

# PSYCHIATRIST

Volume 67, Number 5

January 2019

Newsletter of the Southern California Psychiatric Society

## President's Column

# Psychopharmacology Update 30

Anita Red, M.D.



Happy New Year! This year, the SCPS is kicking off a great year with the annual Psychopharmacology Conference Saturday January 26, 2019 at the Olympic Collection. In addition to a day of learning, this psychopharmacology day meeting is a great way to visit old friends and meet new ones.

Registration and breakfast start at 8:15 am. The 'early bird' cost to SCPS resident members is \$30, and the cost to SCPS members is \$200. Non SCPS residents pay \$40, and non SCPS members pay \$225. Fees increase on January 15th. Please use this link to register.

<https://www.socalpsych.org/event/psychopharmacology-update-30/>

The first lecture is "Treatment of Obesity with Emphasis on Topics of Interests to Psychiatrists" by Frank Greenway, M.D., Medical Director and Professor, Pennington Biomedical Research Center in Baton Rouge, Louisiana. This talk will discuss the role played by the reward system compared to the hypothalamic hunger system by drugs approved for the treatment of obesity. Also discussed will be the cannabinoid system and potential approaches to treating obesity and avoiding the depression problems seen with cannabinoid-1 inverse agonists like rimonabant. Causing weight loss at the body locations people feel are problem areas as a way of improving self-image when losing weight will also be discussed.

The next lecture is "Neuromodulation: The Future of Treatment for Neuropsychiatric Illness," by Andrew Leuchter, M.D., Professor of Psychiatry and Biobehavioral Sciences; Director, TMS Clinical and Research Service; Director, Neuromodulation Division. Neuromodulation technologies modify the activity of neural networks and include non-invasive methods that utilize electromagnets or small electrodes applied to the scalp and invasive techniques that involve insertion of electrodes into the brain. Non-invasive treatments include repetitive Transcranial Magnetic Stimulation (rTMS), Electroconvulsive Therapy (ECT), transcranial Direct Current Stimulation (tDCS), Trigeminal Nerve Stimulation (TNS), and synchronized Transcranial Magnetic Stimulation (sTMS). Invasive techniques include Deep Brain Stimulation (DBS) and Vagal Nerve Stimulation (VNS). This talk will review the effectiveness of neuromodulation treatments that currently are available, as well as major experimental treatments in development.

The third lecture will be "An Update on Anxiety Disorders," by Mark H. Pollack, M.D., The Grainger Professor and Chairman, Department of Psychiatry, Rush University Medical Center.

This talk will review pharmacologic strategies to improve the outcomes for treatment of individuals with anx-

### In This Issue...

Letter from the Editor .....	3
Letter to the Editor .....	4
Book Review: The Awkward Thoughts of W. Kamau Bell ..	5
Native American Songs and Poems: An Anthology .....	6
SCPS Career Fair .....	7
Council Highlights .....	10

xiety disorders.

The final lecture will be, "The Top Ten Drug Interactions that Limit Efficacy in Psychiatric Treatment," by Paul Zarkowski, M.D., Clinical Assistant Professor, Department of Psychiatry and Behavioral Sciences, Harborview Medical Center, University of Washington; Psychiatrist, Sound, Seattle, Washington. Although there are numerous resources to guide prescribers away from harmful drug interactions and pharmacokinetic interactions, there is less written on interactions that limit efficacy. These are common and can be grouped in three categories including functional drug interactions with opposing functions and side effect profiles, drug interactions with antagonistic mechanisms of action and controversial drug interactions with opposing pharmacology. Each of these categories is represented in the top ten drug interactions that limit efficacy. The relative prevalence of each efficacy limiting interaction will be presented and discussed.



 **SCPS Presents**

# Psychopharmacology Update 30

*For psychiatrists and all physicians  
interested in psychopharmacology*

**Saturday, January 26, 2019**

**The Olympic Collection  
11301 W. Olympic Blvd.  
Los Angeles, CA 90064**

### Important California Law Update

In the most recent legislative session, Assembly Bill 1753 (Low) was enacted to require an additional improvement to controlled substance security prescription forms: the addition of a unique serialized number to each form in a format approved by the Department of Justice. This change takes effect January 1, 2019.

Thus, as of January 1, 2019:

(1) Each controlled substance security prescription form used for prescribing on or after that date must include a unique serialized number in an approved format (Health & Safety Code, § 11162.1, subdivision (a)(15)); and

(2) No person shall prescribe a controlled substance on or after that date, nor fill, compound, or dispense a prescription for a controlled substance written on or after that date, without this security feature (Health & Safety Code, § 11164, subdivision (a)).

The legislation did not include any transition or grandfathering period to allow for continued use of old controlled substance security prescription forms on or after January 1, 2019. Under the new statutes, the new security forms will be the exclusive means to write paper controlled substance prescriptions as of January 1, 2019, and as of that date any prescription written on a controlled substance security prescription form that does not bear all of the 15 security features will be presumptively invalid.

The board anticipates that some prescribers will nonetheless continue to use old prescription forms on and after January 1, 2019. And that pharmacists and pharmacies will be placed in the uncomfortable position of having to decide between providing needed medications to patients, and compliance with the law.

# How You can Support California Candidates in the APA Election

By: Matthew Goldenberg D.O.

SCPS Newsletter Editor



Happy New Year! I hope this year brings everyone personal and professional fulfillment. Ringing in the New Year is often an opportunity to make resolutions and set goals for the coming year. This year I hope you will consider ways to be of service to the field of Psychiatry and specifically on a local level.

Public outreach and education is a major way each of us can make an impact on our local and global community. With the rise of blogs, internet forums and other forms of misinformation that target the public and our patients, Psychiatrists need to remain leaders and disseminators of evidence-based education.

There are some very simple ways you can get engaged this year:

1. Write an article for the SCPS Newsletter. This is an excellent way to share information and experience with your colleagues. Consider writing a psycho-pharmacology review, an interesting or unique clinical vignette or any topic of your choosing. You can email your article directly.
2. Get engaged with SCPS. Run for a board position, volunteer to be a speaker at the Career Day, attend an educational program (read Dr. Red's article above for an upcoming opportunity!)
3. Become a mentor. Take a medical student, resident or early career colleague under your wing and help show them the ropes!
4. Take a few minutes and vote in the upcoming APA election. This is an exciting year, as four candidates are from California and one is a member of SCPS!

I would like to take the opportunity to share a few of my personal thoughts on the candidates, especially the four candidates from California and our local SCPS member. However, the APA guidelines do not allow me to do so, without giving equal time to the full slate.

Let's begin the year by supporting our local colleagues in the APA election and increasing California representation at the national level!

You can read more about all of the candidates here and discover which are our local colleagues:

<https://www.psychiatry.org/psychiatrists/awards-leadership-opportunities/leadership-opportunities/elections>

Starting with the upcoming APA election, I hope you will find ways to join us in advancing the field of psychiatry for our patients and our colleagues in 2019. It is never too late to get involved with SCPS or other professional organizations that support the field of Psychiatry, our patients and the public.

Best,

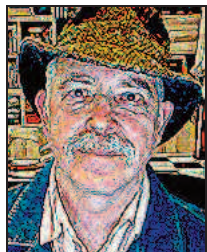
Matthew Goldenberg D.O.

SCPS Newsletter Editor

Email: [docgoldenberg@gmail.com](mailto:docgoldenberg@gmail.com)



To The Editor:



There are several reasons why doing genetic testing for ADHD is unreliable:

1) the article you quote notes: Early linkage and association studies revealed that ADHD, like other neuropsychiatric disorders, is in most instances a multifactorial disorder. It is not explained by Mendelian inheritance or common gene variants of large effect size. Recent molecular genetic studies of ADHD have shown that it is highly polygenic; that is, its genetic architecture is explained by thousands of common gene variants, each of small effect size (typical odds ratio, <1.1)

This means that single allele testing does not provide usable results.

2) ADHD is a multi etiology syndrome diagnosis with a variety of non-genetic factors contributing to the clinical presentation which dilute the genetic contribution

3) there is no evidence of predictive value of genetic studies for treatment response

4) the diagnostic behavioral categories in childhood behavior disorders have extensive overlapping "co-morbidity" ( which you note in your paper) so the diagnostic categories in current child psychiatry are poorly related to treatment and prognosis. This is complicated by drug companies encouraging use of stimulants for ADHD "co-morbidity with other childhood syndromes." The goal must be understanding the contributing factors for behavioral control, not justifying the use of stimulants.

Understanding the genetic contribution of ADHD is part of the broader issue of genetic variables in mental health: local allele mutations as the genetic basis for medical and psychiatric conditions is a rare finding, not the norm. The genetic influence is more often polygenic, involving many different control variables and is statistical in nature. This is why the transition to GWAS studies is necessary, with results that show subtle statistical effects across many loci, not specific definitive loci. The evolutionary process (which is generally ignored in medicine including Psychiatry) tends to eliminate most single loci mutations rapidly only rarely do allele loci provide neat little markers. Gene selection is for ADAPTATION accomplished by selection across multiple gene loci. Genes for "diseases" is looking at the process backwards. Behavioral genetics will not mature until researchers and clinicians stop looking for "the gene for XX disease" and study how multiple gene loci blend together for differential adaptive effects.

Hope this helps.

Ronald Milestone, M.D. FAPA (retired)

Have you checked out our new website yet?

<https://www.socalpsych.org/>

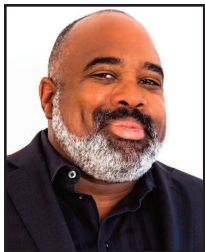
Our online directory has not changed and can still be accessed from the SCPS site. If you have never logged in, your username is your first initial and your last name. The first initial and first letter of your last name should be capitalized. If you do not know your password, please request one from the site. You have access to much more information logging in as a member as opposed to logging in as a visitor.



# The Awkward Thoughts of W. Kamau Bell

Book Review

By Curley Bonds, MD, DFAPA



W. Kamau Bell is a critically acclaimed African American stand-up comedian who hosts the Emmy-nominated CNN docuseries *United Shades of America*. He published a delightfully funny and irreverent autobiographical work that covers his life before and after his comedy career exploded. [The Awkward Thoughts of W. Kamau Bell: Tales of a 6' 4", African American, Heterosexual, Cisgender, Left-Leaning, Asthmatic, Black and Proud Blerd, Mama's Boy, Dad, and Stand-Up Comedian – Penguin Random House 2017] I ordered his book through Amazon (\$16.25 hardback, \$11 paperback or \$11.99 Kindle edition) after viewing an episode of his show that revealed our mutual Gulf Coast roots. Although Bell now identifies as a Northern Californian,

like me he spent a good portion of his formative years with his biological father's family in my hometown Mobile, Alabama. He reflects on some of the significant cultural differences between the deep south and the western US in ways that made me laugh out loud.

Some of the themes that this book explores will be of interest to any psychiatrist who works with those of different ethnic and cultural backgrounds. Bell questions some of the pre-conceived societal 'oddities' including why Black Superheroes are generally given monikers that identify them by their race - e.g. Black Goliath or Black Panther (with some notable exceptions like Luke Cage). He points out that a 'secret' identity is compromised by giving out such a blatant clue like one's race. He writes: "Creating Black superheroes with the word 'Black' in their names was a way for America to once again normalize whiteness. It wasn't 'White Superman' or 'White Green Lantern.' Because white is normal. White doesn't need to be mentioned." I was reminded of conversations during my internship about how to identify patients during teaching rounds. Different attending who hailed from different geographical and cultural backgrounds had strong and dissenting opinions about the value or uselessness of including race in the identifying data during a presentation.

Bell goes on to point out other interesting cultural tidbits that he loosely refers to as "living while black." This includes how African Americans all had to reframe their notions of Bill Cosby in the wake of his fall from grace. Someone who had portrayed a solid successful icon of core African American values of success and family life is hard to erase from memory, but the dark side of the man representing the esteemed Dr. Huxtable could not be defended. I suspect that non-Black Americans were not as troubled by the revelations about Cosby the actor on such a personal level. In a later chapter Bell explores what he calls awkward thoughts about sports. He presents the notion that Michael Jordan's career success paved the way for our first African American President - Barack Obama. In a tongue-in-cheek style filled with humor he makes the case for having Ibtihaj Muhammad, a Black, female, Muslim (hijab wearing) fencer carry the U.S. flag during the Rio Olympic opening ceremony rather than Michael Phelps. He actually wrote a piece about this at the time arguing that while Phelps was the obvious choice, Muhammad would be a more interesting representative for the country and the world to experience. He received hate mail and hate tweets after he made this suggestion.

There are many other notably entertaining moments in this gem of a read than I have time to review here. Bell's musings span the gambit from the likes of Denzel Washington and Oprah Winfrey to his limited parenting skills and the interplay between gender and race. I highly recommend this title for anyone interested in cross cultural issues that can impact how we view and interact with our patients and the world around us.

## Native American Songs and Poems: An Anthology

Edited by Brian Swann

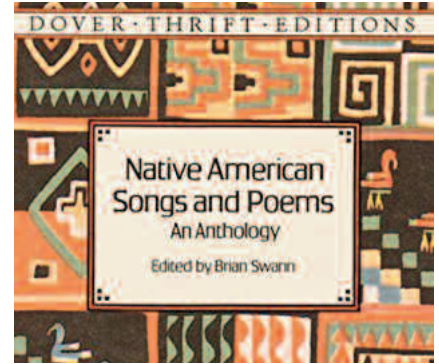
September, 1996

Dover Publications, Inc.

\$3.00

64 pages (paperback)

ISBN13 9780486294506



Book Reviewed by Kavita Khajuria, MD

Native American Songs & Poems is a multifaceted collection of 54 poems, verses, songs and chants, authored by a variety of Native Indian writers and poets. Themes are wide, and include tradition, nature, continuity, love, loss, & alienation. Formats range from short and simple, to longer phrases, stories and short essays.

Most notable is the inherent connection and relationship with, and within nature, considered a living entity into itself, occasionally referred to from the first person. Respect for the wonder and glory of nature invites imagination and contemplation. The earth, sky and dawn are addressed with love and adoration, conveyed at one point with painstaking patience. These poems convey appreciation, gratitude and enchantment I.e “isn’t it lovely....the rivers thick grass banks?” They speak to healing powers, goodness and safety, which in of itself conveys completion and wholeness “A medicine spirit, a healer, I am the same”.

Family is valued. Girls are sweetly and delightfully compared to flowers. Tribute is paid to the wisdom and wits of timeless grandmothers whose “quick eyes uncover dust and cobwebs”. The Two Heart Clan travel through time and season. An endearing tongue-in-cheek poem by an elder. A powerfully cynical essay addresses assumptions and generalizations of Native Indians, which gives room for pause.

This book is a small window into the heart of a spiritual culture and heritage. A range of emotions and tones include pride, sorrow, pain, humor, reverence, and humility.

The experience can be educational, perhaps better intended for those who take the time to sit, read and savor, not for those seeking quick gratification.

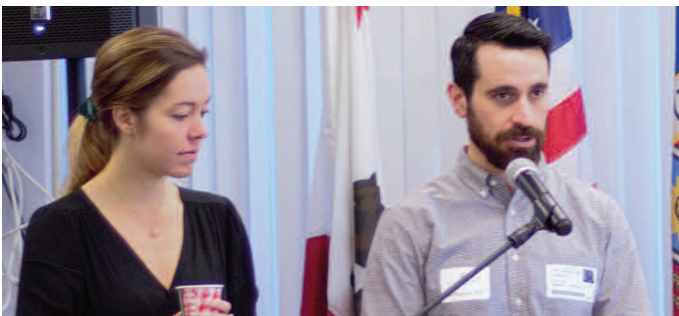
*“...Tourists may see gas stations, farms,  
cattle guards across red dirt roads,  
and asphalt highways  
speeding across one street towns.*

*But if you look carefully,  
you can find another land hidden here,  
the invisible vertical to this horizontal world.*

*Rising up...  
in the middle of nowhere,  
glimpsed in the blue flash of a thunderstorm,  
it’s an older land where war honors  
are still being sung,  
where cooking fires still send out  
a warm invitation of good smells,  
where eagle feathers stand upright  
in fields of undisturbed snow...*

*-Duane Big Eagle-”*

SCPS held its annual Career Fair for Psychiatrists on Saturday, December 8, 2018. The Career Fair was well-received and highly successful. The morning was an educational component where early career psychiatrists talked about starting a career in various practice sectors. Another panel spoke about financial issues and investing. The afternoon was an opportunity for attendees to visit with 20 different employer booths. Here is our photo gallery.











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# Council Highlights

## November 8, 2018

Ijeoma Ijeaku, M.D., *Secretary*



### **PRESIDENT'S REPORT Dr. Red**

#### **Cyber Insurance:**

Dr Red notes that Mr Willick our attorney advises that we get the insurance even though we will be the first district branch to do so. Ms Thelen notes that she got a quote for about \$1200 for the year. Motion approved unanimously, no opposed, no abstentions.

#### **Public Affairs Committee:**

Dr Haddad reported that the Public Affairs committee submitted for grant through APA for video podcast for purpose of outreach. Results of whether grant received will be available in December. If grant not obtained, then will request funding. SCPS has already approved \$1000 for public affairs committee.

Dr Haddad discussed increased interest in the minority outreach subcommittee of the public affairs committee. She discussed some of the activities that the subcommittee is looking at participating in for the next year. Ms Thelen will look into the possibility of such involvement for SCPS members as far as liabilities Dr Cheung brought up community outreach event called Care Harbor.

#### **Membership Processing:**

Ms Thelen reports APA recently made a new system to contact possible new members that is streamlined and automated. APA is asking SCPS to automate approval of new members, rather than wait until brought to council.

Ms Thelen brought up that last year SCPS did deny a potential member related to ethics violation.

Council did not want to pursue changing current process for approving potential members at this time.

#### **Executive Director Review:**

Dr Red noted that the executive director was highly reviewed by all council members.

#### **Wreath Laying Ceremony:**

Dr Red reported that the APA did a wreath laying ceremony to honor psychiatrists who served in Vietnam. Mindi discussed her experiences at this ceremony as the district branch executive directors honored the two hundred psychiatrists who served in the Vietnam war

#### **Art of Psychiatric Medicine Committee:**

Dr Furuta informed council that the recent documentary film screening in Beirut, Lebanon during the world mental health day was a huge success. The film was reportedly well received there. In the current newsletter, there is an excerpt from her interview with one of the local psychiatrists

Dr Ijeaku discussed that film was also presented at the Loma Linda University Psychiatry grand rounds by herself and Dr Do. It was well received

APMC's upcoming event "Laughter is the best medicine" is scheduled for November 17

#### **Council Location:**

Dr Red announced that we are moving downstairs within the same building (UCLA building 300) starting in January 2019. Motion made that payment for food would be your RSVP. Food would be ordered for those who prepay.

#### **Website Committee:**

Dr Unverferth reports that Website Committee has been reviewing website for mobile phone and it appears to

be working. Ms Thelen reports that the new website will likely go live before end of the year.

### **Career Day Update:**

Ms Thelen reports that the career day scheduled for December 8th has a good sign up but resident and fellow sign up is down when compared to previous years. Ms Thelen states that DMH is allowing SCPS use their venue. There are twenty booth vendors. More residents need to sign up. The resident fellow representatives will try to disperse the information to more residents

### **Newsletter:**

Ms Thelen read the report from Dr Goldenberg thanking the contributors to this month's newsletter. He encouraged members to continue to make contributions. A sign-up sheet for members to contribute to the newsletter was passed around

### **PRESIDENT-ELECT'S REPORT Dr Cheung**

Dr Cheung discussed resurrecting the failed AB1971 bill regarding expansion of definition of grave disability to include detention for refusal of needed medical care. Dr Cheung raises concern that treatment venue and treatment authority information were not specified in the original bill. Dr Shaner reports that CPA is adding language for this bill.

### **PROGRAM COMMITTEE REPORT Ms Thelen**

Ms Thelen reports that the psychopharmacology meeting will take place January 2019 at the Olympic Collection and four speakers have been confirmed. Sign up is at the expected rate at this point. Spring meeting will be held at Cedars Sinai with focus on suicide. Dr Solding suggested that the meeting include an euthanasia expert and provided Mark Komrad's information to Ms Thelen.

### **TREASURER'S REPORT Dr Rees**

Dr Rees reports that this month we are under budget around \$6,000. For year to date \$9000 under budget. Income from 2018 is \$28,000 less compared to 2018 budget. 2018 projected to be approximately net neutral.

2019 budget draft: unanimous vote was passed to accept the proposed 2019 budget

### **ASSEMBLY REPORT Dr Fogelson**

Drs Solding, Schaepper, and Fogelson provided update including issues with the suicide risk assessment code and family separation at the borders. Encouraged members to work on Action Papers to be presented at next meeting. Dr Silverman is reportedly working on a modified maintenance of certification paper.

### **MEMBERSHIP REPORT Dr Ijeaku**

Membership Report Current Active Membership –934, Total Membership 1100

Seven new RFMs applied; all have met the basic criteria for membership. A unanimous vote was passed to accept the new members

### **LEGISLATIVE REPORT Dr Shaner**

Dr Shaner discussed proposition for medical criteria for grave disability (as discussed above by Dr Cheung). Also discussed MHSA (mental health services act) funds being used for involuntary hospitalization which has not been the case historically. Also discussed issues pertaining to integrating substance abuse and mental health care for people with dual diagnosis and accesses to MAT (medical assisted treatment) be an available component of this care. Finally discussed proposal to increase funding for child psychiatric services, particularly for hospitalization



**NEW BUSINESS:**

Dr Red reports that

—Nominating Committee meets next week

—discussed recent Thousand Oaks shooting; SCPS has list of individuals who have volunteered to speak if asked to speak about mass shooting from psychiatric perspective

Dr Schaepper made an announcement that the catholic charities have been recruited to handle mental health issues related to family separation issues at the borders

**OLD BUSINESS:** None**ADJOURNMENT Dr. Red**

Meeting adjourned at 9.01pm

ALL EDITORIAL MATERIALS TO BE CONSIDERED FOR PUBLICATION IN THE NEWSLETTER MUST BE RECEIVED BY SCPS NO LATER THAN THE 1ST OF THE MONTH.  
NO AUGUST PUBLICATION. ALL PAID ADVERTISEMENTS AND PRESS RELEASES MUST BE RECEIVED NO LATER THAN THE 1ST OF THE MONTH.

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Inland . . . . . David Seigler, M.D. (2021)  
San Fernando Valley . . . . . Vacant  
San Gabriel Valley/Los Angeles-East . . . . . Marc Cohen, M.D. (2020)  
Santa Barbara . . . . . Matthew Goldenberg, D.O. (2019)  
South Bay . . . . . Zaheib Idrees, D.O. (2021)  
South L.A. County . . . . . George Fouras, M.D. (2019)  
Ventura . . . . . vacant  
West Los Angeles . . . . . Linda Do, D.O. (2019)  
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ECP Deputy Representative . . . . . Julia Krankl, M.D. (2019)  
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Federal Legislative Representative . . . . . Zeb Little, M.D. (2021)  
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Public Affairs Representative . . . . . Patrick Wiita, M.D. (2019)  
Assembly Representatives . . . . . Michelle Meshman M.D. (2020)  
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Heather Silverman, M.D. (2022) . . . . . Eric Wagreich, M.D. (2019)

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Joseph Simpson, M.D.  
Steve Solding, M.D.  
Roderick Shaner, M.D.  
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Recurring Featured Writer . . . . . Kavita Khajuria, M.D.

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