http://www.healthline.com/health-news/elder-drug-abuse-on-the-rise-120915#1&sref>

Awards and Honors

Penn Psychiatry Alumnus Dr. Tony Fernando Receives Top NZMA Award



(L-R) Stephen Child, MD (Chair, NZMA);
Esperanza Fernando (Dr. Fernando's
mother)
Tony Fernando, MD

Tony Fernando, MD received the highest award of the New Zealand Medical Association (NZMA) on December 1, 2015. The Chair's Award is the NZMA's recognition of individuals who have made an outstanding contribution to the health of New Zealand. In the news release announcing this honor, NZMA Chair Dr. Stephen Child said, "Dr. Fernando has shown great leadership and initiative in focusing a major part of his career on caring for the carer, and in living the values of the medical professional. His inspirational talks to medical students and many groups around New Zealand have improved the happiness of both patients and carers, and have had an immeasurable positive impact on the health of all New Zealanders."

Dr. Fernando trained in medicine in the Philippines, before finishing his psychiatry internship at St. Luke's and Roosevelt Hospital in New York City and doing his Psychiatry residency (1994-97) and Sleep Fellowship (1997-98) at Penn. He was the first Sleep Fellow in Psychiatry at Penn. Dr. Fernando is currently a consultant psychiatrist in Auckland (New Zealand) and a senior lecturer in psychological medicine at the University of Auckland. He is working on a PhD at the University on compassion in medicine. Dr. Fernando also runs a private practice in insomnia medicine. His research interests include sleep medicine and medical education and he teaches practical medication techniques to medical students and others to help manage stress, anxiety, and depression. His work on the science of happiness and the importance of mindfulness has brought him a considerable public following.

In Memoriam - Kenneth R. Sandler, MD



Dr. Kenneth R. Sandler
(photo from www.rivermendhealth.com)

[On January 1, 2016, Chairman Dwight L. Evans, MD and Vice-Chair for Education Anthony L. Rostain, MD, MA informed the Penn Psychiatry community of the death of Clinical Professor of Psychiatry Kenneth R. Sandler, MD. Their tribute to Dr. Sandler is included below, followed by excerpts from Dr. Sandler's obituary in the *Philadelphia Inquirer*. The Department extends its deepest condolences to the entire Sandler family.]

Dr. Evans' and Dr. Rostain's Tribute to Dr. Sandler

We regret to announce the recent death of Dr. Ken Sandler, an alumnus and beloved member of the Penn Med psychiatry clinical faculty for over 30 years. A national expert in the diagnosis and treatment of patients with substance use disorders, he was highly respected, widely recognized and deeply appreciated by his medical colleagues as well as by patients/families seeking his care.

Here at Penn Med, Ken was best known for his keen wit, his sharp intellect, his frank honesty and his kind heart. He taught medical students primarily in pre-clinical courses (e.g. "Brain and Behavior" and "Doctoring") in which he emphasized the central importance of the doctor-patient relationship as the basis for professional behavior and the art of medicine. Ken was especially interested in getting students to share their own stories and to develop a compassionate stance toward individuals suffering from addictions. Moreover, he was extremely generous with his time to our educational programs, often advising and mentoring students who were experiencing trouble adjusting to medical school. He also served for many years as co-chair of the "clinical faculty promotion committee" headed by Dr. Joseph DiGiacomo. Throughout his many years of service, Ken was devoted to promoting excellence in clinical education. He was a proud alumnus of the University of Pennsylvania School of Medicine, as well as a strong advocate for our teaching programs. He will be greatly missed.

Excerpts from *Philadelphia Inquirer* Obituary (December 26, 2015)

Dr. Sandler was born on September 18, 1944 in Wilmington, DE to Pinkus and Jeannette Sandler. He passed away suddenly on December 24, 2015 at his home.

Dr. Sandler graduated cum laude from the University of Delaware, and was a member of Phi Beta Kappa. He received his Doctorate of Medicine from the University of Pennsylvania School of Medicine and was board certified in psychiatry and addictions by the American Board of Psychiatry and Neurology. He was a Clinical Professor at the University of Pennsylvania School of Medicine and President, founder and Chief Executive Officer of Lighthouse, a New Jersey based rehabilitation facility. Dr. Sandler founded Lighthouse in 1986 to help meet the needs of adolescents and adults struggling with addiction. Prior to founding Lighthouse, he served as medical director of the Fairmount Institute, a private psychiatric hospital in Philadelphia. Dr. Sandler served as a substance abuse consultant to the National Football League for seven years and was also on the Board of Directors of CADEkids - a program to help at-risk youth.

He was an avid fan of the Rolling Stones, and never missed a single one of their concerts in the Philadelphia region dating back to the mid-1960s. Ken was a proud supporter of University of Delaware football and attended almost every home game for the past 40 years. Ken was known for his sense of humor and his affinity for the comedians The Three Stooges.

Ken loved his friends and family - he was a dedicated father - his children were a major part of his life. He is survived by children, Vanessa, Kayla, and Kyle; his sister, Nancy (John); his nephews, Matthew, Andrew and Peter; and former spouses, Tacy Ammons and Randy Sandler. He was predeceased by his pet Bouvier de Flanders, Eloise.

In lieu of flowers, the family suggests contributions to CADEkids (www.cadekids.org) or Friends of the Israel Defense Forces (www.fidf.org).

Upcoming Events

Department of Psychiatry Grand Rounds

Department of Psychiatry Grand Rounds are held on the designated dates in the designated locations. Please note any changes in time. The next lectures are listed below. For more information about Grand Rounds and the 2015-16 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

February 11, 2016

Neuroimaging

Speaker: David C. Glahn, PhD

Professor of Psychiatry
Department of Psychiatry
Yale University School of Medicine

Location: BRB II/III Auditorium

Time: 12:00PM

February 25, 2016

Title: Autism Research

Speaker: Edward (Ted) Brodtkin, MD

Associate Professor of Psychiatry
Center for Neurobiology and Behavior
Director, Adult Autism Spectrum Program
Department of Psychiatry
Perelman School of Medicine at the University of Pennsylvania

Location: Arthur Rubenstein Auditorium (SCTR)

Time: 12:30PM

Department of Psychiatry Holiday Party - December 11, 2015



Penn Psychiatry Perspective would like to wish a happy and healthy New Year to our faculty, staff, alumni, and readers!