

## THANK YOU

for supporting bipolar disorder research  
at the University of Michigan.

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For your convenience, you can also make a gift online:  
<http://www.prechterfund.org/help>.



The Heinz C. Prechter  
Bipolar Research Fund  
at the  
University of Michigan  
Depression Center

Your gift  
of a stamp  
helps us to  
save costs!

Heinz C. Prechter Bipolar Research Fund  
University of Michigan  
Depression Center Development Office  
Rachel Upjohn Building  
4250 Plymouth Road  
Ann Arbor, MI 48109

## SYMPTOMS OF BIPOLAR DISORDER

Most people who have bipolar disorder talk about experiencing "highs" (periods of mania) and "lows" (periods of depression).

### Symptoms of mania:

- Increased physical and mental activity and energy
- Heightened moods, exaggerated optimism and self-confidence
- Excessive irritability, aggressive behavior
- Decreased need for sleep without fatigue
- Grandiosity, inflated sense of self-importance
- Racing speech and thoughts, inability to focus
- Reckless behaviors, poor judgment, impulsiveness
- Delusions and hallucinations

### Symptoms of depression:

- Prolonged sadness, crying spells
- Significant changes in sleep patterns and appetite
- Pessimism, indifference
- Loss of energy, lethargy
- Feelings of hopelessness or guilt
- Thoughts of suicide

## ABOUT BIPOLAR DISORDER

It is known that bipolar disorder is a physical illness that runs in families, but the specific genes have not yet been found. Bipolar disorder is characterized by unusual shifts in a person's mood, energy level and ability to function.

Bipolar disorder affects almost 6 million adults in the United States and is found among all ages, races, ethnic groups and social classes. While symptoms of bipolar disorder can develop in early childhood, they typically are first recognized during adolescence and young adulthood. Bipolar disorder is a chronic illness which tends to recur throughout the lifespan.

"Unraveling bipolar's genetic vulnerabilities and linking them with stresses and life experiences will open the door to earlier diagnosis, better treatments, and eventual prevention."

**JOHN F. GREDEN, M.D.**, Executive Director,

U-M Depression Center and Founding Chair,  
National Network of Depression Centers

## OUR MISSION

To support research into psychiatric genetics, bipolar disorder, neuroimaging and neuroscience in order to find genetic solutions for individuals with bipolar illness to help them live an excellent quality of life.

*The Prechter Fund provides direct support for the first independently funded bipolar genetics repository in the nation. Repository investigators are hunting for the genetic component of the illness.*

*The Fund established a flagship longitudinal study on bipolar disorder to help identify predictors of the course of the illness and how it will respond to treatment.*

*Additionally, the Fund is working toward a personalized approach to mental health care, with the ultimate goal of creating a "customized" approach to treating an individual's bipolar disorder.*

## PrechterFund.org

### 1.877.UM.GENES

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To learn more about the Fund or  
to participate in research, please call:  
1.877.UM.GENES (1.877.864.3637)

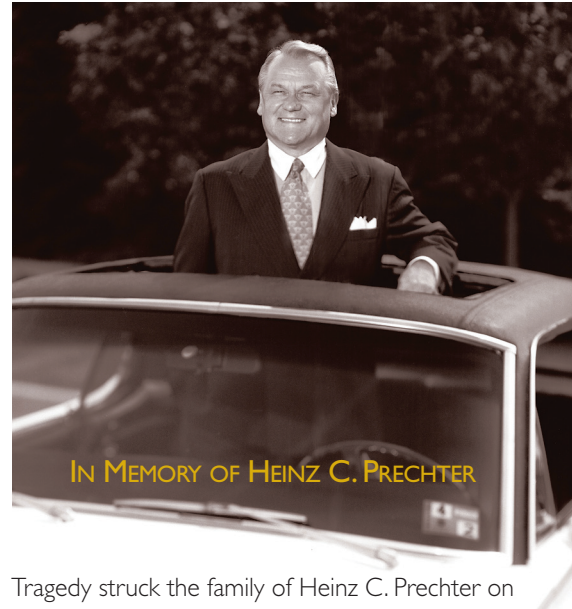


The Heinz C. Prechter  
Bipolar Research Fund  
at the  
University of Michigan  
Depression Center

## The Heinz C. Prechter Bipolar Research Fund

Bipolar Genes Project & Genetics Repository





Tragedy struck the family of Heinz C. Prechter on July 6th, 2001. The legendary business leader and philanthropist fell victim to suicide after battling bipolar disorder, also known as manic depression, for most of his adult life. He was only 59 years old.

In order to prevent others from going through what her family endured, and to honor her husband's memory, Waltraud "Wally" Prechter established the Heinz C. Prechter Fund for Manic Depression, now known as the Heinz C. Prechter Bipolar Research Fund at the University of Michigan Depression Center. The Prechter Fund's mission is to support breakthrough research in psychiatric genetics, neuroimaging and neuroscience in order to find a cure for bipolar illness.

"I feel that I have made a little bit of a difference, and when it really comes down to it, that's what we live for – to make a difference in this world."

**HEINZ C. PRECHTER**  
1942 - 2001

## The Heinz C. Prechter Bipolar Genes Project

### Predicting Outcomes and Preventing Disease

Researchers who study bipolar disorder have discovered an important connection between genes, stresses and environmental experiences. Understanding this connection is believed to be a key to conquering this illness.

### Requirements for conquering bipolar illness include:

- Understanding the interactions between genes and life stresses in causing bipolar disorder
- Integrating genetics, stress, psychological factors and clinical studies to enable clinicians to make an accurate diagnosis, choose the best treatments, and prevent recurrences of the disease
- Diagnosing and treating individuals earlier in life, monitoring their progress over years to understand the different courses of the illness, and linking genetic vulnerabilities with clinical interventions

As part of the Heinz C. Prechter Bipolar Genes Project, a large-scale DNA repository has been established at the University of Michigan Depression Center to study and conquer bipolar disorder. The Prechter Bipolar Genetics Repository is collecting DNA samples from people diagnosed with bipolar disorder as well as healthy individuals.

### Unique characteristics of the Prechter Bipolar Genes Project include the following:

- Emphasis on those with early onset, especially adolescents
- Ongoing relationships and frequent evaluations of research participants at regular intervals to establish longitudinal patterns
- The first "translational" bipolar project to integrate genetic, longitudinal biomedical and clinical outcome measures
- Incorporating established partnerships with Johns Hopkins, Penn State, Stanford and Weill Cornell Universities
- Confidential availability of coded DNA samples and clinical information to scientists worldwide to accelerate knowledge breakthroughs

### PLEASE HELP

The Heinz C. Prechter Bipolar Research Fund at the University of Michigan has launched this critically important project - the Bipolar Genes Project - but more financial support is needed for this breakthrough research on bipolar disorder to be successful. You can help by using the attached form to make a gift. Individuals are also sought who would like to be part of the research studies. To learn more about participating or to obtain more information about the projects:

[www.prechterfund.org](http://www.prechterfund.org)

**1-877-UM-GENES**

"Bipolar disorder is not just an episode of mania or depression. It impacts our patients' lives and their families in a very significant way. The Heinz C. Prechter Bipolar Genes Project marks a new era in the research of bipolar disorder."

**MELVIN MCINNIS, M.D.**, *Thomas B. and Nancy Upjohn Woodworth Professor of Bipolar Disorder and Depression, U-M Depression Center, and Principal Investigator on the Prechter Genes Project*