

Depression Treatment in Cardiac Patients: What works and what doesn't

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About the speaker

Prof. James A. Blumenthal studied psychosocial factors and coronary heart disease for more than a century. His work includes investigation of such factors as social support, Type A behavior and hostility, and depression. He also has conducted a number of clinical trials including exercise training and depression; behavioral approaches to the treatment of hypertension (e.g., weight loss and exercise); cardiac rehabilitation in; neuropsychological outcomes following cardiac surgery; psychosocial aspects of heart and lung transplantation; exercise training and osteoarthritis and fibromyalgia; and compliance in heart failure. He was the principal investigator for the ENRICH trial at Duke (study of depressed ACS patients) and was the principal investigator for the UPBEAT study of depression and exercise in depressed cardiac patients, Smart Heart trial of stress management in cardiac patients, and the INSPIRE study of coping skills in patients with COPD.

About the Lecture

Dr Blumenthal will review evidence for depression as a risk factor in patients with heart disease and discuss his recent work on exercise as a treatment for depression.

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