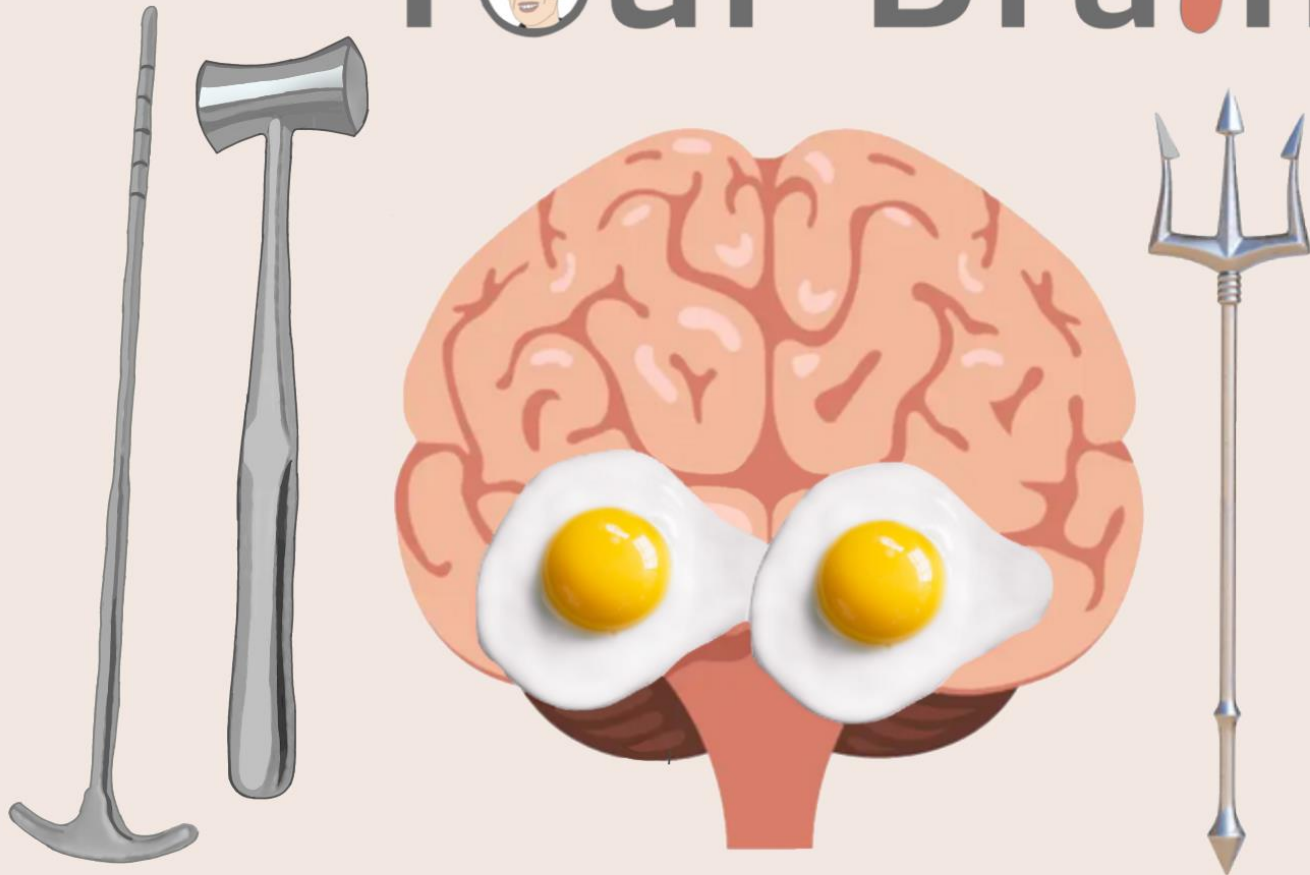


This Is Your Brain



on DRUGS

With Dr. Cody
Armstrong

This Is Your Brain On Drugs

- ❑ Host Introduction
- ❑ Podcast Format
- ❑ Podcast Philosophy
- ❑ Target Audience
- ❑ Information Sources
- ❑ Difference from other Podcasts
- ❑ Podcast Topics

Your Host



Your Host

- Dr. Cody Armstrong, MD
- University of Texas at Austin
 - ▣ Bachelors in Business Administration
 - ▣ Management Information Systems (Major)
 - ▣ Suma Cum Laude, 2001
- United States Air Force
 - ▣ Communications and Information Officer (2001-2006)
- University of Texas Medical Branch
 - ▣ Doctorate of Medicine (2012)
- Naval Medical Center San Diego
 - ▣ Psychiatry Residency (2016)
- American Board of Psychiatry and Neurology (since 2016)
- Duty Stations
 - ▣ Okinawa, Japan
 - ▣ Portsmouth, Virginia

Your Host

- My experience
 - ▣ 16 years of medical knowledge and experience
 - ▣ Inpatient, outpatient, consult/liaison, substance abuse
 - ▣ Assistant professor at the Uniformed Services University of the Health Sciences for 4 years
 - ▣ Attending physician and educator of medical students, residents, and fellows
 - ▣ Lectured on psychopharmacology and addiction psychiatry
 - ▣ Published 4 peer-reviewed articles in medical journals
 - ▣ Extensive experience with PTSD, depressive/anxiety symptom disorders, new onset mood and psychotic disorders, and substance abuse
 - ▣ Pursuing fellowships in lifestyle and obesity medicine

Podcast Format

- ❑ One man show
- ❑ Lecture Format
- ❑ Easy, concise, digestible pearls of everything you need to know about these medications
- ❑ Will cover all psychiatric medications methodically by class
 - ❑ Including medications related to mental health symptoms
 - ❑ And medications that treat adverse effects of these medications
- ❑ Concentration on pharmacology
- ❑ Update episodes will be periodically published
- ❑ Listener Q&A episodes
- ❑ Resources available on www.punkrockpsychiatrist.com
- ❑ YouTube videos available of podcast audio with lecture slides
- ❑ Instagram and TikTok posts on real-life Lifestyle Medicine
- ❑ @punkrockpsychiatrist

Podcast Philosophy

- Punk rock ethos
 - ▣ Non-conformity and anti-authority
 - Don't do things just because others are doing it
 - Question everything and think critically
 - Do what is right and truthful
 - ▣ Anti-corporate greed
 - NO ads, NO sponsorship, NO influence from pharmaceutical corporations
 - ▣ Anti-consumerism
 - No sale of merchandise, books, study guides, or self-enrichment
 - No pay for premium content
 - ▣ DIY
 - Might not be as polished or professional as others

Podcast Philosophy

- Then why the hell am I doing this?
 - ▣ Not everything is about money and I have enough
 - ▣ I've taken enough; time to give something back
 - ▣ For the betterment of patient care
 - ▣ The same reason why I grow a garden, build as much from scratch as possible, raise chickens, and eat whole foods and exercise – BECAUSE I LOVE IT!
- Drugs are what I know but I'm more about
 - ▣ Prescribing only when its in the patients best interest
 - ▣ Deprescribing
 - ▣ Not prescribing
 - ▣ Lifestyle medicine is the cure to what ails the vast majority of us and its not as hard as you think

How Did I Get Interested In This?

- Medical training is very difficult
 - ▣ Internal medicine is very complicated and not always straightforward
- I have a logical mind (sometimes to a fault)
 - ▣ I found studying the mechanisms of medications to be the easiest way for me to learn the art of medicine
- I began building a comprehensive spreadsheet as an intern as a way to understand and study medications
- I then began to branch out outside of psychiatric medications
- I continue to pursue the goal of being the most knowledgeable physician on pharmacology
- Upon military retirement, I want to pass this information to as many people as possible

Target Audience

- Medical Students
- Residents from psychiatry and beyond
- Physicians of all specialties
- Nurse practitioners
- Physician assistants
- Pharmacists
- Those affected by mental illness
- Anyone interested in learning more about how these oft demonized drugs work and how they should be properly used

Podcast Information Sources

- ❑ Lectures from my education and residency
- ❑ Scientific research (ie journal articles)
- ❑ Expert opinion (ie UpToDate)
- ❑ Other podcasts (So many good ones!)
- ❑ My own research
- ❑ My own personal clinical experience (16 years)
- ❑ My own personal experiences
- ❑ I do my best to diligently research and stay as up to date as possible BUT I'M NOT PERFECT!
- ❑ Listener feedback

Podcasts I Love and Learn From

- ❑ The Carlat Psychiatry Podcast
- ❑ Cracking Addiction
- ❑ The Curbsiders Internal Medicine Podcast
- ❑ The Docs Who Lift Podcast
- ❑ HelixTalk
- ❑ Hidden Brain
- ❑ Longevity by Design
- ❑ The Mind Gut Conversation Podcast
- ❑ NEI Podcast
- ❑ Psychiatry & Psychotherapy Podcast
- ❑ Psychopharmacology and Psychiatry Updates
- ❑ Real Life Pharmacology
- ❑ Where Should We Begin?

Difference From Other Podcasts

- My philosophy
 - ▣ Authenticity, irreverence
 - ▣ This is how I actually talk
- Noncommercial nature
- Organized lecture format
- Bottom line
 - ▣ I want medical practitioners to walk away from these lectures with all the tools they need to safely and effectively prescribe, deprescribe, or not prescribe the medications I will discuss
 - Non-psychiatrists can prescribe psychiatric medications
 - Psychiatrists can prescribe non-psychiatric medications
 - ▣ Better informed patients

Difference From Other Podcasts

- Why do all prescribers need to know about all medications?
 - ▣ May sound rhetorical but it isn't
 - ▣ You will manage all patient medications in the hospital
 - ▣ You need to know about drug-drug interactions (DDIs) with and from medications you prescribe
 - ▣ You need to know about DDIs from all the medications a patient is taking that may be causing the condition you are evaluating
 - ▣ You need to know if the treatment you are giving is causing a medical condition or vice versa

Podcast Topics

- Psychiatric Medications
 - ▣ Antidepressants
 - ▣ ADHD
 - ▣ Antianxiety medications
 - ▣ Sleep Disorders
 - Insomnia, Sleep Apnea, RLS
 - ▣ Mood Stabilizers
 - ▣ Antipsychotics
 - ▣ Geriatric Psychiatry
 - Dementia, Delirium, and Parkinsons
 - BEERS Criteria
 - START STOPP Criteria

Podcast Topics

- Psychiatric Medications
 - ▣ Lifestyle Psychiatry
 - ▣ Reproductive Psychiatry
- Substance Abuse
- Medical Assessment of Psychiatric Patients
- Other Medications
 - ▣ Obesity Medicine
 - ▣ Pain Medicine
 - ▣ Thyroid Disorders
 - ▣ Anti-hypertensives
 - ▣ Dyslipidemia Medications

Podcast Topics

- Other Medications
 - ▣ Allergy Medications
 - ▣ Acid Suppressants
 - ▣ Hormone Replacement Therapy
 - Testosterone, Estrogen, Progestins, Transgender Care
 - ▣ Headache Medications
 - ▣ Constipation Medications
 - ▣ Drug-Drug Interactions
 - ▣ QT Prolongation
 - ▣ And More!!