

HOPE FOR DEPRESSION
RESEARCH FOUNDATION

An Extraordinary day of Hope with Chuck Scarborough, Linda Hamilton and Dr. Steven Roose at the Hope for Depression Research Foundation Seminar & Luncheon

New York, NY – October 22, 2008 – The Hope for Depression Research Foundation held its inaugural luncheon to support HDRF's pioneering research to find a cure for depression, with the help of some very special guests. Audrey Gruss, HDRF's Founder and Chairman, with Luncheon Co-Chairs – Catherine Adler, Jackie Drake, Lori Gendelman and Lis Waterman – held the luncheon at the "Grand Ballroom" at the Plaza Hotel.

A Seminar to Enlighten

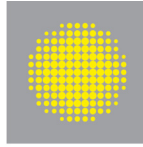
Presenting new research in the field, the morning Scientific Seminar offered attendees the opportunity to hear the latest information about depression from leading neuroscientists, psychiatrists and psychoanalysts.

The Seminar began with **Myrna Weissman, PH.D.**, *Professor of Epidemiology and Psychiatry, Columbia University*, who spoke about the impact of depression on the family. Notable findings included:

- ∞ Children and grandchildren of depressed parents are genetically at high-risk for depression
- ∞ The onset and recurrence of depression is precipitated due to stress and environmental factors
- ∞ Successful recovery requires treating both the parent and the child

In the 20 years since the introduction of Prozac and the other SSRI anti-depressants, there has been virtually no change in the basic treatment of depression (just adjustments in the use of existing approaches.) **Dr. Dennis S. Charney, M.D.**, *Dean of Mt. Sinai School of Medicine*, stated that depression is the third most-costly illness, affecting an estimated 32-35 million adults in the U.S. during their lifetime and an estimated 340 million worldwide. He stressed the importance of depression research, which is greatly underfunded. He spoke about current research on potential treatments, specifically about Ketamine. Q & A periods provided the attentive group, of more than 100 men and women, the opportunity to ask specific questions of a panel consisting of the speakers and 4 other leading psychiatrists and neuroscientists.

A Luncheon to Inspire



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Following the morning's informative seminar, the spirit of hope continued at a fascinating and elegant lunch in the Plaza's Grand Ballroom, which was accented with sunny yellow fabric and flowers, as a symbol of hope.

Noted TV journalist **Chuck Scarborough** presented staggering depression statistics including:

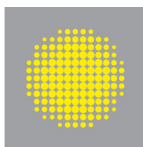
- o 15 – 20 million have major depression today
- o Depression is twice as prevalent in women
- o But 90% of suicides are men
- o Depression is the leading cause of disability in the 15 – 44 age group
- o \$ 53 billion is the financial impact of depression each year
- o Depression causes 37 million disability days each year.
- o Two – thirds of depressed people are never treated.

Dr. Steven Roose, M.D., *Professor of Clinical Psychiatry, Columbia University*, introduced two new points of information:

- o Depression is an illness of mind AND body.
- o Depression symptoms are different for different age groups.
- o The results of 20 recent studies show that depression early in life increases the risk of heart attack or stroke 2 to 4 times and increases the risk of dementia.

This new information underlines the urgent need to do new research to find new treatments at a faster pace than that being done by traditional institutions. Dr. Roose introduced Audrey Gruss, the Founder and Chairman of HDRF, which has a new and unique approach to depression research. Audrey Gruss explained how she started the foundation in 2006 in honor of her mother, Hope, who suffered clinical depression for decades. HDRF gives research grants at leading universities and medical institutions worldwide to fund its innovative approach of affective NEUROSCIENCE, which integrates neuroscience (the study of the brain) with affective science (the study of the mind and emotions).

Linda Hamilton, the iconic actress of "Terminator" fame, spoke compellingly of her lifelong battle with Bipolar Disorder and painful family history of depression. Hamilton's detailed personal story captivated



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the crowd. She said that she wanted to publicly discuss her depression as encouragement to others to seek out treatment.

The luncheon closed with Audrey Gruss reading a moving poem written by her mother Hope. Using words from the poem, Audrey Gruss referred to depression as a “jaded thief” who robbed lives. With breakthrough research, the goal of HDRF is to make depression a “jaded thief” that never returns!

Prominent attendees were moved to a standing ovation - **Dominick Dunne, Barbara Bancroft, Geoffrey Bradfield, Adrienne Vittadini, Anne Hearst, Samantha Boardman, Fabiola Beracasa, and Zani Gugelman.** Guests thanked the speakers for sharing their deeply personal stories and HDRF for a truly inspiring and highly informative event.

ABOUT HOPE FOR DEPRESSION RESEARCH FOUNDATION

The mission of the Hope for Depression Research Foundation (HDRF) is to fund innovative, international scientific research into the origins, diagnosis, treatment and prevention of depression and its related mood and other emotional disorders – major depressive disorder, bipolar disorder, dysthymia and complicated grief, postpartum depression, post-traumatic stress syndrome, panic disorder, social phobia, generalized anxiety disorder and suicide – with the ultimate goal of finding a cure.

HDRF sets itself apart by funding a pioneering approach. It has the only significantly-funded research program, public or private, based on AFFECTIVE NEUROSCIENCE, which integrates the fields of neuroscience (the biology of the brain) and affective science (the study of the mind and emotions). For more information visit: www.hopefordepression.org

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