

On the cover

Post-traumatic Stress Disorder (PTSD)

Millions suffer from it, but symptoms do not diminish on their own. When and how it develops, recognizing symptoms, and how to treat it.
BY DONNA FERGUSON, C PSYCH AND HESTER DUNLAP, PHD

Schizophrenia and Depression

Although schizophrenia and depression are often found together, many believe they are separate illnesses, even though they often co-exist. In these cases there are many disagreements about treatment strategies.
BY DALE JOHNSON

Roméo Dallaire: Shake Hands With the Devil

After experiencing one of the darkest chapters in world history while posted in Rwanda, (Ret) Lieutenant-General the Hon. Roméo A. Dallaire lives with post-traumatic stress disorder. His horrifying story reveals the devastating effects such trauma brings with it.
BY ROBIN HARVEY

Night Eating & Weight Gain?

The truth about eating foods at night and how they affect weight gain.
BY LORRAINE WILLOWS, MED, RD

Experimental Medication Kicks Depression in Hours

Research could point the way toward development of a new class of medications to treat depression within hours.
BY THE NATIONAL INSTITUTE OF MENTAL HEALTH

Breakthrough in War Against BPD

Schema therapy for BPD and chronic depression.
BY THE NATIONAL INSTITUTE FOR MENTAL ILLNESS

Your stories

Illness as Inspiration

How one man was inspired by his diagnosis of diabetes to successfully battle his clinical depression. How his creative expressions and connection of self and soul helped with his recovery.
BY MICHAEL TEAL

Understanding

Test Your Mood

A self-test for depression

Ask the Pharmacists

BY MARIA CROFT BSC, PHM AND BARBARA SOMMERVILLE, BSC, PHM

Ask Ron Ellis

Ron answers questions submitted by our readers.
BY RON ELLIS

Butt Out

Why quitting smoking is difficult and tips on how to do it.
BY BARB PATTEN, MRN

Psychiatry's Pilgrimage

How the psychiatric profession is beginning to recognize religion as a positive force.
BY JULIA CAMPBELL-SUCH AND WENDY CAMPBELL

You May be Disappointed if You Fail, But You are Doomed if You Don't Try

Relating the challenges of a marathon to recovery.
BY GARY MEHLHORN

Stigma

The invisible barrier to recovery.
BY SABRINA HASSAN, BSC(HONS)

Problem and Pathological Gambling

About 2 per cent of the general population has a pathological gambling addiction—recognize the signs.
BY SIDNEY H. KENNEDY, MD, MRC, PSYCH, FRCPC AND BRENDA WELSH BHSC (HONS)

High Achieving Women and Postpartum Depression

Safeguards to help women sidestep the pitfalls that new motherhood can engender.
BY SANDY SHINER, DIPCS, PHD

The Impact of Parenting on Illness

How a parent with a chronic illness can flourish through awareness.
BY CLAUDETTE VILLENA

Moods on Campus

Making the University Transition

Hundreds of students on campuses everywhere struggle in silence with a disorder that can have serious consequences for their emotional and physical health.
BY KRISTINA SPITERI

Gay Depression

"Homosexuality isn't what 'causes' the depression. It is the oppression that people are subjected to..."
BY ANDREW TIBBITS, MSW, RSW

Healthy Living

Being a Healthy Vegetarian

What you don't know can hurt you.
BY KELLY MULCAIR RHN, RNCP

Vegetarian Recipes

Benefit from the health-protecting antioxidant properties of yummy dark chocolate pudding and other great recipes.
BY KELLY MULCAIR RHN, RNCP

Workplace

How to Ask for Accommodation When Returning to Work

Making your return to work a "win-win" situation.
BY MARYANN BAYNTON, MSW, RSW

Research

Study on Bipolar Disorder

A recent study on the treatment of bipolar disorder.
BY THE NATIONAL INSTITUTE OF MENTAL HEALTH

Bookshelf

A short review of three books which may be of interest to our readers.