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Depression and thyroid hormones: New findings need a new understanding

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Introduction: The relationship between mood disorders (including depression) and disturbed thyroid functions is well known. Exclusion of hypothyroidism is important before diagnosing any one with depression and using T3 hormone in cases of resistant depression is effective in treating those patients.

Objectives: This presentation will highlight the updates and the findings of the recent studies done in the field of Endocrinology that clarify and explain the physiological basis behind the effectiveness of T3 hormone in treating patients of resistant depression.

Methods: Methodology include critical review of various current literatures on the topic.

Results: Recent studies done by endocrinologists led to introduction of a new concept that is called (brain hypothyroidism) and this disorder is a separate entity that differs from (systemic) hypothyroidism in the mechanism of causing the depressive symptoms, in its diagnosis and in its treatment.

Conclusions: Although still preliminary, the recent studies and this new concept of (brain hypothyroidism) can help in more understanding of the resistance in treating depression and how this resistance is caused and it opens the door for reviewing the current guidelines and algorithms for management of depression.

Biography

Aboeizz Mahmoud Kalboush is an Egyptian Consultant Psychiatrist. He received his Master's degree in Psychiatry and Neurology from Ain-Shams University, Egypt in 2007, Arab Board in Psychiatry in 2007 and Egyptian Board in Psychiatry in 2008. He is the Head of Psychiatry Department in Alnoor Specialist Hospital, Saudi Arabia since June 2013. He is responsible for training of medical students (both undergraduates & postgraduates) in Psychiatry.

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