Academic medicine faces unprecedented challenges. You know them—declining federal support for research, reductions in reimbursement for patient care, and uncertainty regarding how the Affordable Care Act will impact medical centers. Locally, the Tenet Corporation is the subject of a potential hostile takeover bid, leading to uncertainty regarding a major affiliate’s future. I, and no doubt others in SLU leadership, often lay awake at night considering the many problems we will face in the coming year. This is why my pride in the numerous accomplishments of our residents, staff and faculty is particularly meaningful. The Department of Neurology & Psychiatry continues to be distinguished by its vibrant intellectual activity and superb patient care, despite the many challenges to our efforts. Allow me to emphasize some high points.

Last September, the Scholarly Work Program held its first symposium to highlight research performed by our residents. Through resident-faculty mentorships, focused projects, and formal monthly didactics, the Program’s purpose is to enhance scholarly work and hypothesis-driven investigations, including clinical, basic science, and educational research. The program is under the leadership of Eli Feen and coordinated by Simona Kacso. Many faculty assist the program, in particular George Grossberg, Ted Malmstrom, and Rob Nicholson. Our educational opportunities have expanded with the addition of a forensic psychiatry fellowship directed by Alan Felthous with the help of Tracy Gunter and Hilary Klein. Raman Malhotra will add sleep medicine and Pratap Chand movement disorders fellowships.

The DNP has stimulated enthusiasm among our medical students for careers in neurology, with seven students in each of the past two years (2010 and 2011) matching in adult or child neurology, which is above the national average. Our students typically attain their first or second choice and have chosen to attend the most competitive programs including Brown University, Vanderbilt and UC San Francisco—as well as SLU. This sets a high bar for the Psychiatry Division to strive toward.

The DNP’s academic productivity has increased considerably, as measured by a tripling of peer-reviewed publications and the nearly 50 clinical studies managed by the Clinical Research Unit.

Amer Alshekhlee and members of the Souers Stroke Institute published work in the critical area of comparative effectiveness. One investigation appeared in the journal Stroke, the world’s most prestigious journal dedicated to cerebrovascular disease research, and demonstrated that coiling of unruptured intracranial aneurysms was associated with fewer deaths and perioperative complications compared with elective clipping.

(continued on page 2).

Henry J. Kaminski, M.D. Chair, Department of Neurology & Psychiatry Saint Louis University School of Medicine
Amer and I, along with colleagues at Case Western Reserve, reported in the *Annals of Neurology* that intravenous immunoglobulin is superior to plasma exchange in the treatment of myasthenia gravis. The work was the subject of an editorial in the *Annals* and has been reviewed by other journals. I highlight these studies—selected from numerous and important research publications across our entire faculty—in part because the Affordable Care Act includes provisions that require therapies to be subjected to rigorous effectiveness evaluations, such as the ones performed here at SLU.

The third component of an academic department is clinical care. All of our staff and faculty are dedicated to providing outstanding care. Many are listed among the Best Doctors in St. Louis. Our psychiatrists, under the leadership of Miggie Greenberg, were rated among the top in the entire Tenet system of hospitals for their work on the adult inpatient psychiatry unit. SLU Care, the university’s medical group, has initiated several programs to enhance the manner in which our health care system provides patient care and the Department is dedicated to continuous process improvement.

In these difficult times, we need to remind ourselves and each other about the mission and vision statements of the DNP. Please take a few minutes to review them at neuroandpsych.slu.edu, and to re-affirm our commitments to patient care, research, and teaching “in an environment of mutual respect and collaboration”. The challenges of the future can only be met successfully through the unified efforts of all members of the DNP.

**Announcements:**

Salvador Cruz-Flores has been selected as this year’s Bander Fellow. He follows in the footsteps of Eli Feen who was the 2010 fellow of the SLU Bander Center for Health Care Ethics.

Salvador Cruz-Flores has been elected to membership in the American Neurological Association, an honor bestowed on a limited number of neurologists each year.

Henry Kaminski has been named Vice President of the Association of University Professors of Neurology. He also serves as councilor to the American Neurological Association.

The Neurophysiology fellowship under the direction of Ghazala Hayat received five year ACGME accreditation.

Raman Malhotra and his colleagues in sleep medicine established a fellowship program and Pratap Chand has established a fellowship in movement disorders.

The first forensic psychiatry fellow began training this year with Drs. Felthous, Gunter, and Klein.

VA Spinal Cord Injury Program achieved three year CARF (Commission on Accreditation of Rehabilitation Facilities) accreditation, and in 2010 the Spinal Cord Service received a $130,313.13 donation from the employees of the Ameristar Corporation and the Craig H. Neilsen Foundation.
R. Charles Callison, MD, joined our faculty in July 2010 as an assistant professor in Interventional Vascular Neurology. Charlie trained as a neurology resident at SLU and completed fellowship training in Vascular Neurology and Interventional Neuroradiology at the University of Iowa. He received his medical degree from the six-year combined program at the University of Missouri - Kansas City. His special clinical interests include intracranial/extracranial stent-assisted angioplasty, acute endovascular stroke treatment, as well as therapeutic and preoperative embolization of cerebral aneurysms and craniofacial tumors and AVM.

Sean Goretzke, MD, assistant professor, joined our faculty in August 2010. Sean graduated from SLU School of Medicine in 1997. After completing his residency in pediatrics at Naval Medical Center Portsmouth, Virginia, he served as a general pediatrician for the Navy for four years. He then went on to complete his fellowship in child neurology at SLU in 2007, and now has returned to SLU as a pediatric neurologist after spending three years in a similar position with the Navy. Sean is the Director of the third year medical student clerkship in neurology and coordinates the second year neuroscience curriculum.

Stanley Jones P. Iyadurai, PhD MD, joined our faculty in July 2010 working primarily at the St. Louis VAMC. Stanley trained in neurology at the Barrow Neurological Institute (Phoenix, AZ) and had fellowship training in neuromuscular medicine at Washington University. He is board-certified in Neurology, and is awaiting certification in Neuromuscular Medicine. Stanley’s clinical focus is in neuromuscular disorders and clinical neurophysiology with a special interest in muscle pathology. His research interest include understanding of the pathogenesis of amyotrophic lateral sclerosis utilizing model organisms and identification of novel genes underlying neurological disorders, specifically, familial neuropathies and myopathies.

Vincent Gibbons, MD, associate professor, joined our faculty in September 2010. Vincent received his medical degree from Georgetown University School of Medicine. He completed the residency in pediatrics and completed fellowship training in pediatric neurology at Children’s Hospital National Medical Center and the George Washington University Medical Center. He performed additional specialty training in epilepsy and clinical neurophysiology at the Children’s Hospital in Boston. He comes to SLU after working at the Albany Medical College, New York. Dr. Gibbons is board certified by the American Board of Pediatrics and the American Board of Psychiatry and Neurology.

Timothy Frederick, MD, assistant professor, will be joining the faculty later this year but has already begun work at the St. Louis VAMC. Tim completed the Epilepsy Fellowship at the University of Minnesota in 1993 and directed the epilepsy programs at Tulane University and St. John’s Mercy in Springfield, Missouri between 1993-2010.
Geriatric Psychiatry

The Geriatric Psychiatry Division continues its long history of excellence. George Grossberg has been recognized in Best Doctors in St Louis and in America’s Top Doctors, America’s Top Psychiatrists. He received the Best Teacher Award from department residents in June 2010. Jothika has been recognized among the Top Doctors in America, a Best doctor in St Louis and in the Cambridge Who’s Who in America. Jothika Manepalli in addition to directing the fellowship program is establishing a new program, the “Adult-Geriatric Tract Residency”, which is awaiting ACGME approval. She intends to promote the Narrative Medicine program to increase awareness of Geriatric Psychiatry among medical students and residents. The Division announces that William Redden will be joining the department as full-time faculty and will be directing the fellow’s didactics.

In the past two years, residents and fellows took part in 17 publications in peer reviewed journals, participated in 16 research projects in the Clinical Research Unit and worked on 6 independent research projects with a mentor. In addition, they have presented five grand rounds to the department and five seminars to other health care professionals in St Louis. The fellows are also active in teaching medical students and residents and have given numerous formal lectures for trainees.

The Sleep Medicine Program led by multi-disciplinary faculty from both the SLUCare Sleep Disorders Center and the Pediatric Sleep and Research Center at SSM Cardinal Glennon Children’s Medical Center continues to offer multiple educational opportunities for health care providers in the area interested in sleep medicine including the annual Sleep Medicine CME course, and monthly Sleep Medicine Grand Rounds and Journal Clubs. Faculty from the School of Medicine has collaborated with faculty from other areas at the university to form the Saint Louis University Institute of Sleep and Fatigue Sciences. The focus of this collaboration will be on educational and research projects highlighting the effects of sleep and fatigue on reducing errors in the health care, transportation, and aviation industries. Current projects have already included community educational workshops during National Sleep Awareness Week along with plans of a regional educational conference. The Sleep Medicine program's future plans include an ACGME approved Sleep Medicine fellowship training program and starting specialty pediatric sleep clinics such as a Parasomnia and Narcolepsy Clinic at Cardinal Glennon Children’s Hospital.
Interventional Neurology extends services at VA Medical Center

With the addition of R. Charles Callison, MD, the John Cochran VA Medical Center has taken an exciting step forward in cerebrovascular care. In a joint effort with the Saint Louis University Department of Neurology & Psychiatry, Dr. Callison provides expertise in interventional vascular neurology to treatment of stroke, cerebral aneurysm, AVM, and performs catheter based, minimally invasive surgery to treat these conditions. Both urgent inpatient and elective outpatient consultations are provided. Procedures performed include carotid and vertebral extra-cranial stent-assisted angioplasty, intra-cranial stent-assisted angioplasty, cerebral aneurysm coil embolization, and AVM diagnosis and treatment. In the first six months of his tour, the service has grown rapidly and exceeded expectations, indicating the true need for these services. We anticipate continued growth and expansion of this program with high quality and cutting edge treatment for the veterans of the greater Saint Louis region and beyond.

Movement Disorder Program continues to grow

The program directed by Pratap Chand attracts referrals from regional neurologists and centers. The high demand and growth of this specialty has resulted in a Movement Disorders fellowship program due to start in 2011. The program was selected as a center for the AN-DANTE trial in Parkinson’s disease. In collaboration with Richard Bucholz from Neurosurgery, the Deep Brain Stimulation Program has grown into a busy, much needed service for the region and does implants every week with excellent outcomes in a variety of patients with refractory movement disorders. Research into different aspects of deep brain stimulation, microelectrode recordings, targeting, outcome analysis and cost effectiveness are under way.
Innovative studies in migraine care

Robert Nicholson and John Chibnall have been working on a variety of projects designed to improve migraine care. The overarching premise of these projects is that technological advances can be used to improve daily management of headache. In order to examine this premise, a number of projects have been undertaken. One of the main projects has been looking at whether tailoring education and skills ("tips and tools") impacts headache management. A group of 120 individuals were randomized to one of 4 groups: 1) tailored migraine "tips and tools"; 2) generic migraine "tips and tools"; 3) daily diary; or 4) usual care. Results showed that individuals who received the "tips and tools" showed better outcomes in terms of headache frequency and headache-related disability relative to those who either only kept a diary or received usual care. In order to create the algorithm on how to tailor these variables, a web-based diary was created that allows the patient to track their headaches along with other factors that can influence headache management. This diary has been created with a flexible, dynamic foundation such that the diary can be tailored to specific research questions. This diary has been optimized for any PC, Mac, iPhone, and iPad (with other mobile platforms coming online over the next few months).

Another study that has been undertaken with this diary is an examination of how individuals use medication during the course of a migraine as well as the reasons why individuals would delay or avoid taking migraine specific medications. A total of 186 individuals were followed over a 90 days period. Results showed that well over 25% of all times in which a migraine specific medication was taken, it was delayed. The main reasons for delaying were related to either making sure it was a migraine or financial (insurance or cost) reasons. Similar reasons were given for why individuals would choose to not take a migraine specific medication. Results also showed that individuals who delayed taking a migraine specific medication had more disability relative to when they did not delay taking this medication. Results also showed that when patients took a migraine specific medication they had less disability relative to when they took a more generic pain medication. In addition to these studies, there are ongoing studies looking at the psychometric properties of a measure of headache-related disability measure that assesses disability during each individual headache. Another recent interest is looking at the influence of weather patterns on migraine. As with the previous studies, these studies are taking advantage of the online diary that has been created. In the future, the plan is to incorporate these diaries into electronic health records in order to improve research possibilities and clinical management of patients with headache.
Congratulations to Drs. Greenberg, Bhattacharyya, Goswami and Jayaprabhu for outstanding contributions to Patient Satisfaction on the Behavioral Health Units at Saint Louis University Hospital. In 2010, Behavioral Health received an overall rating of 4-star for Hospital Staff and 5-star for Communication. 72% of patients completing the survey rated Behavioral Health as excellent, 82% rated hospital and medical staff as excellent and 78% rated communication as excellent.

Congratulations to Ghazala Hayat for receiving the Norman A. Stack Community Relations Award, which honors St. Louis community leaders who have made significant contributions to interfaith understanding, intergroup relations, and social justice.

Dr. Hayat joined SLU’s faculty in 1986 and serves as director of the neuromuscular service and the clinical neurophysiology laboratory. Dr. Hayat is also director of the ALS clinic, the only ALS Association certified center in the area. She is an examiner for the American Board of Psychiatry and Neurology and is a fellow of the American Academy of Neurologists and American Association of Neuromuscular Disorders & Electrodiagnostic Medicine.

From left to right: Jayaprabhu, Greenberg, Bhattacharyya, Goswami

Ghazala Hayat

2010

Best Doctors

Aninda B. Acharya
Amer Alsheklee
Salvador Cruz-Flores
Eliahu S. Feen
Alan R. Felthous
Miggie L. Greenberg
George T. Grossberg
Tracy D. Gunter
Ghazala Hayat

Henry J. Kaminski,
Hilary K. Klein
Jothika Manepalli
Mirela D. Marcu
Francis A. Mithen
John B. Selhorst
Florian P. Thomas
L. James Willmore
The Clinical Research Unit continues its great success in building a unique resource for support of clinical research in psychiatry and neurology. In addition to a range of ongoing studies for dementias, multiple sclerosis, ALS, epilepsy, myasthenia gravis, and Parkinson’s disease, the CRU will soon initiate the “POINT” trial which evaluates the safety and effectiveness of the combination of low-dose aspirin and clopidogrel in reducing the risk of stroke, heart attacks and other complications in patients with a recent TIA or mild stroke. Salvador Cruz-Flores serves as the Principal Investigator. Under George Grossberg’s supervision, the CRU will initiate a study of subcutaneous infusion of bapineuzumab, which is designed to enhance clearance of amyloid in patients with Alzheimer’s disease. Amyloid deposition is thought to be a primary driver of brain injury among patients with Alzheimer’s.

Aninda Acharya and the CRU are collaborating with Washington University investigators to identify genetic differences in patient’s recovery from stroke. The CRU continues to work collaboratively across the SLU campus with investigators in psychology, medicine, and dermatology to promote clinical research as well as with other institutions including SSM HealthCare and the Clayton Sleep Center.

For more information please contact the Clinical Research Unit at (314) 977-4900

Rasagiline in the Treatment of Early Parkinson’s Disease.
Description: A Double-blind, Placebo Controlled, Randomized Multi-center Study to Assess the Safety and Clinical Benefit of Rasagiline as an Add on Therapy to Stable Dose of Dopamine Agonists in the Treatment of Early Parkinson’s Disease
PI: Pratap Chand, MD
Sponsor: Teva

Effects of Rivastigmine Patch in Severe Alzheimer’s.
Description: The purpose of this study is to evaluate the efficacy of rivastigmine transdermal patch in patients with severe dementia of the Alzheimer’s type.
PI: George Grossberg, MD
Sponsor: Novartis

Teriflunomide in the early treatment of MS.
Description: This is a two-year study for the treatment of clinically isolating syndrome using an investigational product, teriflunomide. Patients must have had their first clinical episode suggestive of multiple sclerosis within the previous 60 days.
P: Florian Thomas, PhD, MD
Sponsor: Sanofi

Thymectomy trial in non-thymomatous myasthenia gravis patients.
Description: The purpose of this research is to determine whether patients with MG benefit from thymectomy, a surgical procedure that removes thymus gland tissue from the chest cavity, even if they do not have a thymoma.
P: Henry Kaminski, MD
Sponsor: NIH

Platelet-Oriented Inhibition in New TIA and minor ischemic stroke.
Description: The purpose of this study is to determine the safety and effectiveness of the combination of low-dose aspirin and a medication called clopidogrel (also known by the brand name Plavix®) in reducing the risk of stroke, heart attacks and other complications in patients who have just had a TIA (transient ischemic attack) or minor ischemic stroke.
P: Salvador Cruz-Flores, MD
Sponsor: NIH

Ceftriaxone in ALS.
Description: This infusion study uses an FDA approved drug, ceftriaxone. Its use for ALS, however, is investigational. The purpose is to determine if it delays the progression of ALS.
P: Ghazala Hayat, MD
Sponsor: NIH
Resident and Fellowship Programs

Scholars Program - First Poster Symposium a Success

The Scholar Program continues its commitment to increase scholarly activity amongst residents, fellows and faculty. This year the program is led by Eli Feen and Simona Kacso. The first poster symposium, held on September 2010, was really a success, more than 20 posters from variety of specialty were presented. The winner of the competition was Deepti Chrusiel for “Study of the Prevalence of Pain in Children and Adolescents with Neurofibromatosis 1” with Thomas Geller being her mentor. The judging committee, composed of Lauren Schwarz, Alpha Vashist, Amer Alshekhlee, and Robert Nicholson, were impressed with quality of the students’ and residents’ work and suggested great recommendations for the future. All faculty in the University or who are affiliated as clinical teaching staff are encouraged to contact the program’s coordinator, Simona Kacso at 314-977-4884, if they are interested in serving as research or scholarly mentors to our residents in psychiatry and neurology.

Congratulations to residents and fellows who move on the fellowship programs or faculty positions:

Tariq Alam, MD - Neurophysiology Fellowship, Saint Louis University
Moses Ambilichu, MD - Child Psychiatry Fellowship, University of Missouri, Columbia
German Corso, MD - Child Psychiatry Fellowship, University of Texas Southwestern Medical School
Adebowale Mofikoya, MD – Child Psychiatry Fellowship, University of Vermont College of Medicine
Anuranjita Nayak, MD – Assistant Professor, University of Florida, Gainesville
Laxeshkumar Patel, MD – Psychiatry Residency at Elmhurst Hospital Center - Mount Sinai School of Medicine
Priyanka Patel, MD – Forensic Psychiatry Fellowship, Saint Louis University
Indrapal Singh, MD - will return to India to develop the new Geriatric Psychiatry program at the Lucknow Medical University
Dawit Weldemichael, MD– Sleep Medicine Fellowship, Saint Louis University
Rodney Yarnal, MD - Child Psychiatry Fellowship, UC Davis Health System, Sacramento, CA
Thank you to our dedicated staff in the Department who work diligently to accomplish our mission and goals. We would like to highlight four of our staff members (randomly chosen) from clinical, administrative, and billing areas.

**Susan A Brown, RN**
Clinical Research Nurse

**One thing that most people do not know about you:** I run 4 to 6 miles everyday  
**Hobbies:** running and gardening.  
**What do you like most about working within our department and at SLU:** I work with a great group of people. The CRU has new challenges that keep us fresh and on the cutting edge.  
**Favorite thing to do on a day off that is fun:** hang out with my daughter.  
**Favorite singer:** Sting  
**Most important issue in the news recently:** the economy.

**Linda House**
Sr. Billing Coordinator

**One thing that most people do not know about you:** I have 5 brothers and 6 sisters.  
**Hobbies:** reading.  
**What do you like most about working within our department and at SLU:** Everyone you work with is very friendly and pleasant.  
**Favorite thing to do on a day off that is fun:** going out with friends, never know where we may go.  
**Favorite actor:** Mark Harmon  
**Most important issue in the news recently:** storm related -tornadoes, flooding - very concerning

**Cindy Roseman, LPN**
ALS Clinic Coordinator

**One thing that most people do not know about you:** I like to sing.  
**Hobbies:** reading, walking, and spending time with my kids.  
**What do you like most about working within our department and at SLU:** how we all work as a team to accomplish our goals. I also like the diversity of the SLU community.  
**Favorite thing to do on a day off that is fun:** going to the park or zoo with my kids.  
**Favorite actor:** Denzel Washington  
**Most important issue in the news recently:** the state of our economy and the rising cost of gasoline.

**Connie Zeltmann**
Medical Secretary

**One thing that most people do not know about you:** Helped create our new ladies group at St. Margaret Mary and have been the treasurer for the past two years.  
**Hobbies:** I enjoy tackling remodeling projects, my book club, gardening, traveling and watching my daughter’s soccer games and my son’s swim meets.  
**What do you like most about working within our department and at SLU:** The people are fabulous group to work with and there are many opportunities to get involved at SLU.  
**Favorite thing to do on a day off that is fun:** I like going to the movies with my kids.  
**Favorite actor:** Johnny Depp  
**Most important issue in the news recently:** tragedy in Japan and the environmental impact the radioactive material will have on wildlife as well as the world’s population.
**SUPPORT EDUCATION AND RESEARCH - MAKE A DONATION!**

In the coming year, our Department must work within the constraints imposed upon us and the whole University community by the current economic crisis. Endowment levels have fallen and with that, the ability to support non-income generating activities like education and research is compromised. I would like to ask you to consider making a donation to certain strategic initiatives in the Department to support education, research, and the enhancement of clinical care.

You can read about these initiatives on our website, [http://neuroandpsych.slu.edu](http://neuroandpsych.slu.edu), and I encourage you to do so. The combined efforts of all who care about the mission of the Department can make its continued success a reality.

*Henry J. Kaminski*

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**Saint Louis University School of Medicine**

**Department of Neurology & Psychiatry**

For more information about the wide variety of programs and services offered by Saint Louis University’s Department of Neurology & Psychiatry, or to make a referral, please call:

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<th><strong>Neurology Central Scheduling</strong></th>
<th><strong>Geriatric Psychiatry Inpatient Unit</strong></th>
<th><strong>Sleep Disorders Center</strong></th>
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<tr>
<td>(314) 977-4440 or (866) 977-4440</td>
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*Henry J. Kaminski*
The *Neurotransmitter* is a publication of:

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