



News Release

New Links between Depression and Inflammatory Conditions Explored at 2013 U.S. Psychiatric and Mental Health Congress

LAS VEGAS, For immediate Release – The 26th Annual [U.S. Psychiatric and Mental Health Congress Conference and Exhibition](#), taking place September 30 – October 3 in Las Vegas, will feature two unique presentations focused on exploring depression and patient-specific treatment response factors.

In a poster presentation titled, **Clinical Effect of L-methylfolate in Patients Stratified by Baseline Obesity and Inflammation : a Randomized Clinical Trial of Patients with Major Depression**, on October 1st at 2:00pm, Dr. Charles Raison, Associate Professor, Department of Psychiatry, University of Arizona School of Medicine, will discuss the findings of a multi-center, double-blind, placebo-controlled trial that identified correlations between L-methylfolate and antidepressant response in patients presenting with certain conditions, such as inflammation and obesity.

The study focused on 75 inadequate responders to SSRIs who were enrolled in a 60-day, multi-center, double-blind, placebo-controlled trial. Patients were given 15 mg/day of L-methylfolate for 60 days, placebo for 30 days followed by L-methylfolate 15 mg/day for 30 days, or placebo for 60 days. Results reported in the American Journal of Psychiatry revealed that inadequate responders (all-comers) given adjunctive L-methylfolate had significantly greater response and reduction in depressive symptoms than adjunctive placebo (SSRI monotherapy). In an exploratory analysis, a subgroup of patients with a baseline BMI of 30 or greater and hsCRP above the median responded even more robustly to adjunctive L-methylfolate than did all-comers. It was concluded that the presence of obesity and inflammation in individuals with depression may predict greater response to SSRI therapy augmented with L-methylfolate.

“This data is teaching us more about how biomarkers might be used to advance treatment strategies in depression,” said Dr. Raison. “This information is helping clinicians understand how to better select therapeutic options based on a patient’s underlying biological conditions. As we continue to explore these findings, future developments will no doubt continue to deliver advancements in the treatment of depression.”

Conference attendees will also have the opportunity to attend a Continuing Medical Education (CME) Symposium session titled, **The Emerging Role of L-methylfolate in Depression: When, Where, and Why? Focus on Obesity, Inflammation, and Genetic Factors**.

The CME, taking place September 30th at 12:00pm, aims to help clinicians explore genetic, metabolic and inflammatory markers that may assist in the selection of treatment options in Major Depressive Disorder.

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 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 U.S. Psych Congress

The U.S. Psychiatric and Mental Health Congress (Psych Congress) was established as an educational platform where experts in the mental health field can explore cutting-edge science, share comprehensive best practices and generate stimulating discussion. Psych Congress is focused on thinking forward, providing attendees with advanced knowledge and unique tools from which they can confidently diagnose and develop effective individualized treatment plans, by applying evidence-based management into daily practice.

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