



Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...



Rusty Berlow, M.D.

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when **Monday, 02 April 2012**
6:00pm – 8:00pm

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

Dr. Berlow uses a wholistic approach in treating problems of mood, attention, anxiety, and weight. He believes that not every problem needs medication. Accurate assessment of need for medications is an important step before prescription. In many cases, medications can be life-saving in the treatment of mood and anxiety disorders.

On the other hand, they are not a solution to every problem and are usually best used as a last resort after natural methods have been tried. Even if medications are used, lifestyle changes can be made which will be beneficial.

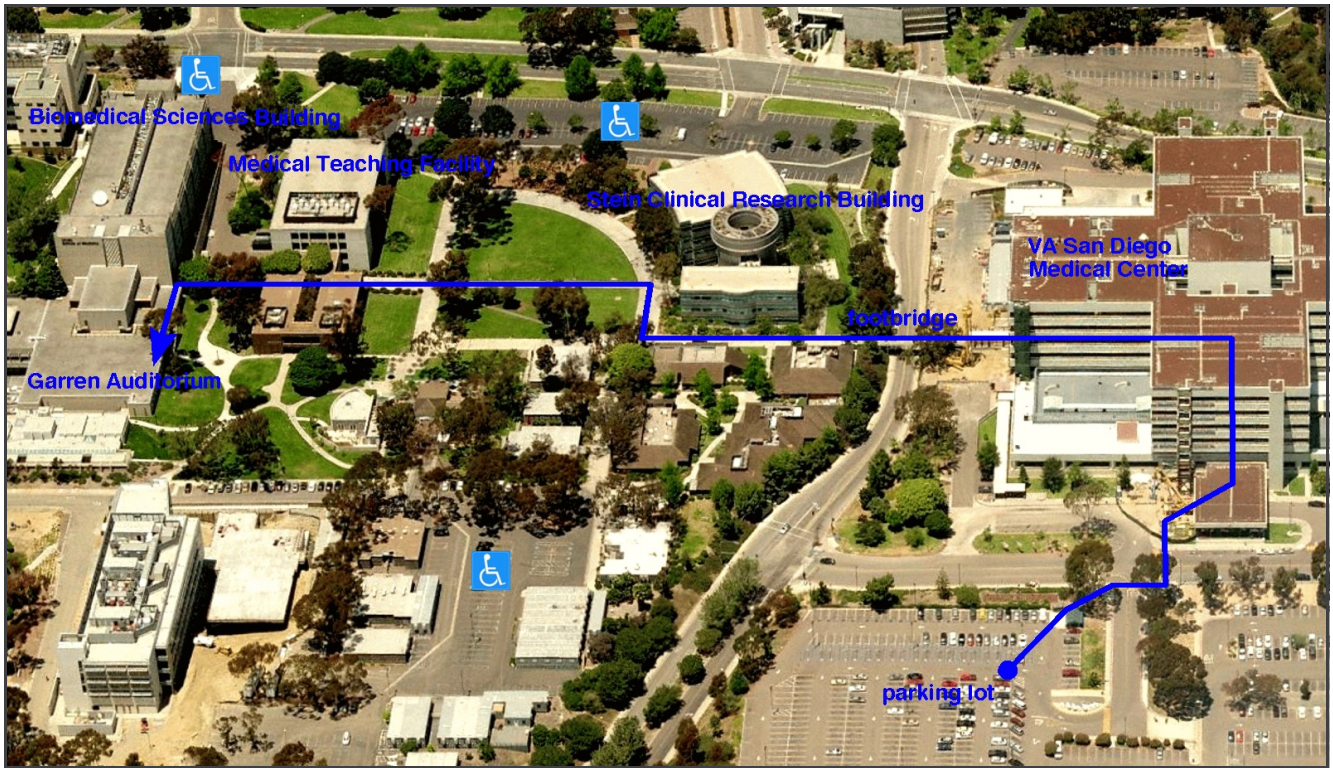
Medications work best in the context of a healthy, "antidepressant" lifestyle. Dr. Berlow advocates a balanced, moderate approach and looks at sleeping habits, eating, exercise, and exposure to light to improve energy and mood. He promotes using relaxation techniques, learning stress management and anger management, along with using other resources.

As a psychopharmacologist, Dr. Berlow is a physician and psychiatrist with special training in medications for emotional and behavioral problems. He also has expertise in treating "refractory depression," depression that does not respond at first to medication (two different medications given for a period of eight weeks each). Refractory depression is treated with combinations of medications, mood stabilizers, and other treatments.

Dr. Berlow believes that psychotherapy is an important adjunct to medication. Medications may work better and life changes may be more permanent if they occur in the context of self-examination. Dr. Berlow works well in conjunction with other therapists to treat the whole person.

The process of medical training may be stressful. Residents, interns and medical students who need assistance are seen discretely and at convenient hours.

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.