



## Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



**John R. Kelsoe, M.D.**

### **Personalizing Lithium Treatment**

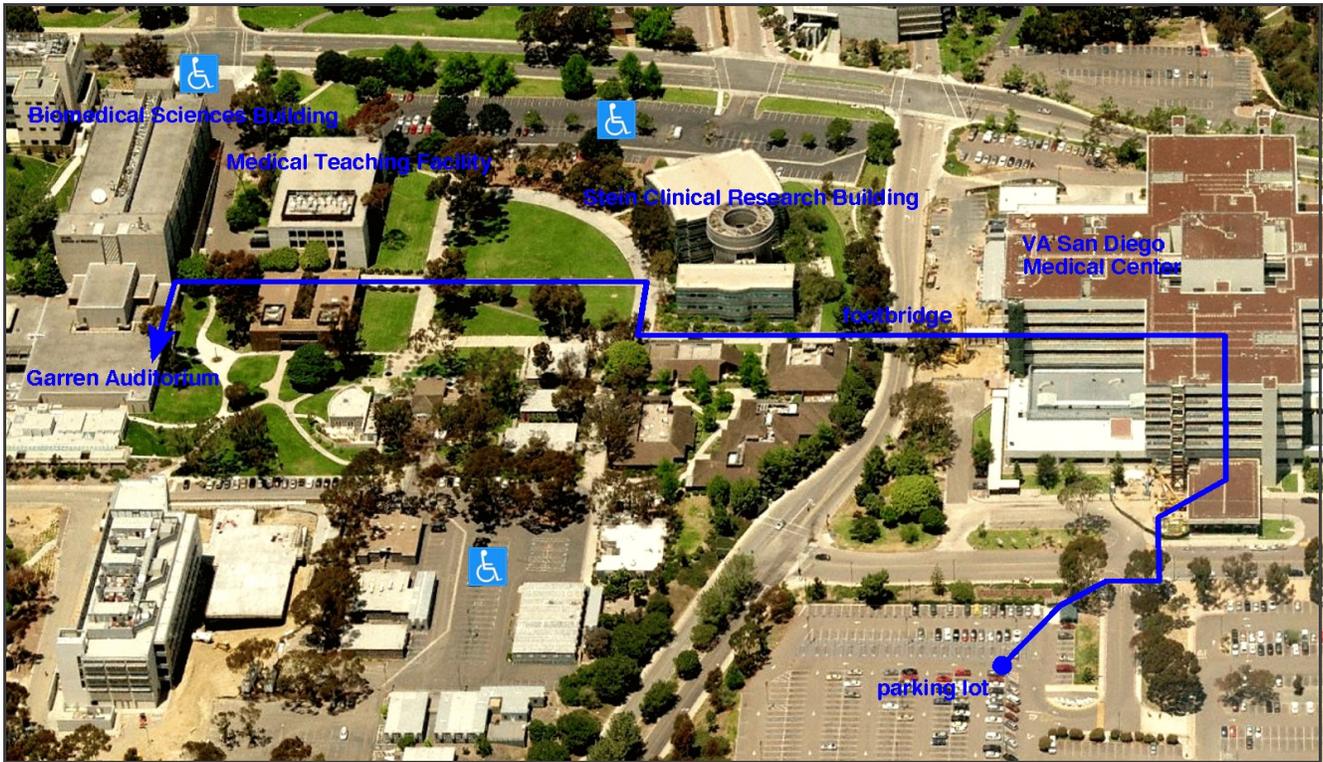
Lithium is the gold standard for treatment of bipolar disorder. It is the oldest and best known medication, and continues to show the highest effectiveness. Though most patients benefit from lithium, a portion do not respond to it. Another portion of patients experience a dramatic response with virtual elimination of episodes for decades. Bipolar patients typically go through numerous medication trials over several years before the best medication is found. There is a great need to develop tests that can predict which medication will be best for each individual patient. This has been called personalized medicine. I will discuss studies that aim to develop a genetic test for lithium response and how this will be used in the clinic.

**when** **Monday, 06 August 2012**  
**6:00pm – 8:00pm**

**where** **Garren Auditorium**  
**Biomedical Sciences Building**  
**Medical School Campus**  
**University of California, San Diego**  
**La Jolla, California**

John Kelsoe was born in Birmingham, Alabama and received his MD degree from the University of Alabama. He trained in psychiatry at UCSD and then trained in genetics research at the National Institutes of Mental Health in Bethesda, Maryland. He returned to UCSD and has been on the medical faculty for over twenty years. His long-term research interests have focused on the role of genes in the cause of bipolar disorder and the response to medication. He runs a bipolar treatment clinic at the VA San Diego Medical Center where he conducts clinical care, teaching, and research.

There is *free parking* in the VA San Diego Medical Center parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side for detailed directions.* For information on parking with "Disabled Person" placards or license plates, visit the UCSD page <http://blink.ucsd.edu/facilities/transportation/permits/disabled.html> or see the map overleaf.



# Walking Directions to Garren Auditorium

Follow the **DBSA San Diego** signs with the **blue arrows** along the way.

1. From the parking lot, walk into the front (south) entrance of the VA San Diego Medical Center. Continue straight until you reach the center of the hospital, where you'll see the banks of elevators as well as a large compass on the floor.
2. Turn **left** (west) at the compass and keep going, out the glass doors and over the footbridge that spans Villa La Jolla Drive.
3. Continue walking past the Stein Clinical Research Building (on your **right**).
4. Follow the sidewalk **right** and then make the next **left** turn, continuing toward the Medical Teaching Facility building.
5. Walk under the walkway that connects the north and south parts of the Medical Teaching Facility.
6. Continue walking until you reach the Biomedical Sciences Building.
7. Enter the large glass sliding doors and immediately turn **left** down the corridor, where there is a sign saying Garren Auditorium is in Room 1105.
8. Walk down the corridor. Garren Auditorium will be on your **right**, Room 1105. You can enter at the bottom, where the lecturer is, or continue a bit farther until you see a staircase on your **right**, which would take you to the top (back) of the auditorium.

**Please note:** The sliding glass doors to the Biomedical Sciences Building lock from the outside at 7:00pm, so please be sure to arrive before then.