

New Research and Perspectives on Treating Major Depressive Disorder Shared at Pri-Med East Conference

Pamlab and the Neuroscience Education Institute Offer Continuing Medical Education Content to Inform PCPs about the Role of Metabolism in Diagnosing and Treating Depression

COVINGTON, La. – An innovative Pri-Med Primary Care Update, “Depression: When Medical and Psychiatric Factors Collide” will be presented at [Pri-Med East](#), taking place September 19-22. The session, which explores the relationship between Major Depressive Disorder (MDD), and inflammatory, endocrine and metabolic factors, will be presented by [Dr. Andrew J. Cutler](#), CEO and Chief Medical Officer of Florida Clinical Research Center to primary care practitioners. This research was originally debuted at [Pri-Med Southwest](#) in March, and will be presented again at [Pri-Med Midwest](#) in October.

The session details new research findings linking MDD with markers of inflammation and metabolism, as well as non-traditional, to innovative treatment approaches. It also explores the critical role primary care physicians (PCP) play as the first line in the treatment of MDD.

“These are very exciting times in depression diagnosis and treatment,” said Dr. Cutler. “Since the 1980s and the approval of traditional SSRIs (selective serotonin reuptake inhibitors), the approach to treating MDD has been ‘one size fits all.’ Now, thanks to new research, we are learning more about matching treatment approaches with biologic needs and are able to provide personalized therapeutic options for depression. We are knocking on the door of a whole new generation of treatments for depression.”

The Pri-Med Conference series offers continuing medical education (CME) throughout the year and across the country. Pamlab is supporting Pri-Med 2013 through a CME grant to the [Neuroscience Education Institute](#) (NEI). Founded in 2000 by award-winning author and psychiatrist Dr. Stephen M. Stahl, NEI provides interactive learning to mental health clinicians and neuroscientists.

“The opportunity to research and present content of this nature is thrilling,” said Dr. Stahl. “It is an enlightening and fascinating new way of looking at diagnosing and treating depression.”

About Pamlab

Pamlab, founded in 1987, is a specialty biomedical company that specializes in offering high quality prescription medical foods to safely and effectively address the distinct nutritional requirements of patients with specific medical conditions. Pamlab investigates nutritional science and promotes evidence which can direct effective disease management for brain health (depression and memory loss) and metabolic conditions (diabetes). Pamlab, part of Nestlé Health Science since April 2013, employs around 450 people in the United States and is based in Covington, Louisiana. More information is available at www.pamlab.com.

About Nestlé Health Science

Nestlé Health Science, a wholly-owned subsidiary of Nestlé, intends to spearhead the development of science-based personalized nutritional solutions. Building on its core HealthCare Nutrition business, the company has ambitions to address chronic conditions in the area of Gastrointestinal Health, Metabolic Health and Brain Health. Nestlé Health Science offers nutritional solutions for people with specific dietary needs related to illnesses, disease states or

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the special challenges of different life stages. Nestlé Health Science employs around 3,000 people worldwide and has its headquarters in Vevey, Switzerland. For more information, please visit www.nestlehealthscience.com.

About the Neuroscience Education Institute (NEI)

Founded in 2000, NEI provides interactive learning to mental health clinicians and neuroscientists. Through NEI's annual Psychopharmacology Congress, its web-based CME activities, and its online resources, NEI simplifies complex concepts to enhance understanding. NEI Members and Guests have access to www.neiglobal.com, an online resource focused on the essentials of psychopharmacology. For more information, please visit: www.neiglobal.com.

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