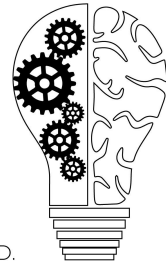


Episode 008: Schizophrenia with Dr. Cummings: Controversies, Brain Science, Crime, History, Exercise, Successful Treatment

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**PSYCHIATRY &
PSYCHOTHERAPY**

This PDF is a supplement to the podcast “Psychiatry & Psychotherapy” found on [iTunes](#), [Google Play](#), [Stitcher](#), [Overcast](#), [PlayerFM](#), [PodBean](#), [TuneIn](#), [Podtail](#), [Blubrry](#), [Podfanatic](#)

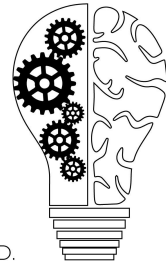
There are no conflicts of interest for this episode.

In this episode, Dr. Puder addresses the fascinating realm of schizophrenia with Dr. Cummings, a previous guest in the show. Dr. Cummings is a psychiatrist with a wealth of experience from working at Patton State Hospital in California, one of the biggest forensic hospitals in the world.

- Defining Schizophrenia
 - Swedish survey about misperceptions of the environment found that roughly 50% of the population have had misperceptions that could be considered psychotic in nature.
- The Loss of Brain in Schizophrenia
 - Schizophrenic patients lose 2% of brain mass per year for the first 5 years in the course of illness.
- Living with Schizophrenia and Perception of Reality
- Are Negative Symptoms in Schizophrenia Precipitated by Medications?
- The Pathology, Biology, and Genetics of Schizophrenia
- Cannabis Use and Risk For Schizophrenia
- Counter-arguments Against Robert Whitaker’s “Anatomy of an Epidemic”
 - Emil Kraepelin, and the Early Studies on Schizophrenia
 - The majority of schizophrenic patients during Kraepelin’s observation became vegetative in their 40s.
 - After the advent of antipsychotic medications, schizophrenic patients are able to function until their 70s-80s
 - Gitlin 2001 Neuroleptic Discontinuation Study
 - Exacerbation or relapse was almost universal within 2 years in those who discontinued antipsychotics
- Schizophrenia Prevention in High Risk Population
 - Australian study on children of schizophrenic parents (Yung, 2011)
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- Crime, Violence, Mass Shootings and Schizophrenia
- Medical Management of Schizophrenia
- 1st Break Psychosis
- Long-acting Injectable Antipsychotics in Early Illness
- Medication Adherence
- Exercise
 - Exercise for schizophrenia increased hippocampal size by 12% vs. -1% for non-exercising groups of patients (Pajonk, 2010)
- Lifestyle, Diet Optimization

[Gitlin, M., Nuechterlein, K., Subotnik, K. L., Ventura, J., Mintz, J., Fogelson, D. L., ... & Aravagiri, M. \(2001\). Clinical outcome following neuroleptic discontinuation in patients with remitted recent-onset schizophrenia. American Journal of Psychiatry, 158\(11\), 1835-1842.](#)

[Pajonk, F. G., Wobrock, T., Gruber, O., Scherk, H., Berner, D., Kaizl, I., ... & Backens, M. \(2010\). Hippocampal plasticity in response to exercise in schizophrenia. Archives of general psychiatry, 67\(2\), 133-143.](#)

[Yung, A. R., & Nelson, B. \(2011\). Young people at ultra high risk for psychosis: research from the PACE clinic. Revista Brasileira de Psiquiatria, 33, s143-s160.](#)