

# Cutting-Edge Brain Scan Science Identifies And Treats Anxiety And Depression

(NAPSA)—Would you let a cardiologist diagnose coronary artery blockage without an angiogram or CT scan? Or let an orthopedist set a broken bone without an x-ray? Most doctors would not do so yet psychiatrists continue to diagnose and treat depression and anxiety without looking at the organ being treated—the brain.

According to the National Institutes of Health, anxiety and depression affect 38 million Americans each year.

“It’s time to start looking at the brains of individual patients,” says Daniel G. Amen, M.D., a psychiatrist and neuroscientist.

In his new book, *Healing Anxiety and Depression* (G.P. Putnam’s Sons, \$24.95), Dr. Amen and co-author Lisa C. Routh, M.D. demystify the underlying causes of each of the seven types of anxiety and depressive disorders and provides treatment strategies for each:

- pure anxiety
- pure depression
- mixed anxiety and depression
- overfocused anxiety/depression
- cyclic anxiety/depression
- angry anxiety/depression
- unfocused anxiety/depression

The author of the bestselling *Healing ADD* and *Change Your Brain, Change Your Life*, Dr. Amen has applied state-of-the-art brain imaging science to the treatment of anxiety and depressive disorders. Using cutting-edge brain scans, he has come to see anxiety and depression as real and serious, brain-based illnesses—and not simply two related disorders but seven distinct types, which exhibit distinct, visible patterns in brain metabolism.

Not long ago, these disorders were blamed on a bad character or a weak will. Thanks to advances in brain science, anxiety and de-

## Healing Anxiety and Depression

Based on cutting-edge brain-imaging science, this book:

- Reveals 7 types of anxiety and depression
- Provides proven-effective treatment plans for each type
- Explains the source of anxiety and depression through brain images
- Includes a self-diagnostic type-determining test

**Daniel G. Amen, M.D.**

author of *Healing ADD*

and Lisa C. Routh, M.D.



**A new book has been described as a quantum leap in understanding and healing anxiety and depression.**

pression are now seen as brain dysfunction.

Amen and Routh’s approach to treating anxiety and depressive disorders is based on the discoveries that anxiety and depression commonly occur together, as specific types related to multiple brain system problems. A number of effective treatments exist ranging from dietary change and supplements to medication. However, one treatment does not work for all types of anxiety and depression.

*Healing Anxiety and Depression* explains the science behind the discoveries; gives case histories of individuals who have been successfully treated; provides a detailed questionnaire so readers can identify which type of disorder they (or someone they know) may have and describes treatments targeted to each type.