

# IAPA 45th Annual Meeting



**Sunday, May 5th, 2024**

**New York, NY, USA**

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*Thanks to our members from the  
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# 45th Indo-American Psychiatric Association (IAPA) Annual Meeting

Sunday, May 5, 2024

Rumi Event Space, 229 West 28th Street, New York, NY 10001

## *Scientific Program and Business Meeting*

**2:30-3:00 PM: Booth Setup/Booth Visits**

**3:00-3:05 PM: Welcome Remarks by Tarak Vasavada, MD, IAPA President**

**3:05-3:30 PM: Drs. Zeeshan Mansuri & Rikinkumar Patel Introduce MIT Poster Competition Winner Presenters; MIT Oral Poster Presentations by Top Three Winners**

**3:30-3:35 PM: MIT Poster Awards Presentations by Rohit Chandra, MD, IAPA Treasurer**

**3:35-3:50 PM: Break/Visit Booths**

**3:50-3:55 PM Introduction of Academician Awardee by Tanuja Gandhi, MD, IAPA President-Elect**

**3:50-4:35 PM: Outstanding Academician Lecture:**

**“Neuropsychiatric Problems After Traumatic Brain Injury” by Vani Rao, MD**

**4:35-5:30 PM: Educational Product Presentation; Introduction by Sachin Mehta, MD, IAPA Secretary**

**5:30-5:35 PM: Question & Answer Session**

**5:35-5:50 PM: Business meeting & Vote of Thanks by Vani Rao, MD, IAPA Board of Trustees (BOT) Chair**

**5:50- 7:00 PM: Break/Booth Visits**

## *Evening Banquet, Awards, and Educational Presentation*

**6:15-7:00 PM: On-Site Banquet Registration: Dhruv Gupta, MD, IAPA Early Career Psychiatrist Representative; and Tapan Parikh, MD, IAPA Councilor**

**7:00-7:10 PM: Introduction by Tarak Vasavada, MD, IAPA President**

**7:10 PM-7:15 PM: Welcome Remarks by Vani Rao, MD, IAPA BOT Chair**

**7:15 PM-8:15 PM: Keynote Lecture: “Authentic Leadership: Navigating a Tumultuous World” by Harsh Trivedi, MD, MBA, President and CEO, Sheppard Pratt**

**8:15 PM-8:30 PM: Awards Presentation by IAPA President-Elect Dr. Tanuja Gandhi and IAPA Councilor Dr. Karuna Poddar**

**8:30 PM-8:35 PM: Vote of Thanks and Introduction of IAPA Committee by IAPA President, Tarak Vasavada, MD**

**8:35 PM-8:50 PM: Dignitaries’ Remarks**

**8:35 PM : Dinner followed by Indian Music with DJ**

# IAPA PRESIDENT'S MESSAGE

## Dr. Tarak Vasavada



Dear members and attendees,  
I am delighted to welcome you to the 45th IAPA Annual Scientific Meeting, Awards, and Banquet Dinner in New York City.

Over the past year, we have worked hard to improve communication with our members. We have updated our Facebook page and launched a new IAPA Instagram account so you can stay up-to-date with our latest news and events. We have also increased the frequency of our newsletters, producing five in total. The new format includes member achievements, book publications, and a spotlight on a member. In addition, we have sent regular emails to inform you of upcoming events.

In September, we held our first South Asian Mental Health conference, which combined presentations from India, Pakistan, and the USA. We also hosted a research poster presentation and educational seminar for psychiatry resident applicants. In October, we had a successful fall meeting in Chicago, attended by Dr. Viswanathan, President-Elect of the APA. Several IAPA members attended and presented at the Annual Meeting of the Indian Psychiatric Society (ANCIPS).

We had many qualified applicants for IAPA's 2024 Awards and are proud to announce the outstanding winners. Our young members organized a research poster presentation competition, which provided education on the match process and overcoming matching difficulties. We chose three winners who will present at the IAPA Annual Meeting.

We have also partnered with the American Association of Physicians of Indian Origin (AAPI) to provide free DEA-related continuing medical education (CME) to all our members. Around 250 AAPI and IAPA members regularly attend these conferences, and some of our young members presented at this CME meeting.

We have added many young members in training and new life members this year. We added a new South Carolina Chapter. I want to thank my Executive Committee (EC) members Drs. Tanuja Gandhi, Sachin Mehta, and Rohit Chandra, along with my Extended Executive Committee (EEC) members Drs. Karuna Poddar, Tapan Parikh, Dhruv Gupta, and Zeeshan Mansuri for their hard work in making these programs successful. I would like to thank all my committee chairs and members for their contributions to IAPA. I am also grateful for the constant encouragement and advice from my Board of Trustees members, Drs. Bhagi Sahasranaman, Vani Rao, Dilip Patel, Meena Ramani, and Ashwin Patkar, who have been instrumental in making my presidency a success. I appreciate the IAPA chapter presidents for planning several activities.

I want to thank all our sponsors for supporting IAPA and allowing us to organize several events. I am grateful to all the APA and other dignitaries at this meeting, as their presence and support rejuvenates our members' excitement. Finally, my utmost gratitude to my wife Dipti, for all her support and patience over the past year.

Please look at the gratitude page of this brochure, where we thank you, our members, and our vendors. I hope you enjoy this meeting, and I look forward to seeing you next year at APA/IAPA in Los Angeles.

Best regards,  
**Tarak Vasavada, MD DLFAPA**  
**President IAPA 2023-25**

# IAPA BOARD OF TRUSTEES CHAIR MESSAGE

**Dr. Vani Rao**

On behalf of the Board of Trustees (BOT) of the Indo-American Psychiatric Association (IAPA), I welcome you wholeheartedly to the 45th Annual Meeting. My deepest gratitude to each of you for attending the meeting and participating in various IAPA activities. Without the support and encouragement of our members, our organization will not be able to move forward. My heartfelt gratitude to each of you.

My sincere appreciation and salutations to our IAPA President Dr. Tarak Vasavada and all the members of the Executive and Extended Executive Committee for their outstanding work, energetic commitment and dedicated service. Kudos to them! They continue to push the boundaries to excel.

I am indebted to my fellow BOT members, Drs. Ashwin Patkar, Dilip Kumar Patel, Meena Ramani and Bhagirathy Sahasranaman for their support and for always being available.

Last but not the least, I want to thank our sponsors and exhibitors for their contribution and support for helping us do what we want to do. Wishing all of you an enjoyable and successful meeting.

Warmest Regards,  
**Vani A. Rao, M.D.**  
**Chair, IAPA BOT.**



# IPS PRESIDENT'S MESSAGE Dr. Laxmikant Rathi

At the outset, I am thankful to you for asking for a welcome message for the brochure of IAPA. I congratulate you and the other office bearers of IAPA for providing a good leadership to the organisation and taking it to higher levels. You especially have strong leadership qualities which you have proved as President of IAPA. The ties between Indian Psychiatric Society (IPS) and IAPA are very strong and I would like to increase this bonding further this year as a President of IPS in mutual interest of both the organisations.

I welcome all the delegates of IAPA to this conference and it will be a good academic feast for all of us.

As President of IPS, I extend an invitation to all the members of IAPA to attend the IPS annual conference at Hyderabad in India from 22nd Jan to 25th January 2025. The theme of mine as IPS President is "Sound Body in Sound Mind only". This theme is making a good impact on society also. Let us all together increase the awareness about mental health globally too. Awaiting to meet you eagerly soon.



# MESSAGE FROM APA PRESIDENT

Dr. Petros Levounis

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Welcome to New York City! We're so pleased to have you join us for the 2024 APA Annual Meeting and the 2024 IAPA Annual Meeting. Our conferences create a gathering place not only for our colleagues in the United States, but from around the world. As we come together to share our knowledge, passion, and expertise, I want to thank you for dedicating your time and efforts to support your colleagues. As psychiatrists, our mission must be one of education and awareness that emphasizes our expertise and medical leadership to address the issues facing our patients, their families, and society. Your presence reflects your commitment to the work that is essential to advancing our shared goals of a mentally healthy nation and a mentally healthy world.

# MESSAGE FROM APA CHIEF EXECUTIVE OFFICER AND MEDICAL DIRECTOR

Dr. Saul Levin

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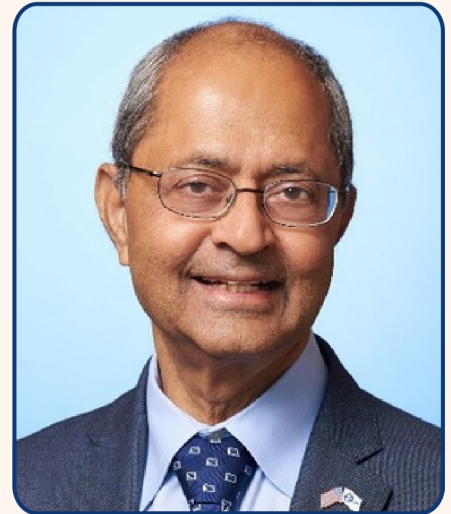


As this is my last APA Annual Meeting as the CEO and Medical Director of the APA, I want to thank you for your steadfast support over the past 11 years. It has been a great privilege to work together to strengthen the relationship between APA and IAPA to bridge our efforts as leaders in psychiatry and medicine. As our missions and members are interwoven, we are assured that the relationship between our organizations is an enduring one that will continue to grow. While this may be my last meeting as APA CEO and Medical Director, rest assured that I will remain an ardent and lifelong APA member and return to the APA Annual Meeting and the IAPA Annual Meeting in 2025 as the Secretary General of the World Psychiatric Association. I look forward to continuing to work together on the issues that affect psychiatrists and patients the world over.

# MESSAGE FROM APA PRESIDENT-ELECT Dr. Ramaswamy Viswanathan

I am privileged to greet my fellow members of the Indo-American Psychiatric Association (IAPA) as the second Indo-American president of the American Psychiatric Association (APA). Please read this entire column, as I have a request near the end.

IAPA plays a crucial role in providing a platform for psychiatrists of Asian-Indian origin to consolidate their professional identity, develop skills to address multicultural mental health needs and establish a network for information exchange. The IAPA newsletter is a vital communication tool that shares updates, upcoming events, the association's leadership messages, and helpful information for professional development. Likewise, our IAPA annual meeting, the various chapter meetings, and periodic virtual national educational seminars promote our development, collegiality, and service.



Before my past presidency of the IAPA, I and other IAPA leaders have been stressing the importance of IAPA members belonging to and being active in our APA, the main professional organization for psychiatrists in the USA. This has helped enrich both the APA and IAPA. I am proud that many IAPA members are in important leadership positions in the APA and its district branches and are providing immense service. We are also fortunate that we have had a long string of strong and wise leaders of IAPA and dedicated early-career leaders who contribute a lot and keep the future of IAPA bright. There is considerable emphasis on mentoring and promoting scholarly development.

Now I have a request. Many of us are interested in contributing to charitable causes. If you are an APA member, please consider contributing to the APA Foundation (APAF), the charitable arm of the APA, which is doing an amazing job in promoting mental health in the community. I hope my president's message in this newsletter inspires our members to remain engaged in IAPA and APA, contribute to the associations' initiatives, and support their mission to advance the psychiatry field and promote our communities' welfare.

**Ramaswamy Viswanathan, M.D., Dr.Med.Sc**  
**President-Elect, American Psychiatric Association**  
**Professor and Interim Chair, Department of Psychiatry and Behavioral Sciences**  
**Senator, SUNY Faculty Senate**  
**State University of New York Downstate Health Sciences University**

# IAPA AWARD WINNERS 2024



## OUTSTANDING ACADEMICIAN AWARD

### Vani Rao, M.D.



**Vani Rao, M.D.** completed her residency in adult psychiatry at the Johns Hopkins University School of Medicine (JHUSOM). She served as Chief Resident during her fourth year of residency. She then completed a fellowship in Neuropsychiatry at JHUSOM.

She served as a full-time faculty from 2000-2013 and the Medical Director of the Brain Injury Program and the Director of Neuropsychiatry Fellowship Program from 2005-2017, in the Department of Psychiatry and Behavioral Sciences, JHUSOM.

She is currently a part-time staff in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins University School of Medicine and has a private practice in Washington DC.

She is a member of the Miller Coulson Academy of Clinical Excellence. This honor is given to the physicians who are "committed to teaching excellence and patient care."

Her neuropsychiatric research work has mainly focused on mood and sleep problems associated with traumatic brain injury. She has published extensively and has received funding from the National Institute of Health, The Brain & Behavior Research Foundation, Department of Defense, Patient Centered Outcomes Research Institute (PCORI), and pharmaceutical companies.

She served as the President of the Maryland Chapter of the IAPA from 2006-2011 and again from March 2023-present.

She was the President of the IAPA from 2013-2015. She is currently the Chair of the Board of Trustees of IAPA.

She is very interested in mental health issues among South Asians living in the United States. She has conducted two studies to explore symptom presentation and facilitators and barriers to treatment of mental illness among South Asians residing in the US.

She has co-authored 3 books:

- "The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury," published by Johns Hopkins Press, 2015.
- "Mental Illness among South Asian Americans: Twenty Culturally Mindful Case Studies," published by iUniverse, 2019.
- "Healing the Traumatized Brain: Coping after Concussion and Other Brain Injuries," A Johns Hopkins Press Health Book, 2023.



# IAPA AWARD WINNERS 2024

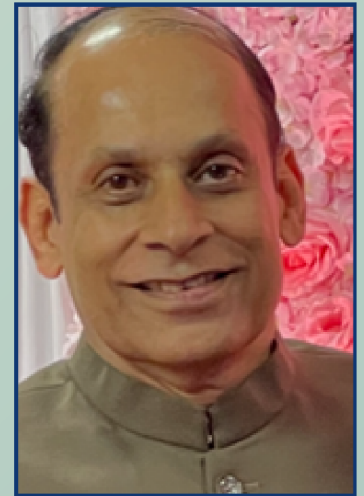
## OUTSTANDING IAPA SERVICE AWARD

### Arun Munjal, M.D., D.P.M., D.M.H.

**Arun Munjal, M.D., D.P.M., D.M.H.** is board-certified in Psychiatry and Addiction Psychiatry. He has served on numerous boards, including Skyland Trail Treatment Center and Ridgeview Hospital. He was the president of the IAPA Georgia chapter from 2019 to 22.

He was instrumental in adding various programs for the IAPA Atlanta chapter during his tenure during the COVID-19 times. Acknowledged for his outstanding contributions, Dr. Munjal has been honored with prestigious awards, including the Seed of Change Award from Raksha, recognizing his impactful efforts in promoting change and empowerment.

His remarkable services have also been lauded with the Hind Rattan Award, a testament to his dedication and impact on society. Dr. Munjal's philanthropic spirit shines through his role as a trustee for the Greater Vedic Temple of Atlanta. His passion for cricket has not gone unnoticed, earning him the distinguished title of Outstanding Cricket Player during the All India Inter Medical Cricket Tournament.



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## OUTSTANDING PUBLIC SECTOR AWARD

### John Johnson, M.D., M.B.A.

**John Johnson, M.D., M.B.A.**, is a board-certified psychiatrist and Associate Professor of Psychiatry at Wright State University. His global primary care and mental health residencies have given him a unique perspective. Over the past 34 years, he has leveraged his clinical expertise and business acumen to develop innovative solutions to provide our community's most vulnerable populations access to high-quality healthcare and community-based support services.

Dr. John Johnson owns and operates several healthcare organizations that have provided care to over 30,000 Ohioans and employs over 1,000 healthcare workers. This includes Access Hospital Dayton, a 110-bed freestanding mental health and substance use treatment facility. His community mental health center, Access Ohio, serves child and adult Medicaid beneficiaries with psychiatric and/or substance use disorders in a physician-led interdisciplinary team format both in the community and at clinics located in North, East, and West Columbus as well as Dayton. He most recently re-opened a previously shut down 140-bed general hospital in rural Appalachia, restoring economic development.



# IAPA AWARD WINNERS 2024

## OUTSTANDING RESIDENT AWARD

**Rikinkumar Patel, M.D., M.P.H.**



**Rikinkumar Patel, M.D., M.P.H.** is a Child and Adolescent Psychiatry Fellow at Duke University. He is a strong healthcare services professional with a Masters in Public Health (MPH) degree. Dr. Patel's primary areas of research are neurodevelopmental and mood disorders and interventional psychiatry, with significant contributions to key journals and national conferences. He was recognized in 2021 by the National Institute of Mental Health (NIMH) with an Honorable Mention in the Outstanding Resident Award Program. Dr. Patel has been actively involved in organizing and participating in IAPA events. In 2022, Dr. Patel and his co-author won First Place in the IAPA Scientific and Poster Session for their poster titled "Psychiatric Comorbidities and Hospitalization Outcomes in Acute Medical Inpatients: A Call for Collaborative Care Model."



## IAPA MEMEBERS PRESENT AT ANCIPS



IAPA was invited to present at the 75th Annual National Conference of the Indian Psychiatric Society (ANCIPS) held at Le Méridian Hotel in Kochi, India, from January 18-21, 2024. This year's meeting theme was "Psychiatric Care: Problems, Progress, and Prospects." The IAPA invited presentation, "Difficult Decisions," was given by **Dr. Srinivasaraghavan, Dr. Sahasranaman, and Immediate Past APA President Dr. Brendel.** Past IAPA President/current **APA President-Elect Dr. Viswanathan** lectured on "Life Time for Mental and Physical Health – A Scientific Update." Other presenters who represented IAPA included **Drs. Jyothi Shah, Dhruv Gupta, Ranganathan Ram, Badr Ratnakaran, Aparna Vuppula, Rama Rao Gogineni, T.G. Sriram, Anand Pandurangi and Rajiv Tandon.**



# IAPA Poster Competition 2024

## ABSTRACTS

### **First Place: The Silent Patients - Pediatric Catatonia as a Presentation of Autoimmune Encephalitis: A Systematic Review and Meta-analysis**

**Authors:** Arpit Singh, Siddhant Govekar, Siddharth Bangari, Anindya Das  
AIMS, Rishikesh, Uttarakhand, India

**Synopsis:** Pediatric Catatonia poses a greater challenge in diagnosing and treating children due to differences in clinical presentation, associated disorders, morbidity and mortality, and a high prevalence of underlying organic conditions observed in more than 20% of cases. Children and adolescents with autoimmune encephalitis exhibit a wide range of psychiatric manifestations. Given the high prevalence observed in this study, pediatric patients presenting with autoimmune encephalitis and psychiatric features should undergo a systematic assessment for catatonia. Involving psychiatry consultation services can be valuable in facilitating early diagnosis and treatment, leading to better prognosis and prevention of significant morbidity and mortality.

### **Second Place: Clozapine-Induced ARDS: A Case Report and In-Depth Review of Pharmacogenetic and Inflammatory Interactions**

**Authors:** Nikita Mehdiratta, MBBS; Clayton Morris, MD  
Griffin Memorial Hospital Psychiatry Residency Program, Norman OK.

**Synopsis:** Clozapine, known for its immunomodulatory and pharmacogenetic effects, has been associated with adverse events such as myocarditis, polyserositis, and pneumonia. While these conditions can potentially result in acute respiratory distress syndrome (ARDS), clozapine-induced ARDS in the absence of contributing factors has not heretofore been documented. This case illustrates a connection between ARDS and clozapine's inflammatory reactions, independently or in tandem with NMS, concurrent antipsychotics, or a hypersensitivity reaction involving neutrophil activation leading to a transient surge in IL-1B, IL-6, and TNF-alpha are also factors implicated in the pathogenesis of ARDS. Research into clozapine's impact on respiratory function is warranted. Until then, CRP monitoring with clozapine titration cannot be overemphasized.

### **Third Place: Tug of War between Clozapine and Inducers in the CYP450 Arena: A case report**

**Authors:** Gaurav Taneja, MD, Luba Leontieva, MD, PhD

**Synopsis:** In this case report, we aim to describe the case of a 56-year-old male diagnosed with schizoaffective disorder bipolar type who experienced sub-therapeutic clozapine levels despite dose adjustments. Our case emphasizes the importance of considering individual patient factors, including pharmacogenetic profiles, when managing treatment-resistant patients with schizoaffective disorder bipolar type. By identifying genetic variations affecting drug metabolism and response, clinicians can tailor treatment strategies to optimize outcomes and minimize the risk of adverse events. Monitoring serum clozapine levels and assessing enzyme activity before initiating therapy may help guide dose adjustments and improve treatment effectiveness in this patient population.

# IAPA Poster Competition 2024

## ABSTRACTS

### **Eating Disorders and Suicide Risk in Gender Minority Teens**

**Authors:** Kanuja Sood, Rasleen Kaur

S.G.T. Medical College, Hospital & Research Institute Gurugram, Delhi NCR

**Synopsis:** LGBTQ young people experience significantly greater rates of both eating disorders and attempting suicide compared to their heterosexual and cisgender peers. Among the broader population of U.S. adults, those with a history of an eating disorder were found to have nearly 5–6 times greater odds of attempting suicide compared to those who have never had an eating disorder. Creating an environment where youth feel more comfortable disclosing their identity and perceptions to healthcare professionals identifies the need for Gender affirmation clinics where Psychiatrists, along with adolescent medicine specialists, can carry out counseling and therapies for the individual and their families to increase acceptance in society and reduce suicidality in traumatized adolescents. Healthcare providers working with LGBTQ youth should routinely assess risk for potential mental health concerns such as eating disorders and suicidal ideation.

### **Evaluating Internet-based Mindfulness Interventions for Cancer Patients: A Systematic Review of Randomized Controlled Trials**

**Authors:** Arpit Singh, Siddhant Govekar, Siddharth Bangari, Anindya Das

AIMS, Rishikesh, Uttarakhand, India

**Synopsis:** Mindfulness-based Internet interventions have recently gained significant attention as potential adjunctive therapies to improve the well-being and quality of life of cancer patients. This review's results emphasize the potential of internet-based mindfulness interventions, showcasing positive effects on well-being indicators in cancer patients. The analyzed randomized controlled trials consistently demonstrated positive effects on various well-being indicators, highlighting the feasibility and efficacy of this approach. By offering a flexible and accessible platform, these interventions could empower patients to cultivate mindfulness skills and cope with the emotional challenges associated with cancer. Further research should delve into optimizing program design and delivery to maximize the benefits of mindfulness via online interventions.

# IAPA Poster Competition 2024

## ABSTRACTS

### **Food for Physical and Mental Wellness Impact of Eating Disorders**

**Authors:** Kanuja Sood, Rasleen Kaur

**Synopsis:** Eating disorders can cause life-threatening medical and nutritional consequences. Research has proven that individuals suffering from eating disorders also suffer from mood disorders. These disorders are a rapidly increasing problem in India. Eating disorders affect a person's emotional, physical, and mental health. They are not just a "phase" or "choice," as most patients suffering from eating disorders describe it, considering these disorders to be under their control. Still, these are complicated, devastating, and sometimes fatal conditions that can have severe implications for overall health. Individuals struggling with an eating disorder must seek professional help from primary care and psychiatrists in the early stages to avoid facing severe health consequences like bradycardia, hypotension, electrolyte imbalance, kidney failure, amenorrhea, pregnancy complications, and suicide, to name a few. With increased awareness, along with correct and timely diagnosis and treatment, they can function better.

### **Integrative Pharmacology in the Treatment of Substance Use Disorders**

**Authors:** Jack Donlon, Pooja Kumari, Sajoy P. Varghese, Michael Bai, Ori David Florentin, Emma D. Frost, John Banks, **Niyathi S. Vadlapatla**, Olivia Kam, Mujeeb U. Shad, Shafiqur Rahman, Osama A. Abulseoud, Trevor W. Stone, Maju Mathew Koola  
Rowan University/Cooper Medical School of Rowan University Glassboro, NJ, USA.

**Synopsis:** Most current treatments for SUDs are classified as monotherapies, using one singular drug to treat the condition. A singular drug cannot target the multiple dysregulated pathways, enzymes, neurotransmitters, and receptors involved in the pathophysiology of SUDs. Treatment of SUDs is currently hindered by a variety of limitations, including the lack of physicians trained in their pharmacotherapy, the lack of FDA-approved medications, low treatment success rates, and minimal patient access to treatment. Furthermore, 90% of individuals seeking treatment for SUDs are dealing with the effects of using multiple substances concurrently, thus amplifying the importance of further studying and developing integrative and combined treatments to address the complex nature of these conditions successfully.

# IAPA Poster Competition 2024

## ABSTRACTS

### **Meta-Analysis of ABO Blood Type and Schizophrenia**

**Authors:** **Abbagoni Sujith MS**, Lian Eric MD, Miller J. Brian MD.  
Medical College of Georgia Augusta, Ga

**Synopsis:** Numerous studies have investigated the association between ABO blood type and schizophrenia, with conflicting findings. Meta-analysis is one approach that can bring increased clarity to an area of research with significant heterogeneity. We found modest evidence for an association between ABO blood type and schizophrenia, with a small effect size. Findings, which do not inform on mechanism, are broadly consistent with other evidence for immunogenetic abnormalities in schizophrenia. Future studies in this area should consider ABO blood type as a potential moderating factor.

### **Sleep Deprivation and Depression in Adolescents – A Cross-Sectional Study**

**Authors:** **Praveen Nandha Kumar Pitchan Velammai**, Pallab Sarker, Kachhadia Meet Popatbhai, Keerthana Veluswami, Manekanda Siddharth Chandran  
Tirunelveli Medical College, Tirunelveli, India;  
S.G.T. Medical College, Hospital & Research Institute Gurugram, Delhi NCR

**Synopsis:** Major depressive disorder in adolescence is often unrecognized. The incidence rises sharply after puberty, and by the end of adolescence, the 1-year prevalence rate exceeds 4%. Sleep deprivation in adolescence is one of the major causes and consequences of depression. A cross-sectional study was conducted among 108 adolescents, with 54 male and 54 female students. Adolescents with insufficient sleep suffer mental health problems like depression and have poorer quality of life. The effects of depression on their eating habits and physical health are detrimental. This study emphasizes the importance of adequate sleep and good eating habits in adolescents, thus preventing depression.

### **Surge of Midazolam Use in the Midst of Lorazepam Shortage**

**Authors:** **Roshni M. Gandhi**, Tonia T. Liu, Emma D. Frost, Jack Donlon, Tarannum Mohammadi, Briana P. Murray, Mujeeb U. Shad, Maju Mathew Koola  
Cooper Medical School of Rowan University, Camden, NJ, USA

**Synopsis:** Lorazepam is a widely prescribed benzodiazepine used to manage a wide variety of acute psychiatric and medical conditions. Recent increases in demand, manufacturing changes, and quality control issues have resulted in a shortage of injectable and oral lorazepam, prompting clinicians to use alternatives. One such alternative is midazolam, a drug primarily used in intensive care and anesthesia settings. The clinical preference for lorazepam can be attributed to its simpler metabolism with no active metabolites, better suitability for patients with less severe hepatic and renal impairment, less risk of adverse reactions, fewer drug-drug interactions, and greater desirability for special populations. In periods of shortages, midazolam is effective for several off-label uses. To manage conditions that have not been extensively studied, clinicians may opt to use conversion equivalencies, with the caveat that guidelines may vary greatly between institutions and online sources; therefore, it would be best to start low and titrate slowly.

# IAPA ACKNOWLEDGMENTS

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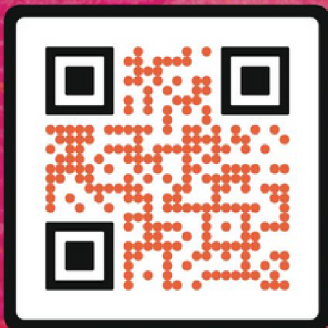
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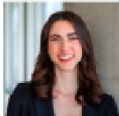


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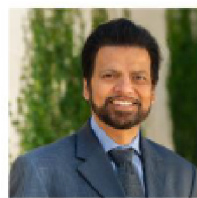


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Bharat Sangani, MD, established Encore in 1999 with the aim of expanding his wealth after achieving success in his cardiology practice. Over the past two decades, Encore has evolved into a thriving commercial real estate business.

**Bharat Sangani, MD** | Chairman & CEO



**\$3.7B**  
total  
asset value

**20+**  
year  
track record

**0<sup>1</sup>**  
significant  
losses

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# Corium



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ADHD, attention deficit hyperactivity disorder.

## Corium

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