



The Geriatric Mental Health Program at CAMH is conducting a REB-approved, multi-site study in older adults with mania or hypomania in the context of bipolar disorder, comparing the benefits and side effects of lithium and divalproex (Epival), two commonly used medications that are approved by Health Canada for this condition.

The project is conducted at the University of Toronto and 6 other academic centers in the United States. It will involve participation of more than 300 patients.

The purpose of the study is to compare the efficacy and tolerability of Lithium and Divalproex at the highest tolerated therapeutic plasma concentrations over 9 weeks in older patients with bipolar disorder.

We would like to invite individuals who are 60 years or older (males or females) with a diagnosis of Bipolar disorder to participate in this study. Participation will last for 9 weeks and will involve treatment with a mood stabilizer, either lithium or divalproex. There will be an equal chance (50/50 chance) of receiving either medication. Subjects will also receive a thorough assessment of their mood and cognition. We hope that new information about the benefits and side effects of these medications will guide the clinical care of many patients in the real world.

No patient will be identified in any published report and strict confidentiality will be maintained to the extent permitted by law. Travel reimbursement and compensation for time will be provided upon completion of each study visit.

We would like to request your support in recruiting eligible subjects for this study. To refer a patient or for further information, please contact the study co-ordinator, Ms. Dielle. Miranda at (416) 535-8501 ext. 3120. To publicize the study to your clients please use the attached flyers. (An approved copy of the subject information sheet and consent form is also attached)

We thank you for your attention to this letter and for your interest in this study and look forward to your collaboration