

PREVENTING VIOLENCE, MISERY & SUICIDE WITH FOOD



Commander Joseph Hibbeln, MD

7:30 pm Saturday, November 4
Berkeley Springs High School Auditorium
Meet the speaker: 6:30pm reception and 9:00pm tea

Co-sponsored by:
Morgan County Adult and Community Education,
Morgan County Forum for Art, Science & Technology (**FAST**)
WVU-Morgan County Extension

Commander Joseph R. Hibbeln, MD, is a Senior Clinical Investigator at the National Institute on Alcohol Abuse and Alcoholism, NIH in Bethesda, where he conducts clinical treatments and mechanistic trials among alcoholics. Commander Hibbeln is also a primary collaborator in the Avon Longitudinal Study of Parents and Children in Bristol, UK examining the effect of nutritional insufficiencies in pregnancy on childhood neurodevelopmental outcomes and relevant gene-nutrition interactions.

He has extensive international collaborations in clinical trials on omega-3 fatty acids for the prevention of suicide, postpartum depression, and violence. In addition to publishing many scientific papers, Dr. Hibbeln gave 57 invited scientific talks in the past 8 years. Regarded by some as "Grandfather of the Field" of omega-3 fatty acids in psychiatric disorders, he is frequently sought out to communicate scientific findings in this field through major radio, TV and print media (70 interviews in the past 8 years).

Dr. Hibbeln's research explores possible actions by essential polyunsaturated fatty acids of diets and tissues in psychiatric disorders, depression, hostility, aggression, violence, homicide, recurrent deliberate self harm, suicidality, variation in mood personality and behavior, bipolar disorders, schizophrenia, schizoaffective disorders, domestic violence, depression in pregnancy, postpartum depression, relapse vulnerability in cocaine addicts and seasonal mood changes in the Icelandic population. His studies of polyunsaturated fats and omega-3 metabolism in humans describe the great world-wide diversity in fish and seafood consumption and define healthy intakes of omega-3 and omega-6 fatty acids.

His talent was recognized in many ways since he became an Eagle Scout 30 years ago and then obtained the BA with Special Honors in 1983 at The University of Chicago. After an MD in 1988 from the University of Illinois at Chicago, he won the 1989 Merrill-Dow Promising Young Investigator Award and became Chief Resident in Outpatient Psychiatry at the University of California, Los Angeles. He next became a 1992 Commissioned Officer in the United States Public Health Service, with 1994 Board Certification in Psychiatry and a 2001 Promotion to Commander.

The Mental Health Research Association gave him their 1997 Young Investigator Award and the 2002 Independent Investigator Award, and the U.S. Public Health Service gave him a 1997 Unit Citation Award, a 1999 Outstanding Service Medal, and Hurricane Crisis Response Awards in 2004 and 2006. In 2006, CDR Hibbeln received the C.R.Cleave Award of the McCarrison Society, London, for furthering public health in nutrition.

Dr. Hibbeln currently has sixteen new research papers in the process of preparation, editing or printing for publication.

Curious about Biology & Medicine?

<http://www.ncbi.nlm.nih.gov/entrez/query.fcgi> => PubMed is a free internet service of the U.S. National Library of Medicine that includes over 16 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. Some abstracts have an internet link to a free full-text pdf file with all of the data of the original paper. Also, each article listed on PubMed has links to other related articles that can broaden readers' awareness of the topic.

When full-text articles are needed to see important facts, but not available direct from PubMed, **FAST** has arranged with the WVU-Morgan County Extension Service and the Morgan County Library to help obtain them for the education of Morgan County residents. We use the Loansome Doc service that enables ordering documents listed in PubMed-MEDLINE. County residents can request full-text articles by sending the complete URL of the needed article cited in PubMed to the County Library or to Extension Agent Bob Knight to obtain a full-text document. This special informal education service allows PubMed users to pursue their curiosity in detail through links with the County Library, County Extension Agent and the WVU Medical Library in a semi-automated interlibrary loan request system. More general information about the Loansome Doc service is at http://www.nlm.nih.gov/loansomedoc/loansome_home.html

Outlined below are the steps involved in requesting a document.

1. Perform a literature search using PubMed.
2. Copy and paste the address from the browser address line into an email to the County Library (spring_l@martin.lib.wv.us) or to Bob Knight (bob.knight@mail.wvu.edu).
3. Be sure your email request includes your name, phone number and email address.
4. Review your email and then click 'Send'.
5. Your request will be forwarded electronically by Bob Knight to the WVU Medical Library.
6. Staff at the WVU Medical Library handle Loansome Doc requests from Bob Knight by sending the pdf file of the full-text article to him.
7. When Bob receives the pdf file, he will forward it to you by email.

For people wanting to explore a topic further, **FAST** can arrange informal educational or tutorial sessions with others acquainted with the topic.

You can help more people learn more about life by contributing your time and energy to the Morgan County Forum for Arts, Sciences & Technologies (**FAST**). Be a **FAST** learner!

Curious about Curiosity? Join the Morgan County Forum for Arts, Sciences & Technologies (**FAST**).

In 1743, Benjamin Franklin started the country's first forum where people could communicate their **records and interpretations of "all philosophical Experiments that let Light into the Nature of Things, tend to increase the Power of Man over Matter, and multiply the Conveniences or Pleasures of Life."** Then, the study of Nature that we now call science and technology was called "natural philosophy" and the club was called the American Philosophical Society.

Its members included doctors, lawyers, clergymen, merchants, artisans and tradesmen like Franklin. They helped America's economic independence by improving agriculture, manufacturing, and transportation. They also helped prepare Lewis and Clark about scientific, linguistic, and anthropological aspects of their exploration of the Louisiana Territory.

In 2003, the Morgan County Forum for Arts, Sciences and Technologies (**FAST**) began community discussions to help all Morgan County residents find ways to "**let Light into the Nature of Things, tend to increase the Power of Man over Matter, and multiply the Conveniences or Pleasures of Life.**"

This evening with Dr. Hibbeln is one of a series of informal education events to advance the use of arts, sciences and technologies in the daily lives of individuals in Morgan County. **FAST** is a tax-exempt, non-profit charitable corporation under IRS Code, Section 501(c)(3). It is supported by grants, donations, membership dues, and other income related to its purpose. Its primary mission is informal education to advance the use of arts, sciences and technologies in the daily lives of individuals in Morgan County.

FAST supports community theater projects, radar speed signs, discussions of films and books on nutrition and health, the "*Morgan County Menu*" booklet, the Piano Laboratory, the Hands-On Room at the Morgan County Fair and the Fair Exhibit Contest Awards (information at <http://www.fastlearner.org>) plus a wide range of informal learning experiences, including advanced training. Families are invited to start planning ideas now for novel informative exhibits for the 2007 County Fair Exhibit Contest when over \$1,000.00 in prizes will be awarded again.

People can send tax-exempt donations to **FAST**, P.O. Box 674, Berkeley Springs, WV 25411.

Visit the **FAST** website at <http://www.fastlearner.org> or contact us at wemlands@att.net