## JNHEALTHY BODY AN UNHEALTHY MIND IN AN BRENDA PENNINX ABOUT

of the physiological and genetic factors now gaining a far clearer understanding VU University Amsterdam, scientists are Professor of Psychiatric Epidemiology at psyche. But according to Brenda Penninx have been regarded as conditions of the time in our lives. Traditionally, they affect about a third of us at some epression and anxiety disorders

him or her to refer you to a psychiatrist Feeling down? Or anxious, perhaps? Tell your doctor today and you would expect

FIRST TIME

AND PRESCRIBE A SIMPLE BLOOD TEST TO ABLE TO CONDUCT A PRACTITIONER WILI TREATMENT THAT WORKS NOW THE GENERAL TEN YEARS FROM **DENTIFY YOUR CONDITION** BE



their part. psychosocial aspects all seem to play neurophysiological, genetic and beginning to emerge, physical, disorders of this kind. In the picture into what makes people susceptible to Netherlands Study of Depression and major project she is coordinating. The one of the prospects presented by a effective treatment that works first time identify your condition and prescribe an be able to conduct a simple blood test to now your own general practitioner might medication or therapy. And then you will before recommending a course of who will then probe your state of mind now beginning to deliver real insights nearly 3000 patients since 2004 and is Anxiety (NESDA) has been tracking That, says Brenda Penninx, is just hope for the best. But ten years from using interviews and questionnaires

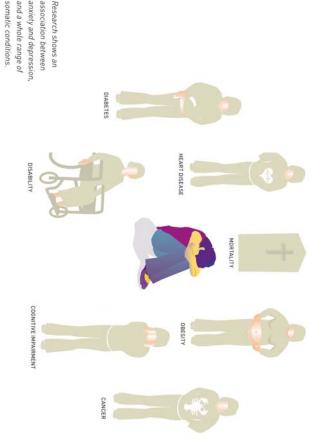
> then another, until something proves much more about the fundamental effective. One objective of NESDA and the time it won't. So we try another. And antidepressant drug will work and half preference. Half the time a particular as easily be driven by doctor or patient necessarily evidence-based. It can just and error. Nor is the chosen treatment So diagnosis is still a process of trial feelings - what the underlying cause is they feel - and how they describe those and it's not always clear from the way explains. "Every patient is different, a whole range of conditions," Penninx Depression is an umbrella term for doctors towards a specific diagnosis. associated protein in the body could lead by certain genes, then the presence of an between particular disorders and activity in more detail." If links can be found awarded a grant to explore this theme materials. "We have recently been the production of proteins and other expression," she says, referring to "One promising line of enquiry is gene

> > form of psychotherapy or taking some course of medication, applying a specific time. Be that prescribing a particular that we get the treatment right first biology of anxiety and depression, so

age in our patients. decline - see also illustration below. It's and even possibly cancer and cognitive anxiety and depression might accelerate physically ill. "It actually seems that or slumping mentally because they are eating badly because they feel down, people are drinking and smoking and as if we're seeing the early onset of old cardiovascular disease, diabetes, obesit whole range of somatic conditions: on the one hand and, on the other, a association between these disorders physical ageing. Research shows an just down to lifestyle." In other words there's now evidence that that's not depression and physical ill health. But long known that there is a link between unhealthy body. Or vice versa. "We have that an unhealthy mind often means an It is also becoming increasingly clear

> disease and obesity." Hence the possible link with heart pressure and disrupting fat metabolism detrimental effects like raising blood hormones and proteins produced have exhaust the body. And in excess, the in this chronic state of alert they simply They're normally beneficial, but working to danger - are permanently active. to resist toxic substances or in response mechanisms - which are normally used stress, so that the body's physical stress depressed induces a form of constant "What appears to happen is that being

thanks to NESDA, the more hope it gives for whole new forms of intervention." us. The findings are creating opportunities for optimism. "The more we discover anyone, but for Penninx it is only a cause disease might seem enough to depress This complex and progressive pattern of



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