

11th INTERNATIONAL FORUM ON MOOD AND ANXIETY DISORDERS

BUDAPEST, 09 -11 NOVEMBER, 2011



www.ifmad.org

CHAIRMAN : Siegfried KASPER (Austria)

CO-CHAIRMAN : Stuart A. MONTGOMERY (United Kingdom)



Advance Programme

DATES TO REMEMBER

16 September 2011

DEADLINE FOR SUBMISSION OF ABSTRACT

16 September 2011

**DEADLINE FOR REDUCED
REGISTRATION FEE**

IMPORTANT ADDRESSES

Organizing Secretariat



Publi Créations

74, Bd d'Italie - 98000 Monte-Carlo - Monaco

Ph. +377 97973555 - Fax +377 97973550

E-mail: ifmad@publiccreations.com

Website: www.ifmad.org

Forum Venue



Hotel HILTON

**Hess Andràs tér 1-3, Budapest
Hungary H-1014**

Tel: 36-1-889-6600 Fax: 36-1-889-6644

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Forms available on internet:

www.ifmad.org





SCIENTIFIC COMMITTEE

Chairman

Siegfried Kasper (*Austria*)

Co-Chairman

Stuart A. Montgomery (*United Kingdom*)

Scientific Advisers

C. Allgulander (*Sweden*), C.A. Altamura (*Italy*),
C. Arango (*Spain*), D. Baldwin (*United Kingdom*),
M. Bauer (*Germany*), P. Boyer (*Canada*),
G. Burrows (*Australia*), G.B. Cassano (*Italy*),
K. Demyttenaere (*Belgium*), J. Den Boer (*The Netherlands*),
T. Dinan (*Ireland*), E. Eriksson (*Sweden*),
N. Fineberg (*United Kingdom*), T. Higuchi (*Japan*),
S.H. Kennedy (*Canada*), J.P. Lépine (*France*),
M. Maj (*Italy*), A.A. Mathé (*Sweden*),
J. Mendlewicz (*Belgium*), H.J. Möller (*Germany*),
S. Pallanti (*Italy*), G. Papadimitriou (*Greece*),
G. Papakostas (*USA*), Z. Rihmer (*Hungary*),
A.F. Schatzberg (*USA*), D.J. Stein (*South Africa*),
T. Suppes (*USA*), E. Vieta (*Spain*),
L. Von Knorring (*Sweden*), D. Winkler (*Austria*),
S. Yamawaki (*Japan*), J. Zohar (*Israel*)



The International Forum on Mood and Anxiety Disorders (IFMAD) will be held from 09 to 11 November 2011 in Budapest, Hungary.

The most useful feature about IFMAD meetings is that current clinical hot topics and new data are presented in a balanced format, adequately dissected and discussed in a collegiate atmosphere, and digested over dinner.

The meetings are always enjoyable and informative and along with the usual updates on new treatments in other areas this year's IFMAD will be an efficient way of catching up with the latest developments.

This year topics that will be addressed include resistant depression, advances in the treatment of adolescent depression, targeted gene therapy, bipolar depression, treatment of anxiety, advances in the treatment of sleep disorders, managing placebo response. A core focus will be the low level of new psychotropic drugs and the future of antidepressant development.

We invite you to join us again in November 2011 to give you the opportunity to keep abreast of the latest advances. It will be our pleasure to welcome you in Budapest.

Siegfried Kasper,
Chairman

Stuart A. Montgomery,
Co-Chairman



PROGRAMME OVERVIEW

Wednesday, November 09	Thursday, November 10	Friday, November 11
	09.00/10.30 Advances in treatment of MDD and GAD	09.00/10.30 Treatment of resistant disorders
	10.30/11.00 <i>Coffee break</i>	10.30/11.00 <i>Coffee break</i>
	11.00/12.30 Why are there so few new psychotropics?	11.00/12.30 Advances with herbal remedies
	12.30/13.30 <i>Lunch</i>	12.30/13.30 <i>Lunch</i>
	13.30/15.00 Advances in the therapy of treatment resistance	13.30/15.00 Hot topics
14.30/16.00 Treatment of alcohol dependence	15.00/16.00 Debate: The amine hypothesis is a dead end for drug development	15.00/16.30 Dilemmas in bipolar disorder
16.00/16.30 <i>Coffee break</i>	16.00/16.30 <i>Coffee break</i>	
16.30/18.00 Depression and anxiety: treating the difficult patient	16.30/18.00 Multidimensional Interactions in Depression	
18.00/19.00 <i>Opening Ceremony</i>		

NB: This agenda is subject to change



WEDNESDAY, 09 November 2011

14.30-16.00 SO 01 TREATMENT OF ALCOHOL DEPENDENCE

Chair: ***Siegfried Kasper (Austria),
Zoltán Rihmer (Hungary)***

14.30-14.55 SO 0101 Which target- prevention of relapse
in abstinence or reduction of alcohol intake?
Henri-Jean Aubin (France)

14.55-15.20 SO 0102 Alcohol dependence and depression
Julia Sinclair (UK)

15.20-15.45 SO 0103 A potential new treatment for alcohol
dependence
Hannu Alho (Finland)

15.45-16.00 Discussion

16.00-16.30 ***Coffee break***

16.30-18.00 SO 02 DEPRESSION AND ANXIETY: TREATING THE DIFFICULT PATIENT

Chair: ***Zoltán Rihmer (Hungary)***

SO 0201 The shy and anxious
Daniel Meron (UK)

SO 0202 The poor responder
Hamish McAllister-Williams (UK)

Background
Case study with voting
Treatment approaches

***Symposium sponsored by an unrestricted
educational grant from H. Lundbeck A/S***

18.00-19.00 ***Opening Ceremony***



THURSDAY, 10 November 2011

09.00-10.30 **SO 03 ADVANCES IN TREATMENT OF MDD AND GAD**

Chair: **Julia Sinclair (UK),
Elias Eriksson (Sweden)**

09.00-09.25 **SO 0301** Depression in schizophrenia
Istvan Bitter (Hungary)

09.25-09.50 **SO 0302** Risk Benefit of atypicals in GAD
Borwin Bandelow (Germany)

09.50-10.15 **SO 0303** Atypicals as treatment in MDD
- advantages and risks
Hans-Jürgen Möller (Germany)

10.15-10.30 Discussion

10.30-11.00 **Coffee break**

11.00-12.30 **SO 04 WHY ARE THERE SO FEW NEW PSYCHOTROPICS?**

Chair: **Hans-Jürgen Möller (Germany),
Istvan Bitter (Hungary)**

11.00-11.25 **SO 0401** Has the demand for evidence in psychiatry
become counterproductive?
Elias Eriksson (Sweden)

11.25-11.50 **SO 0402** Economic barriers to developing new treatments
Anders Gersel Pedersen (Denmark)

11.50-12.15 **SO 0403** Sunset on new psychotropics
Stuart Montgomery (UK)

12.15-12.30 Discussion

12.30-13.30 **Lunch**



13.30-15.00 **SO 05 ADVANCES IN THE THERAPY OF TREATMENT RESISTANCE**

Chair: **Daniel Souery (Belgium),
Pierre Blier (Canada)**

13.30-13.55 **SO 0501** Is personalised gene targeted therapy in resistant depression possible?

Alessandro Serretti (Italy)

13.55-14.20 **SO 0502** Advances in the therapy of treatment resistance
David Baldwin (UK)

14.20-14.45 **SO 0503** Modern treatment of resistant depression
Daniel Souery (Belgium)

14.45-15.00 Discussion

15.00-16.00 **SO 06 DEBATE: THE AMINE HYPOTHESIS IS A DEAD END FOR DRUG DEVELOPMENT**

Chair: **Stuart Montgomery (UK)**

Pro: **Timothy Dinan (Ireland)**

Contra: **Mike Briley (France)**

16.00-16.30 **Coffee break**

16.30-18.00 **SO 07 MULTIDIMENSIONAL INTERACTIONS IN DEPRESSION**

Chair: **Siegfried Kasper (Austria)**

16.30-16.55 **SO 0701** The challenges posed by ethnic diversity in the treatment of depressed patients

Driss Moussaoui (Morocco)

16.55-17.20 **SO 0702** Drug interactions in polymedicated depressed patients

Sheldon Preskorn (USA)

17.20-17.45 **SO 0703** The clinical importance of monoamine interactions in antidepressant therapy

Pierre Blier (Canada)

17.45-18.00 Discussion

Symposium sponsored by an unrestricted educational grant from Pierre Fabre Medicaments



PRELIMINARY SCIENTIFIC PROGRAMME

FRIDAY, 11 November 2011

09.00-10.30 SO 08 TREATMENT OF RESISTANT DISORDERS

Chair: **Naomi Fineberg (UK),
Giulio Perugi (Italy)**

09.00-09.25 SO 0801 Antidepressant-resistance in unipolar and bipolar depression
Zoltán Rihmer (Hungary)

09.25-09.50 SO 0802 Treatment of resistant OCD
Naomi Fineberg (UK)

09.50-10.15 SO 0803 Prevention of PTSD - does a window of opportunity exist?
Joseph Zohar (Israel)

10.15-10.30 Discussion

10.30-11.00 **Coffee break**

11.00-12.30 SO 09 ADVANCES WITH HERBAL REMEDIES

Chair: **Joseph Zohar (Israel),
Siegfried Kasper (Austria)**

11.00-11.25 SO 0901 Is lavender an anxiolytic?
Siegfried Kasper (Austria)

11.25-11.50 SO 0902 Who benefits from St Johns Wort in depression
Markus Gastpar (Germany)

11.50-12.15 SO 0903 Ginkgo extract in dementia
Ralf Ihl (Germany)

12.15-12.30 Discussion

Symposium sponsored by an unrestricted educational grant from Dr. Willmar Schwabe GmbH & Co. KG.

12.30-13.30 **Lunch**



13.30-15.00 SO 10 HOT TOPICS

Chair: **Jules Angst (Switzerland),
Allan Young (UK)**

13.30-13.55 SO 1001 Recent advances in the pharmacological treatment of sleep disorders
Tom Roth (USA)

13.55-14.20 SO 1002 Is treatment of adolescent depression different from adult
Brigitte Reichart (Germany)

14.20-14.45 SO 1003 Bringing the placebo response under control
Gary Sachs (USA)

14.45-15.00 Discussion

15.00-16.30 SO 11 DILEMMAS IN BIPOLAR DISORDER

Chair: **Gary Sachs (USA),
Markus Gastpar (Germany)**

15.00-15.25 SO 1101 Evidence for treatment of bipolar spectrum
Giulio Perugi (Italy)

15.25-15.50 SO 1102 Epidemiological evidence for a bipolar spectrum beyond BP1 and 2
Jules Angst (Switzerland)

15.50-16.15 SO 1103 When is depression bipolar? : implications for treatment
Allan Young (UK)



Audio-Visual Facilities

Speakers must go to the preview room in order to validate and download their presentation files, at least forty minutes before the beginning of the sessions.

Please respect this schedule, otherwise, the performance of the received presentations is not guaranteed.

We cannot accept presentations delivered in room directly (without previewing).

Coffee breaks and midday are the busiest time in the preview room. So we recommend you to come to the preview early in the morning or during other presentations. An hostess will guide and assist the speakers for checking and downloading their presentation files.

European Accreditation

15 credits have been requested for this Congress. UEMS credits are recognized by the American Medical Association for conversion to AMA PRA Category 1 Credit.

Certificate of Attendance

A certificate of attendance will be provided, on request, at the registration desk on the last day of the Forum.





Submission of abstracts

Participants wishing to present a paper should submit an abstract (through our Website: www.ifmad.org) that, if approved, will be selected for poster display.

Posters (at a maximum height of 150 cm and 90 cm base) will be displayed in the Forum area of the Hotel Hilton from Wednesday, 09 November to Friday, 11 November 2011.

Dead line for poster submission: 16 September 2011

General instructions (Please read carefully)

- Authors presenting abstracts must be registered participants. Abstracts will not be accepted or printed unless payment of fees have been received.
- Abstracts must be written in English.
- The complete abstract must not exceed the box space (320 words).
- The abstracts should state clearly the Background/aims, Methods, Results and Conclusions.
- Structured abstracts are mandatory.
- Incomplete submissions of abstracts will not be considered.
- It is the author's responsibility to submit a correct abstract; any errors in spelling, grammar, or scientific fact may be reproduced as typed by the author, if accepted.
- The allocated poster boards space is cm 150 height and cm 90 base.
- Poster material must be prepared in advance and should be large enough to be viewed at a distance of 2m.
- Drawing and charts should be clear and simple.
- Acknowledgement of receipt of the submission will be sent to the stated e-mail address under section «Personal details».
- Changes to abstracts can only be accepted until the deadline (**16 September**) using your Personal Page.
- Notification on acceptance of the abstracts will be e-mailed by (**30 September**).
- The corresponding authors will receive all correspondence concerning the abstracts and is responsible for informing the other authors of the status of the abstract.
- Conflict of Interest/Disclosure:
Work submitted for presentation must include an acknowledgement of funding sources of commercial nature and/or consulting of holding of significant equity in a company that could be affected by the results of the study.
- All studies must have been approved by institutional committees on ethics of experimental and human investigations.
- Specific time allocation will be given during lunchtime/coffee breaks. During this time, posters should be attended by the authors for viewing and discussion.
- Abstracts will be published in a supplement of the International Journal of Psychiatry in Clinical Practice.

If you have any questions regarding abstracts please contact the Organizing Secretariat at ifmad@publiccreations.com or **+377 97 97 35 55**



REGISTRATION

Registration

Please register as early as possible in order to benefit from the Early Registration Fee. The lower rate will be applied if you register at the congress by **16 September 2011**.

Registrations can be made directly through our website www.ifmad.org, (on-line payment by credit card is in a secure certificate mode) or by filling up the Registration Form enclosed in this programme.

Please note that registration will only be confirmed once payment has been received.

An invoice, that will serve as a confirmation letter of registration, will be sent to all delegates upon receipt of their payment.

Registration Fees (Plus Hungarian VAT 25%)

FEE	Before	After	Late
	16 September 2011	16 September 2011 until 21 October 2011	After 21 October 2011 and on site
AREA 1 (Canada, North America, EU States, South Pacific)	€ 375	€ 417	€ 500
AREA 2 (Mexico, Central America, Caribbean, South America, Non EU States, Middle East)	€ 292	€ 333	€ 417
AREA 3 (Africa, Asia)	€ 250	€ 292	€ 375
TRAINEES*	€ 167	€ 208	€ 250
ACCOMPANYING PERSON	€ 120	€ 120	€ 120

*Please, provide certification

Registration fee includes:

- Attendance to all Scientific Sessions • Opening Ceremony • Welcome Reception.
- Lunches and Refreshments during breaks • Congress kit • Entrance to the Exhibition.

Accompanying fee includes:

- Welcome Reception.
- Lunches and Refreshments during breaks.

Cancellations and Refunds:

Cancellation or modification of registration must be sent in writing to the **Organizing Secretariat Publi Créations** (ifmad@publiccreations.com).

Before 16 September 2011: all fees will be refunded minus 20%. All amounts will be settled after the Forum.

After 16 September 2011 no refunds will be made.

After 1 October 2011 all name changes will be invoiced € 36.

HOTEL ACCOMMODATION AND PAYMENT



HOTEL	DOUBLE ROOM SINGLE USE	DOUBLE ROOM
HOTEL HILTON BUDAPEST Hess András tér 1-3	€ 165	€ 180

The above mentioned rates are per room per night including V.A.T and Breakfast.

Others hotels are available upon request at : ifmad@publiccreations.com

Deadline for hotel reservation: **29 September 2011**. Requests after this date are subject to availability.

Hotel Reservations

Reservation should be made using the Hotel Accommodation Form enclosed in this programme and must be accompanied by the relevant payment (amount of the entire length of stay). Rooms will be allocated on a first come, first served basis. Confirmation of your accommodation booking (invoice) will be sent to you upon receipt of the payment.

Cancellations and Refunds:

In case of cancellations after **2 September 2011** you will be charged 100% of the room rate for the entire length of stay. In case of no-show, the amount paid is not refundable and the reservation will be automatically cancelled.

Methods of payment

Payments of registration and accommodation, must be made in Euro by one of the following methods:

- **By Bank Transfer:** please transfer the payment to **PUBLI CRÉATIONS S.A.M.**
Bank details: Bank Julius BAER (Monaco)
1, avenue des Citronniers - MC 98000 Monaco (MC)
IBAN: MC 23 1450 8000 0151 0479 3001 D18 - Bic (swift) BAERMCMC
The payment transfer should be net of all charges to our Company and it should clearly state the *"11th International Forum on Mood and Anxiety Disorders"*.
- **By Credit Card:** only **VISA** and **EUROCARD/MASTERCARD** are accepted. Please enter the credit card number and the expiration date in the appropriate space on the Forms. Please note that the payment should be net of all charges to our company.
- **By Internet:** www.ifmad.org (only for the registration). Payment by credit card is in a secure certificate mode.

Inquiries: any inquiries or request for additional information, changes or cancellation of room reservations must be addressed directly to: Publi Créations - 74, Bd d'Italie
98000 Monte-Carlo - Monaco - Ph. +377 97973555 - Fax +377 97973550
ifmad@publiccreations.com - Website: www.ifmad.org



GENERAL INFORMATION

The “11th International Forum on Mood and Anxiety Disorders” will be held at the Hotel Hilton, Hess Andràs tér 1-3, from 09-11 November 2011.

Electricity

Voltage in Hungary is 220 volts, and plugs are of the two-pin continental type.

Admission

The participant's name badge will be provided at the registration desk. All participants are requested to wear the badge throughout the Congress. Only badge holders will be admitted to the appropriate sessions, exhibition and social events.

Language

The official language of the Congress is English. No simultaneous translation will be provided.

Insurance

The Congress organizers cannot accept liability for personal injuries sustained, or for loss or damage to property belonging to Congress participants and accompanying persons, either during or as a result of the Congress. Registration does not include insurance. It is strongly recommended that you take an insurance policy of your choice as you register for the Congress and book your travel. The insurance should be purchased in your country of origin.

Letter of invitation

The Forum Secretariat will be please to send letters of invitation to any individual making such request. A letter of invitation often facilitates the procedure of obtaining a Visa. Please note that the letter is not a commitment on the part of the forum to provide any financial support.

Secretariat

The secretariat desk will open on Wednesday, November 09th and stay open all through the Congress.

Welcome cocktail

All delegates are cordially invited to attend the Welcome Cocktail which will be held on Wednesday, 09th November at 18.00 in the Ballroom Foyer of the Hotel Hilton.



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AND ANXIETY
DISORDERS**

BUDAPEST, 09 -11 NOVEMBER, 2011

REGISTRATION FORM

Please use CAPITAL LETTERS (send back to + 377 97 97 35 50 or ifmad@publiccreations.com
or **PUBLI CREATIONS - 74, bd d'Italie - 98000 MONACO**)

Surname _____ Name _____

Specialty _____

Institute Address _____

Zip code _____ City _____ Country _____

Phone _____ Fax _____

E-mail _____

For citizens of EEC countries

Fiscal Code / V.A.T. number _____

Registration fee (Plus Hungarian VAT 25%):

FEE	Before	After	Late
	16 September 2011	16 September 2011 until 21 October 2011	After 21 October 2011 and on site
AREA 1 (Canada, North America, EU States, South Pacific)	€ 375	€ 417	€ 500
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AREA 3 (Africa, Asia)	€ 250	€ 292	€ 375
TRAINEES*	€ 167	€ 208	€ 250

* Please, provide certification

Accompanying person ☐ **€ 120**

I wish to pay by:

☐ **Credit Card:** ☐ Visa  ☐ Mastercard/Eurocard 

Payment shall be made payable to PUBLI CRÉATIONS - Monte-Carlo

Card holder (Surname & First Name) _____

Card Number _____ Expiry Date _____ Cryptogram _____

☐ **Bank Transfer** made out to PUBLI CRÉATIONS (please enclose photocopy of bank receipt)

Bank details: JULIUS BAER (Monaco), 1, avenue des Citronniers, 98000 Monaco (MC)

IBAN MC 23 1450 8000 0151 0479 3001 D18 BIC (swift) BAERMCMC

Clearly State: "11th INTERNATIONAL FORUM ON MOOD AND ANXIETY DISORDERS"

☐ **Congress registration**

€ _____

+ € _____ 25% VAT

+ € 10 (Bank fees)

TOTAL € _____

Date: _____

Signature _____

AUTHORISATION OF PERSONAL DATA - PUBLI CRÉATIONS SAM, as data controller and/or processor, informs you that any personal data you provide, or any data received by third parties, will be used in connection to your participation to the Congress and/or to provide you with information regarding any other compatible activities organized by PUBLI CRÉATIONS SAM or by its partners. Data treatment shall mean any operation, or set of operations, carried out with or without the help of electronic or automated means, and must guarantee the confidentiality and security of your personal data. The PUBLI CRÉATIONS SAM as data controller and/or processor may avail itself of its associates to carry out any of the following procedures: press releases, communications to clients, data processing and computer-based consultation. The data can be communicated to scientific associations, relative public or private agencies related to CME, financial and banking intermediaries, as well as companies participating in the Congress with promotional functions compatible with the purposes for which the data has been collected. The provision of your personal data is voluntary, but refusal will prevent your participation in the Congress. According to the law dated December 23, 1993, you shall have a right of access and correction of your personal data. Any requests can be addressed to PUBLI CRÉATIONS SAM - 74, Bd. d'Italie - 98000 Montecarlo, MC Monaco - Fax: +377 97 97 35 50. I authorize the treatment and communication of my personal data as described above.



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BUDAPEST, 09 -11 NOVEMBER, 2011

HOTEL ACCOMMODATION FORM

Please use CAPITAL LETTERS (send back to + 377 97 97 35 50 or ifmad@publiccreations.com
or **PUBLI CREATIONS - 74, bd d'Italie - 98000 MONACO**)

Surname _____ Name _____

Address _____

Zip code _____ City _____ Country _____

Phone _____ Fax _____

E-mail _____

Date of arrival _____ Date of departure _____

Type of room _____ Num. of Person(s) _____

Special request _____



Hotel

HILTON BUDAPEST
Hess András tér 1-3

Double room single use

€ 165

Double room

€ 180

The above mentioned rates are per room per night including tax. **American breakfast included.**

Deadline for hotel reservation: **29 September 2011**, requests after this date will be handled upon availability.

Deposit (equal to the price of the entire length of stay)

Total €

I wish to pay by:

☐ **Credit Card:** ☐ Visa  ☐ Mastercard/Eurocard 

Payment shall be made payable to **PUBLI CRÉATIONS - Monte-Carlo**

Card holder (Surname & First Name) _____

Card Number _____ Expiry Date _____ Cryptogram _____

☐ **Bank Transfer** made out to **PUBLI CRÉATIONS** (please enclose photocopy of bank receipt)

Bank details: **JULIUS BAER** (Monaco), 1, avenue des Citronniers, 98000 Monaco (MC)

IBAN MC 23 1450 8000 0151 0479 3001 D18 BIC (swift) BAERMCMC

Clearly State: **"11th INTERNATIONAL FORUM ON MOOD AND ANXIETY DISORDERS"**

☐ **Hotel reservation**

€ _____

+ € **15 (Reservation fee)**

TOTAL € _____

Date:

Signature

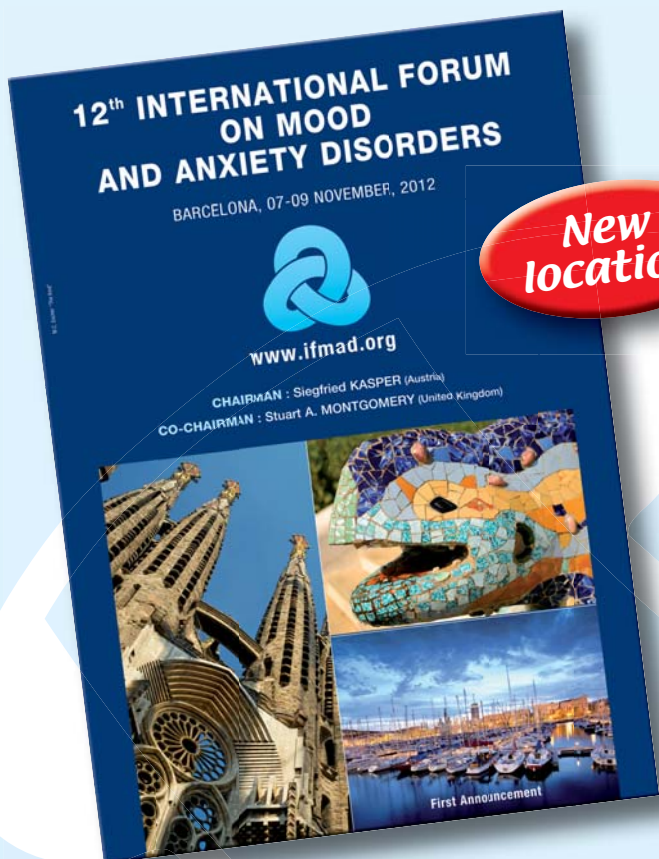
AUTHORISATION OF PERSONAL DATA - PUBLI CRÉATIONS SAM, as data controller and/or processor, informs you that any personal data you provide, or any data received by third parties, will be used in connection to your participation to the Congress and/or to provide you with information regarding any other compatible activities organized by PUBLI CREATIONS SAM or by its partners. Data treatment shall mean any operation, or set of operations, carried out with or without the help of electronic or automated means, and must guarantee the confidentiality and security of your personal data. The PUBLI CREATIONS SAM as data controller and/or processor may avail itself of its associates to carry out any of the following procedures: press releases, communications to clients, data processing and computer-based consultation. The data can be communicated to scientific associations, relative public or private agencies related to CME, financial and banking intermediaries, as well as companies participating in the Congress with promotional functions compatible with the purposes for which the data has been collected. The provision of your personal data is voluntary, but refusal will prevent your participation in the Congress. According to the law dated December 23, 1993, you shall have a right of access and correction of your personal data. Any requests can be addressed to PUBLI CREATIONS SAM - 74, Bd. d'Italie - 98000 Montecarlo, MC Monaco - Fax: +377 97 97 35 50. I authorize the treatment and communication of my personal data as described above.



ANNOUNCEMENT OF NEXT FORUM

The 12th International Forum on Mood and Anxiety Disorders

will be held in **Barcelona**, Spain
07-09 November, 2012



**New
location**



Cipralex - the power to tackle depression at its core

Leaving no one behind

Presentation Film-coated tablets 5 10 15 20 mg, oral drops, solution 10 20 mg/ml and orodispersible tablets 10 20 mg. **Indication** Treatment of major depressive episodes, Treatment of panic disorder with or without agoraphobia, Treatment of social anxiety disorder (social phobia), Treatment of generalised anxiety disorder, Treatment of obsessive compulsive disorder. **Dosage** Adults: The recommended starting dose is 10 mg once daily. Depending on individual patient response the dose may be increased to a maximum of 20 mg once daily. An initial starting dose of 5 mg once daily is recommended in the treatment of elderly (>65 years), in panic disorder and in patients with reduced hepatic function. Children and adolescents (< 18 years): Cipralex should not be used in children and adolescents under 18 years of age. Discontinuation: Discontinue gradually over a period of at least one to two weeks to reduce the possibility of discontinuation symptoms. **Contraindications** Hypersensitivity to escitalopram or any other components. In combination with MAO-inhibitors. Should not be used during pregnancy unless clearly needed and after careful consideration of the

risk/benefit ratio. Breast-feeding is not recommended. **Precautions** Depression is associated with an increased risk of suicidal thoughts, self-harm and suicide. It is a general clinical experience with all antidepressant therapies that the risk of suicide may increase in the early stage of treatment. Close supervision of high-risk patients should accompany drug therapy. Patients (and caregivers) should be alerted about the need to monitor for emergence of suicidal behaviour or thoughts of harming themselves and to seek medical advice immediately if these symptoms present. SSRIs should be avoided in patients with unstable epilepsy, and patients with controlled epilepsy should be closely monitored. SSRIs should be used with caution in patients with a history of mania/hypomania. Treatment with SSRIs may alter glycaemic control. Insulin and/or oral hypoglycaemic dosage may need to be adjusted. The use of SSRIs/SNRIs has been associated with the development of akathisia. Hyponatraemia has been reported rarely with the use of SSRIs. There have been reports of cutaneous bleeding abnormalities. **Interactions** Caution is advised when taken in combination with MAO-inhibitors, serotonergic

medicinal products, products lowering the seizure threshold, lithium, tryptophan, St. John's Wort, oral anticoagulants or antiplatelet agents (NSAIDs), and products predominantly metabolised by the enzymes CYP2C19 and CYP2D6. **Undesirable effects** Adverse reactions are most frequent during the first or second week of treatment and usually decrease in intensity and frequency with continued treatment. Most commonly occurring: nausea, decreased/increase appetite, weight increased, anxiety, restlessness, abnormal dreams, anorgasmia, insomnia, somnolence, dizziness, paraesthesia, tremor, constipation, vomiting, dry mouth, diarrhoea, sweating increased, arthralgia, myalgia, ejaculation disorder, fatigue and pyrexia. **Overdose** Cases of overdose with escitalopram doses between 400 mg and 800 mg have been reported without any severe symptoms. **Legal category** POM. **Date of preparation or last review** March 2011. **Full Prescribing Information** is available from H. Lundbeck A/S, Ottiliavej 9, 2500 Valby, Denmark

Lundbeck



Cipralex
escitalopram