

# medical causes of mental disorders

## I. UNDERLYING CAUSES

### a. Missing it

- i. Bias in diagnosis: How We Miss It
- ii. Searching for causes
- iii. We see that for which we look
- iv. We diagnose what we believe
  1. *Getting caught in the presentation*
  2. *Getting caught in the story*
  3. *Getting caught in the theory*
- v. We deliver what we were taught
- vi. It's not all in our heads
- vii. Signs of medically induced psychological symptoms
  1. *Treatment resistance*
  2. *The absence of personal and family history of psychiatric illnesses*
  3. *Late onsets of initial presentation*
  4. *A rapid onset of symptoms*
  5. *Fluctuation of mental symptoms*
  6. *An atypical presentation*
  7. *Unusual sleep patterns*
  8. *Unusual nutrition and eating patterns*
  9. *Abnormalities in movement*
  10. *Substance use or abuse*
  11. *Medication /supplement-induced sx*
  12. *Recent remodel, move, or travel*
  13. *Exposure to toxins*
  14. *Socioeconomic Status*
  15. *Doctor shopping*
  16. *Abnormal vital signs or lab tests*
  17. *Religious and spiritual history*
  18. *Smoking*
  19. *Known underlying medical conditions*
  20. *A family history of medical illnesses*

### b. The Mind/Body Dilemma

- i. Somatic Symptom and Related Disorders
- ii. Conversion disorder
- iii. Hypochondria

### c. The Nature/Nurture Dilemma

- i. Family fallout
- ii. Depression
- iii. Bipolar disorders
- iv. Schizophrenia
- v. **Wolfram Syndrome**
- vi. Hemochromatosis
- vii. Wilson's Disease
- viii. Klinefelter's Syndrome
- ix. Mitochondrial DNA
- x. Thyroid disorders
- xi. Epigenetics

## II. 8 IMPORTANT AREAS OF EVALUATION

### a. #1: Brain Development

- i. Early life events
- ii. Critical periods
- iii. Cortical growth
- iv. Head size
- v. Gender spectrum
- vi. Social skills
- vii. Handedness

### b. #2: The Immune System

- i. Psychoneuroimmunology
- ii. Autoimmune disorders
- iii. Rheumatoid arthritis
- iv. Lupus
  1. *Drug-induced lupus*
- v. Sjögren's Syndrome

### c. #3: Pathogens

- i. **Candida**
- ii. Streptococcus
- iii. Lyme Disease
- iv. Borna Virus
- v. Herpes Virus
- vi. Hepatitis C
- vii. Neurocysticercosis
- viii. Toxoplasmosis

### d. #4: Toxins

- i. Heavy metal toxicity
- ii. Mercury
- iii. Fillings
- iv. Lead
- v. Cadmium
- vi. Pesticides
- vii. Carpets

viii. Mold

**e. #5: Medications**

- i. Meds-induced mental illness
- ii. Cimetidine
- iii. Statins
- iv. Proton pump inhibitors
  1. *Clostridium difficile* bacteria
- v. Polypharmacy

**f. #6: The Endocrine System**

**i. Female pelvic disorders**

- ii. Pineal gland
- iii. Thyroid
- iv. Hyperthyroidism
- v. Autoimmune thyroid disease
- vi. Hashimoto's Thyroiditis
- vii. Graves' Disease
- viii. Autoimmune subclinical thyroiditis
- ix. Subclinical hyperthyroidism
- x. Apathetic hyperthyroidism
- xi. Hypothyroidism
- xii. Central hypothyroidism
- xiii. Parathyroid
- xiv. Hypoparathyroidism
- xv. Hyperparathyroidism
- xvi. Adrenal glands
- xvii. Adrenoleukodystrophy
- xviii. Corticosteroids
- xix. DHEA
- xx. Cushing's Syndrome
- xxi. Addison's Disease
- xxii. Pheochromocytoma
- xxiii. Testosterone
- xxiv. Estrogen
- xxv. Estradiol

**g. #7: Central nervous system pathologies**

- i. Tourette's Syndrome
- ii. Multiple Sclerosis
- iii. Migraine
- iv. Head Injury
- v. Post-concussion syndrome
- vi. Whiplash
- vii. Strokes
- viii. Basilar artery stroke

ix. Insular stroke

**x. Brain tumors**

1. *Frontal lobe tumors*
2. *Parietal lobe tumors*
3. *Occipital lobe tumors*
4. *Temporal lobe tumors*
5. *Limbic and hypothalamic tumors*
6. *Cerebellar tumors*

**xi. Seizure disorders**

1. *Temporal lobe*
2. *Frontal lobe*
3. *Parietal lobe*
4. *Occipital lobe*
5. *Cingulate*

**xii. Panic disorders**

**h. #8: Medical Illnesses Linked to Mental Problems**

- i. Hypoglycemia
- ii. Olfaction
- iii. Liver disease
- iv. Hepatic encephalopathy
- v. Lung Disease
- vi. Heart Disease
- vii. Hair issues
- viii. Sleep
  1. *Circadian rhythm disturbances*
  2. *Sleep apnea*

**i. Nutrition**

- i. Anxiety**
- ii. Serotonin hypothesis**
- iii. Dopamine**

**Minal Shah, MRC, NCC, LPC**

**atlantadbt.com**

***pink*shrink@atlantadbt.com**

**770.833.0227**