

# CNS SPECTRUMS®

The International Journal of Neuropsychiatric Medicine

## **ACADEMIC SUPPLEMENT**

# **Mood and Anxiety Disorders: Special Considerations in Women**

### **Introduction**

*E. Hollander*

---

### **Bipolar Disorders: Special Diagnostic and Treatment Considerations in Women**

*S.L. McElroy*

---

### **New Trends in the Treatment of Anxiety Disorders**

*O. Brawman-Mintzer, K.A. Yonkers*

---

### **Management of Hyperprolactinemia in Patients Receiving Antipsychotics**

*K.K. Miller*

# CNS SPECTRUMS®

The International Journal of Neuropsychiatric Medicine

## EDITOR

Jack M. Gorman, MD  
Mount Sinai School of Medicine  
New York, NY

## ASSOCIATE AND FOUNDING EDITOR

Eric Hollander, MD  
Mount Sinai School of Medicine  
New York, NY

## INTERNATIONAL EDITOR

Joseph Zohar, MD  
Chaim Sheba Medical Center  
Tel-Hashomer, Israel

## ASSOCIATE INTERNATIONAL EDITORS

### EUROPE

Donatella Marazziti, MD  
University of Pisa  
Pisa, Italy

### MID-ATLANTIC

Dan J. Stein, MD, PhD  
University of Stellenbosch  
Tygerberg, South Africa

### FAR EAST

Shigeto Yamawaki, MD, PhD  
Hiroshima University School  
of Medicine  
Hiroshima, Japan

## CONTRIBUTING AUTHORS

Olga Brawman-Mintzer, MD  
Susan L. McElroy, MD  
Karen K. Miller, MD  
Kimberly A. Yonkers, MD

## SUPPLEMENT EDITOR

Eric Hollander, MD

## BOARD OF ADVISORS

### NEUROLOGISTS

Mitchell F. Brin, MD  
University of California, Irvine  
Irvine, CA  
Jeffrey L. Cummings, MD  
University of California, Los Angeles  
Los Angeles, CA  
Jerome Engel, Jr., MD, PhD  
University of California, Los Angeles  
Los Angeles, CA  
Mark S. George, MD  
Medical University of South Carolina  
Charleston, SC

Deborah Hirtz, MD  
National Institute of Neurological  
Disorders and Stroke, NIH  
Rockville, MD

Richard B. Lipton, MD  
Albert Einstein College of Medicine  
Bronx, NY

C. Warren Olanow, MD, FRCPC  
Mount Sinai School of Medicine  
New York, NY

Steven George Pavlakis, MD  
Maimonides Medical Center  
Brooklyn, NY

Stephen D. Silberstein, MD, FACP  
Thomas Jefferson University  
Philadelphia, PA

Michael Trimble, MD, FRCP, FRPsych  
National Hospital for Neurology  
and Neurosurgery  
London, United Kingdom

### PSYCHIATRISTS

Margaret Altemus, MD  
Cornell University Medical College  
New York, NY

Dennis S. Charney, MD  
National Institute of Mental Health  
Bethesda, MD

Dwight L. Evans, MD  
University of Pennsylvania  
Philadelphia, PA

Siegfried Kasper, MD  
University of Vienna  
Vienna, Austria

Martin B. Keller, MD  
Brown Medical School  
Providence, RI

Lorrin M. Koran, MD

Stanford University School of Medicine  
Stanford, CA

Yves Lecrubier, MD  
Hôpital de la Salpêtrière  
Paris, France

Herbert Y. Meltzer, MD  
Vanderbilt University Medical Center  
Nashville, TN

Stuart A. Montgomery, MD  
St. Mary's Hospital Medical School  
London, United Kingdom

Charles B. Nemeroff, MD, PhD  
Emory University School of Medicine  
Atlanta, GA

Humberto Nicolini, MD, PhD  
National Mexican Institute of Psychiatry  
Mexico City, Mexico

Stefano Pallanti, MD, PhD  
University of Florence  
Florence, Italy

Katharine Phillips, MD  
Brown Medical School  
Providence, RI

Harold A. Pincus, MD  
Western Psychiatric Institute & Clinic  
RAND-University of Pittsburgh Health  
Institute, Pittsburgh, PA

Scott L. Rauch, MD  
Massachusetts General Hospital  
Charlestown, MA

Alan F. Schatzberg, MD  
Stanford University School of Medicine  
Stanford, CA

Thomas E. Schlaepfer, MD  
University of Bonn  
Bonn, Germany

Stephen M. Stahl, MD, PhD  
University of California, San Diego  
La Jolla, CA

Norman Sussman, MD, DFAPA  
New York University Medical School  
New York, NY

Karen Dineen Wagner, MD, PhD  
The University of Texas Medical Branch  
Galveston, Texas

Herman G.M. Westenberg, MD  
University Hospital Utrecht  
Utrecht, The Netherlands

Stuart C. Yudofsky, MD  
Baylor College of Medicine  
Houston, TX

## MBL COMMUNICATIONS Corporate Staff

### CEO & PUBLISHER

Darren L. Brodeur

### ASSOCIATE PUBLISHER

Elizabeth Katz

### MANAGING EDITOR

Christopher Naccari

### SENIOR EDITOR

Deborah Hughes

### DEPUTY SENIOR EDITOR

José R. Ralat

### ACQUISITIONS EDITORS

Lisa Arrington

Shoshana Bauminger

### ASSISTANT EDITOR

Emil J. Ross

### PUBLISHING ASSOCIATE

Shelley Wong

### PRODUCTION INTERN

Susie Oh

### ART DIRECTOR

Derek Oscarson

### CONTROLLER

John Spano

### NATIONAL ACCOUNT MANAGER

Kelly J. Staley

### INFORMATION TECHNOLOGY

Clint Bagwell Consulting

### OFFICE ASSISTANT

Manuel Pavón

### CORPORATION COUNSEL

Lawrence Ross, Esq.

Bressler, Amery, and Ross

## CNS SPECTRUMS ONLINE

CNS Spectrums' editorial mission is to address relevant neuropsychiatric topics, including the prevalence of comorbid diseases among patients, and original research and reports that emphasize the profound diagnostic and physiologic connections made within the neurologic and psychiatric fields. The journal's goal is to serve as a resource to psychiatrists and neurologists seeking to understand and treat disturbances of cognition, emotion, and behavior as a direct consequence of central nervous system disease, illness, or trauma.

# CNS SPECTRUMS®

The International Journal of Neuropsychiatric Medicine

## Table of Contents

August 2004

Volume 9 – Number 8 – Supplement 7

*Based on Proceedings From the 2nd World Congress on Women's Mental Health, held March 17–20, 2004, in Washington, DC*

- 4 Introduction**  
**Mood and Anxiety Disorders:**  
**Special Considerations in Women**  
By Eric Hollander, MD
- 5 Bipolar Disorders: Special Diagnostic and Treatment**  
**Considerations in Women**  
By Susan L. McElroy, MD
- 19 New Trends in the Treatment of Anxiety Disorders**  
By Olga Brawman-Mintzer, MD, and  
Kimberly A. Yonkers, MD
- 28 Management of Hyperprolactinemia in Patients**  
**Receiving Antipsychotics**  
By Karen K. Miller, MD
- CONTINUING MEDICAL EDUCATION**
- 33 CME quiz accredited by Mount Sinai School of**  
**Medicine for 3.0 category 1 credits toward the AMA**  
**Physician's Recognition Award.**

Founded in 1996, *CNS Spectrums* is an *Index Medicus* journal and is available on MEDLINE under the citation *CNS Spectr.* It is available online at [www.cnsspectrums.com](http://www.cnsspectrums.com).

*CNS Spectrums* (ISSN 1092-8529) is published monthly by MBL Communications, Inc. 333 Hudson Street, 7th Floor, New York, NY 10013.

One-year subscription rates: domestic \$120; foreign \$185; in-training \$75. For subscriptions: Phone: 212-328-0800; Fax: 212-328-0600; Web: [www.cnsspectrums.com](http://www.cnsspectrums.com).

Postmaster: Send address changes to *CNS Spectrums* c/o PPS Medical Marketing Group 264 Passaic Avenue, Fairfield, NJ 07004-2595.

For editorial inquiries, please fax us at 212-328-0600 or e-mail us at [dh@mbldcommunications.com](mailto:dh@mbldcommunications.com). For bulk reprint purchases, please contact: Kelly J. Staley at [kjs@mbldcommunications.com](mailto:kjs@mbldcommunications.com).

Opinions and views expressed by authors are their own and do not necessarily reflect the views of the publisher, MBL Communications, Inc., or the editorial advisory board. Advertisements in *CNS Spectrums* are accepted on the basis of adherence to ethical medical standards, but acceptance does not imply endorsement by *CNS Spectrums* or the publisher.

*CNS Spectrums* is a registered trademark of CNS Spectrums, LLC, New York, NY. Permission to reproduce articles in whole or part must be obtained in writing from the publisher. Audit Bureau of Circulations member.

**MBL**  
communications

Copyright ©2004 by MBL Communications, Inc. All rights reserved. Printed in the United States.

Disclaimer

This academic supplement is supported by an unrestricted educational grant from Janssen Medical Affairs, LLC. Sponsorship of this review does not imply the sponsor's agreement with the views expressed herein. Although every effort has been made to ensure that the information is presented accurately in this publication, the ultimate responsibility rests with the prescribing physician. Neither the publisher, the sponsor, nor the authors can be held responsible for errors or for any consequences arising from the use of information contained herein. Readers are strongly urged to consult any relevant primary literature. In accordance with the ACCME Essential Areas and Policies regarding commercial support, readers are advised that this continuing medical education activity may contain reference(s) to unlabeled or unapproved uses of drugs or devices.