

International Neuropsychiatry Association Symposium Report

It is my pleasure to report on the symposium entitled "Vitamins, Homocysteine and Omega-3 in Neuropsychiatry" that was held in the context of the International Neuropsychiatry Association (INA) 6th congress in Sydney, Australia. We were greatly appreciative of the \$10,000 travel grant that was given to us to fund speaker travel to the symposium and was administered by the INA with no overhead and distributed to the speakers according to their need. The symposium took place on Tuesday, September 12, from 9:00-10:30 AM and 11:45-13:30 PM and was one of the largest symposia at the conference. The program was as planned and all the speakers appeared as agreed (and also kept within the time limits of their lectures!).

The opening lecture by Dr. John Hoffer explained the origins of orthomolecular psychiatry, historically, and also reviewed niacin and nicotinamide treatment and the nicotine patch test. Dr. Malcolm Peet described his studies using omega-3 fatty acid treatment of schizophrenia. Prof. Joseph Levine described his positive results in a controlled trial of folic acid in schizophrenic patients with high homocysteine levels. Dr. Henry Silver described correlations between plasma folate and homocysteine in correlation

with the symptoms of schizophrenia. Dr. Gregor Berger described his work on the nicotine skin patch as a predictor for diagnosis and treatment response in schizophrenia. Dr. Colin O'Donnell described his exciting new data that early symptoms of schizophrenia can be prevented from progressing to overt schizophrenia in teenagers by using omega-3 fatty acids. Prof. Belmaker reported on his controlled trials of omega-3 fatty acids as treatment of adult and childhood depression.

There were over 100 in attendance in the audience and many questions were asked after each lecture. Each speaker brought a manuscript and these manuscripts are presently being organized for publication. Again we thank the Hilton Family Foundation and the International Schizophrenia Foundation for their support of this symposium. After the close of the official symposium the participants all went to lunch and numerous plans for future research and collaborations developed. We hope that a symposium in five years time will report on progress by then, and the contribution of this meeting to such progress.

—R.H. Belmaker, M.D.
 Hoffer-Vickar Professor of Psychiatry
 Ben Gurion University of the Negev
 CINP President-Elect
 Beersheva, Israel

plan to attend the

OHM

Society for Orthomolecular Health Medicine

13th Annual Scientific Meeting

**Orthomolecular Methods for
 Depression and Detoxification**

16.5 category 1 hours

**February 23–25, 2007
 Cathedral Hill Hotel
 San Francisco**

For Information,
 call Iga Mosbauer
 OHM: 415-922-6462