


Your health is their world.

## RESEARCHER PROFILE

# Meet Dr. Cindy Calkin

Your health is my world because the sickest patients with bipolar disorder need my help. It is distressing to see people so ill for so long without any relief. During the time in which I am face to face with my patients, it both motivates and inspires me to discover new treatment options. I have made it my mission to pursue research to find better ways to treat the patients with the greatest burden of illness.

My name is Dr. Cindy Calkin, and I am an associate professor in the Departments of Psychiatry and Medical Neuroscience and the inaugural winner of the DMRF Influencers for Health Research award. My research focuses on metabolic psychiatry and mood and metabolism, specifically studying the mechanisms underlying treatment resistance in bipolar disorder. This research is important because the sickest of patients with bipolar disorder do not respond to the psychotropic medications available to us. Better understanding of the mechanisms underlying treatment resistance, like insulin resistance and blood-brain barrier dysfunction (leaky blood vessels in the brain), has provided the basis for new treatments we never would have considered using in psychiatry. We are now able to target these underlying mechanisms and get chronically ill people better when all other treatments have failed. People are getting their lives back. They tell me this is the best they have felt since before they developed bipolar disorder.



DMRF has helped advance my research through funding and support, as well as helping to get the word out to people with chronic treatment resistant bipolar disorder, spreading the message that there IS hope.

I'd like to thank the DMRF donors for their generosity. They are truly visionary in moving health research forward in important ways. Working with DMRF donors has been truly inspirational.



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