



Texas Tech  
Physicians  
of EL PASO



## CLINIC GOALS

The Mood Disorders Specialty Clinic (MDSC) is part of the Paul L. Foster School of Medicine at Texas Tech University Health Sciences Center El Paso. Its goals are to provide state-of-the-art treatment for mood disorders, train the next-generation of physicians and psychiatrists, and quicken the pace of discovery to new and improved treatments.

## CONTACT

Texas Tech University  
Health Sciences Center El Paso  
Paul L. Foster School of Medicine

Department of Psychiatry  
4800 Alberta Ave  
El Paso, TX 79905

FOR APPOINTMENTS  
Phone: 915-215-5850  
Fax: 915-545-6442



Department  
of Psychiatry  
**Mood  
Disorders  
Specialty  
Clinic**

## MOOD DISORDERS

Mood disorders, such as major depression and bipolar disorder, affect one out of every ten people. They are the leading cause of disability worldwide, and are major contributors to the overall global burden of disease, (WHO 2015).

Suicide is often present with a mood disorder and is the second leading cause of death for 19-29 year olds (CDC 2015). In the US, a death by suicide occurs every 12.3 minutes, totaling over 38,000 persons every year. Most of these deaths are preventable with appropriate treatment.

## MAJOR DEPRESSION

Major depression is a clinical illness characterized by profound sadness and the loss of pleasure about one's life. It is often accompanied with poor sleep, loss of appetite, low self-esteem, low energy, poor concentration, and the feeling that life is not worth living.

## BIPOLAR DISORDER

Bipolar disorder is an illness where the patient can, at times, have major depression and, at other times, either hypomania or mania. Mania symptoms can include excessive energy, needing less sleep, excessive chattiness, impulsiveness, risky behavior, and psychotic thinking that can last weeks.

## TREATMENT

In the last 10 years, there has been a tremendous increase in effective treatments for bipolar disorder and major depression. Unfortunately, only 50% of patients receive care for a mood disorder, yet, if they are treated, over 70% show significant improvement. The clinic offers psychopharmacological, psychotherapeutic, and neuromodulation therapies. Neuromodulation is with FDA-approved transcranial magnetic stimulation (TMS) and FDA-approved vagus nerve stimulation (VNS). Psychopharmacological interventions include traditional antidepressants and intra-nasal ketamine.

## FACULTY

### Peter Thompson, M.D., M.S.

Dr. Thompson is a tenured professor in Psychiatry, Chairman of the Department of Psychiatry, and director of the Mood Disorders Division. He is an expert on the biology and treatment of bipolar disorder and major depression. He runs the Southwest Brain Bank and his work has been published in leading psychiatry journals.

