

JOIN US FOR A FREE VIRTUAL FORUM:

Exploring Nonpharmacological Anti-Inflammatory Strategies In Mental Health: Connecting Science To Clinical Practice (Inflammation Series Part 2)

THURSDAY JUNE 15, 2017
12PM EST | 9AM PST

In the upcoming second part of the inflammation series, Rakesh Jain, MD, MPH along with moderator and discussant, Rachel Self, MS, PhD, will discuss nonpharmacologic anti-inflammatory strategies to build on the science discussed during Part 1 of the series and provide practical interventions that can be instituted in the clinic setting. The virtual forum's focus will be on interventions such as exercise, mindfulness, sleep hygiene, social connectedness, and optimized nutrition that suggest anti-inflammatory effects and improve mood and overall wellbeing.

In Part 1 of the inflammation series, Dr. McIntyre discussed the concept of inflammation metastasizing to the brain and how physical markers for inflammation play a role in mental health disorders. He discussed the immune and metabolic mechanisms associated with cognitive and mood disorders, which was presented in the context of disease modelling, as well as novel approaches. If you missed Part 1 of the inflammation series, you can review the archived presentation on PsychU at: <https://www.psychu.org/inflammation-metabolic-disturbances-metastase-brain-implications-disease-modeling-novel-approaches-psychiatry-part-1-2/>

Featuring:



Rakesh Jain, MD, MPH

Rakesh Jain, MD, MPH, is Associate Clinical Professor in the Department of Psychiatry at Texas Tech Health Sciences Center Medical School at Permian Basin, Midland, Texas.



Rachel Self, MS, PhD

Rachel Self, MS, PhD, serves as a Senior Medical Science Liaison for Otsuka Pharmaceutical Development & Commercialization, Inc.

Rakesh Jain, MD, MPH is a paid consultant of Otsuka Pharmaceutical Development & Commercialization, Inc. and will be compensated for participation in this event.

Additional Resources on PsychU:

Do Inflammation & Metabolic Disturbances Metastasize To The Brain? Implications For Disease Modeling & Novel Approaches In Psychiatry (Part 1 of 2)

Archived Virtual Forum

- Inflammation In Neurological & Psychiatric Diseases
- The Potential Of Immune Biomarkers To Advance Personalized Medicine Approaches For Schizophrenia
- Inflammation, Heart Disease, & Depression

REGISTER & ACCESS THESE RESOURCES TODAY AT: www.PsychU.org

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