



AUTHORS' INSIGHTS

Peter Biskind dishes on Warren Beatty; Alexandra Penney talks Madoff and money. **Page A8**



A HIGH NOTE

Diamond Gala shines for PB Symphony. **The Insider, Page B1**

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Hope for Depression scientific seminar Friday

By **DAVID ROGERS**
Daily News Staff Writer

Since forming the Hope for Depression Research Foundation with husband Martin nearly four years ago, Palm Beacher Audrey Gruss has used a time-tested approach — hosting gourmet lunches and bringing in noted experts and celebrities — to increase aware-

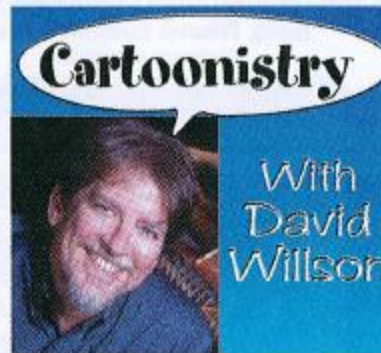
ness of depression while raising funds for research into the condition.

This year, Gruss and supporters are employing a more straight-forward approach.

The foundation's annual Palm Beach Scientific Seminar, to be held Friday at The Breakers, is

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I draw on quirky PB history



My first published cartoon ran in the *Palm Beach Daily News* on March 15, 1992, 18 years ago. I have produced roughly 870 cartoons about Palm Beach.

This collection functions on some levels as an offbeat history of the island — one that illustrates how some things have changed, while others have remained the same.

Some things changed
Political correctness: When I began cartooning, the term "politically correct" was just coming into vogue. Paul Ilyinsky was mayor then. He never missed an opportunity to compliment a woman on her looks and loved

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WEATHER

Today, expect a 40 percent rain chance and a low around 53. **Details, Page A2.**

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HOPE One-on-one talks

From Page A1

dropping the lunch format in favor of talks from prominent scientists and, for the first time, small-group and one-on-one interaction with those medical experts for silver- and gold-level donors.

"We are trying novel ways of bringing information to people because we know there's still a discomfort, fear and mixed feelings about admitting you are going to a counselor or need help," Gruss said from New York. "We are enabling people at a social and charitable event to have access to the best minds in the neuroscience field. Often people don't know how to seek help."

Individuals who contribute \$500 to the event are silver donors; gold donors give \$1,000 or more.

Following lectures, those donors can be escorted into a private room for a discussion with one of the experts, Gruss said. "We are not giving medical advice," she cautioned. "We are providing information."

Clinical psychiatrist Dr. David H. Brendel, assistant medical director of The Pavilion at McLean Hospital in Belmont, Mass., and assistant professor of psychiatry at Harvard Medical School, will give a presentation on "How to Recognize Depression and its Related Mood and Emotional Disorders."

People who experience for at least two weeks five of nine symptoms — that include sad mood, diminished interest or pleasure, sleep disturbance and fatigue, among others — can be diagnosed with major depression, Brendel said. Over the course of a lifetime, one in six Americans will develop major depression, he said. "That's in comparison to one in 100 Americans who will develop schizophrenia or one in 150 who will develop autism. The prevalence of major depression is very high," Brendel said.

Laura De Luca, a psychiatrist with an office in the Royal Poinciana Plaza, will discuss the ways in which research is incorpo-

rated into patient care. Back in the 1980s, there were few medications available to effectively treat depression, she said. Today, there are medications that help that do not produce negative side effects, such as cognitive impairment, weight gain and decreased libido. "Those are all three things that women in Palm Beach don't want," De Luca said.

From a one-size-fits-all approach, treatments for depression are now customized to the individual and can change across time to account for periods of greater stress, she said. De Luca said her practice is one of only a handful in the country to have a repetitive transcranial magnetic stimulation (rTMS) device. She will discuss the technology at Friday's seminar. It treats depression by using magnets to alter neurocircuity and does not produce the side effects associated with medication.

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tion, the psychiatrist said. "The less medication trials you've had, the better it actually works," she said.

Also scheduled to participate is Harold Koenigsberg, a psychiatrist with @pbdailynews.com



Gruss



Dr. De Luca

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