

# THE COLLAPSE OF CARE

And the Quiet Power of How We Live

Dr. Melissa McRae



# THE HUMAN COST OF A BROKEN SYSTEM



PROVIDER BURNOUT



CAREGIVER STRAIN



MENTAL HEALTH LOAD

“We are witnessing the collapse of care as we know it—not because people don’t care, but because the system no longer supports healing.”

Dr. Melissa McRae



# What's working

- Acute Intervention
- Emergency Response
- Medical Options

# What's not

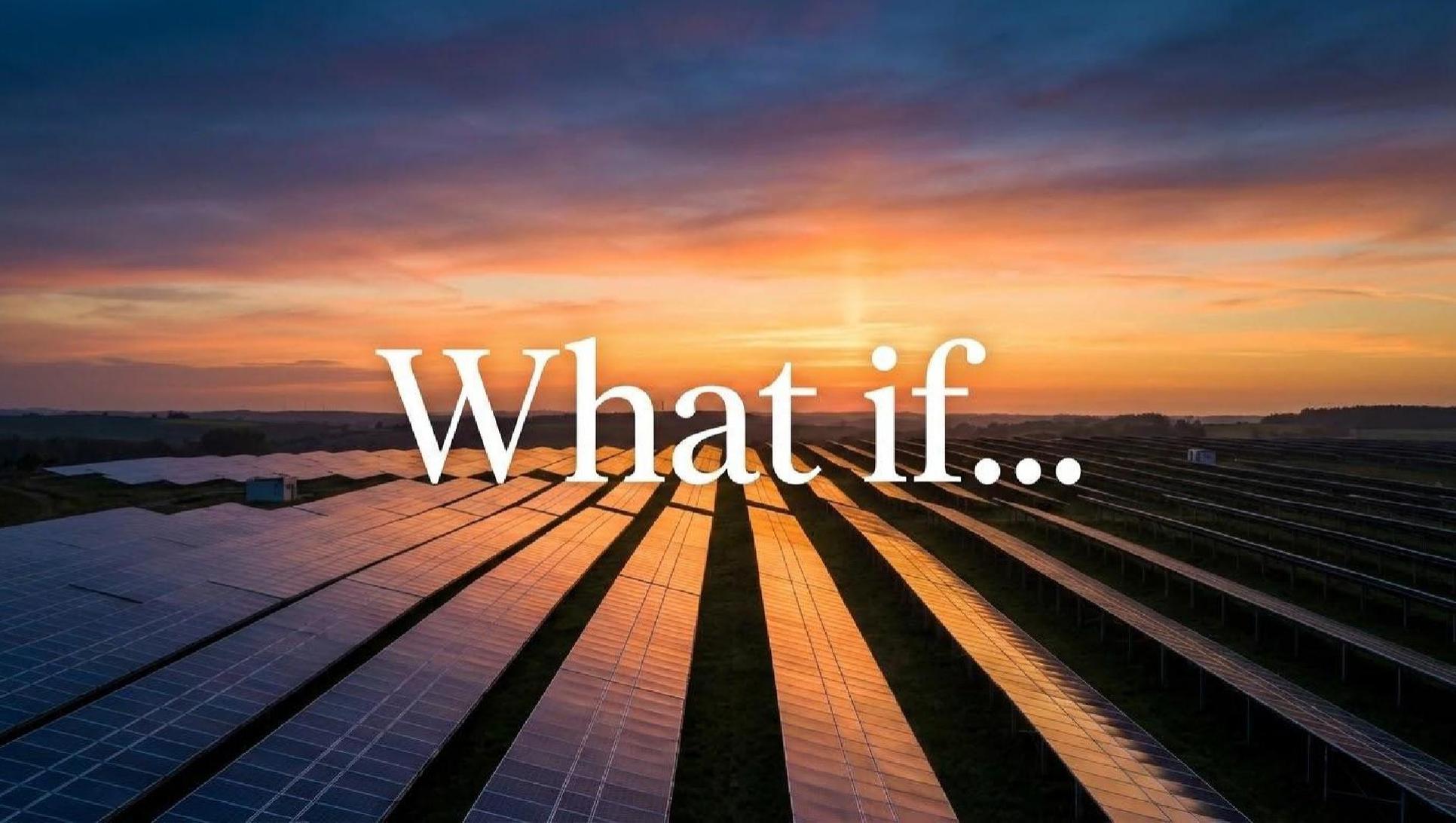
- Prevention
- Root-cause directed care
- Long term resilience



**"This hurts to watch"**

01



An aerial photograph of a large solar farm during sunset. The rows of solar panels stretch into the distance, creating a strong sense of perspective. The sky is filled with vibrant orange and yellow light from the setting sun, transitioning into a deep blue at the top. The text "What if..." is overlaid in the center in a white, serif font.

What if...



Turn

1/2 mile to S.F. exit

10:45 AM  
88170

4.5  
miles

Turn Overhead with

78

4523

10:43 AM

105

105

Make

Model

Year

Price

MPG

Color

Options

Search

Filter

Sort

Save

Share

Print

Close

Help

Feedback

Settings

Logout

Account

Support

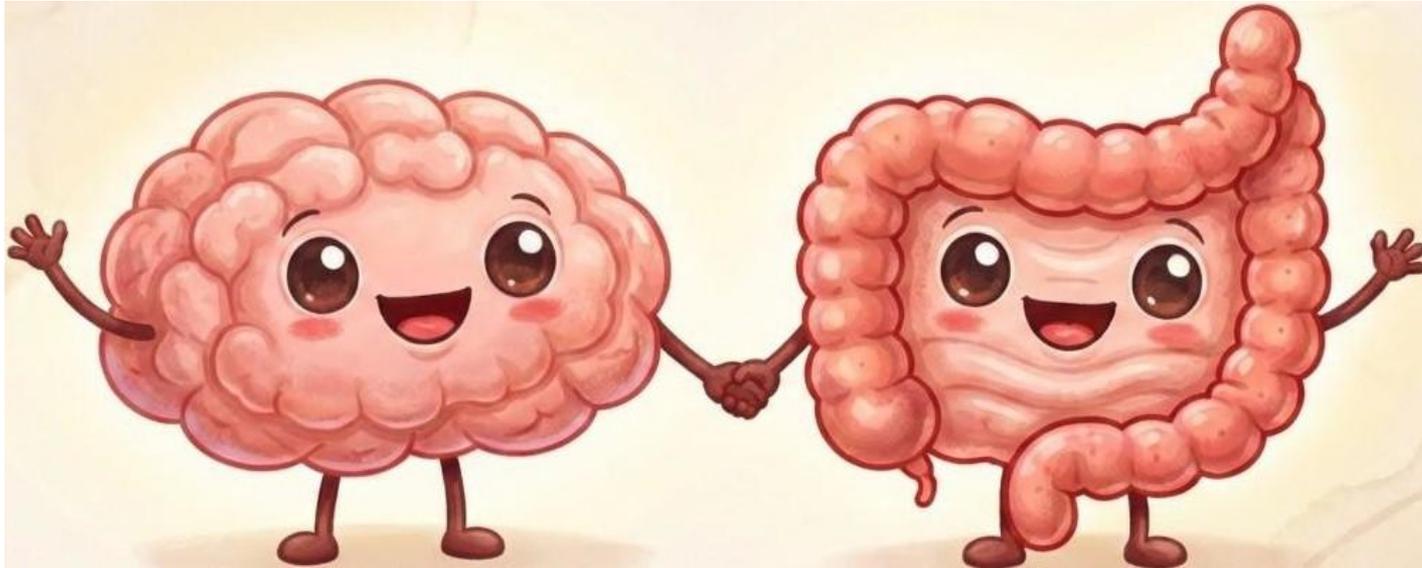
Privacy

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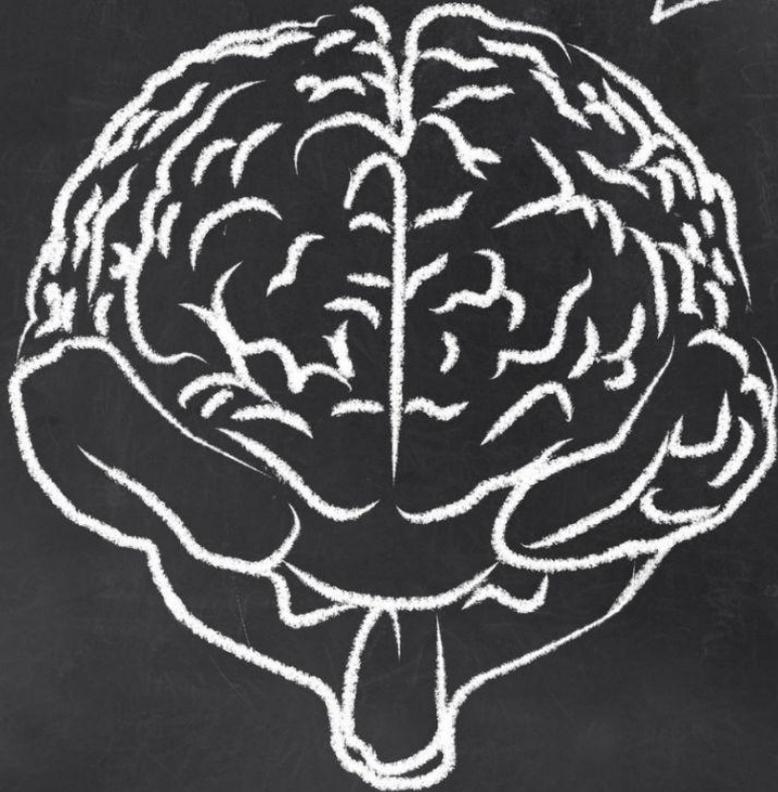
More

# Gut Health

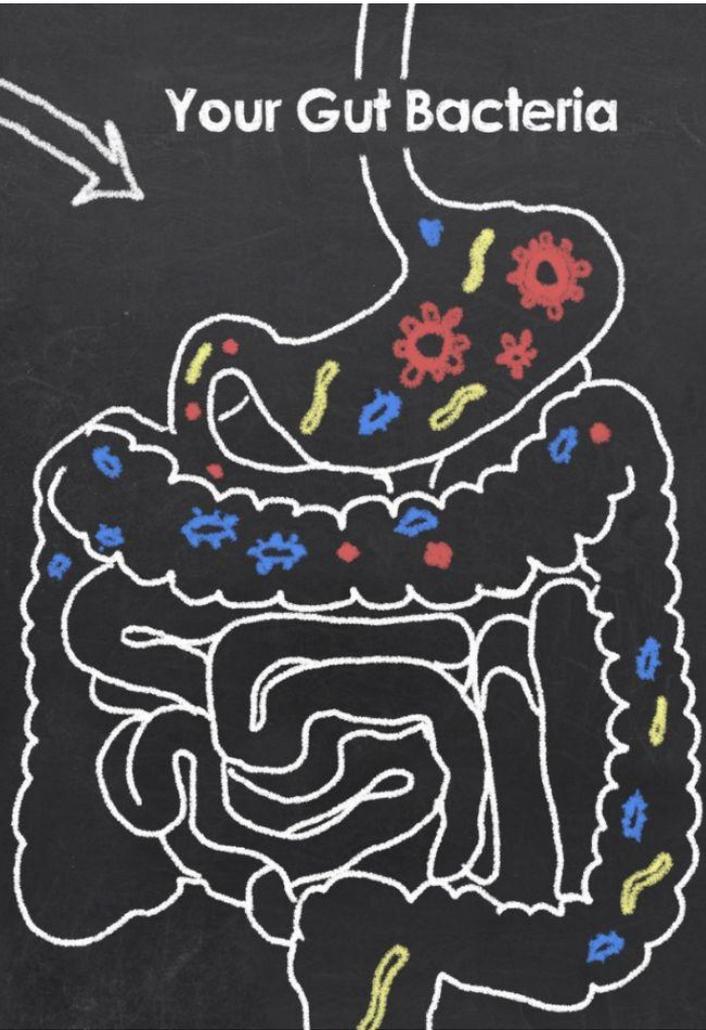


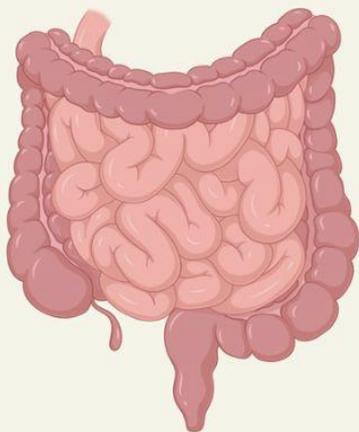


Your Mood

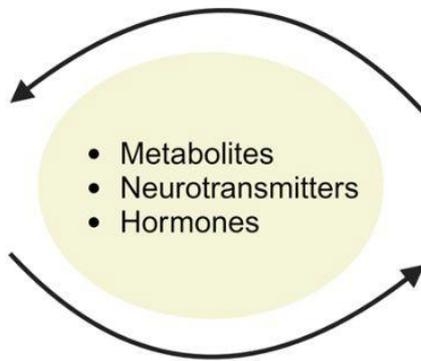


Your Gut Bacteria





Gut microbiome



Immune system

Vagus nerve

Enteric nervous system

Neuroendocrine system

Circulatory system

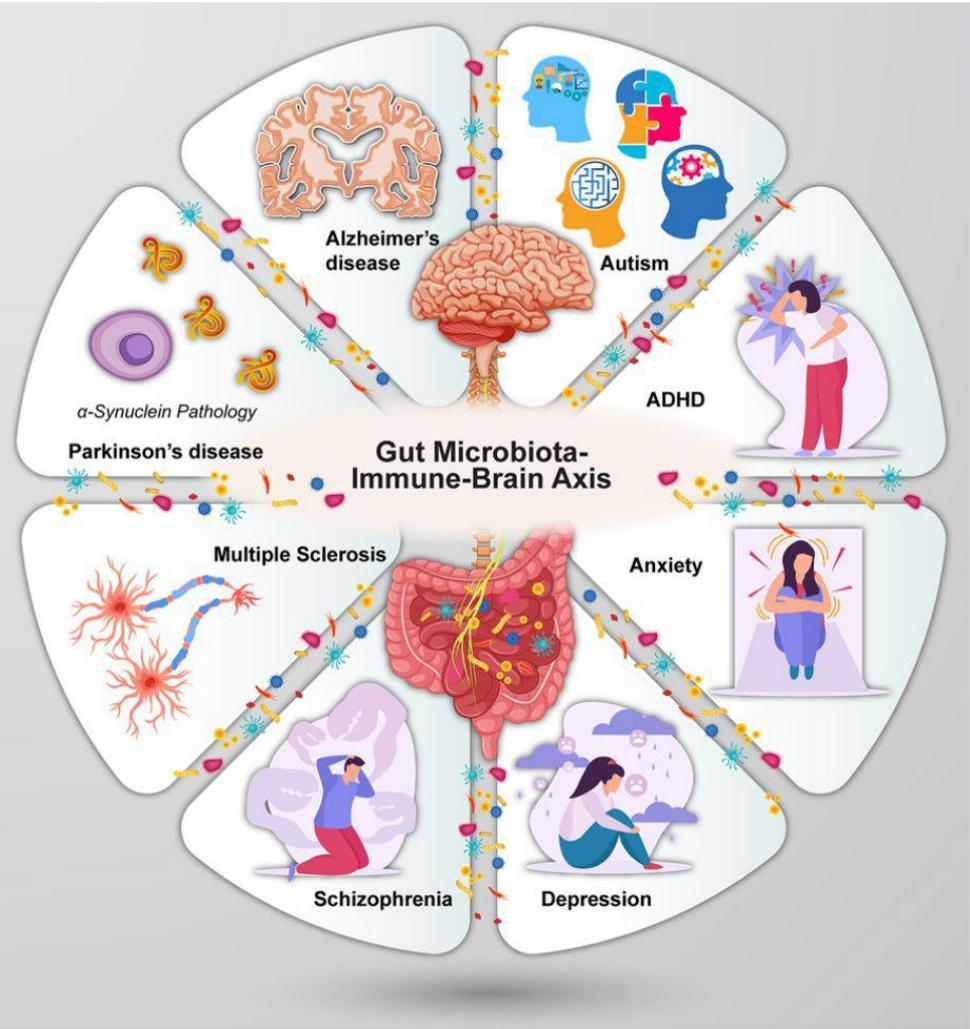


Altered social behaviour

- Autism spectrum disorder (ASD)
- Anxiety
- Depressive-like behavior

Physical performance and motivation

Neurodegenerative diseases



# STEPS to IMPROVE GUT HEALTH



Organic plant-based foods to help improve gut bacteria



Meditation and stress reduction activities



Avoid dairy and gluten, as they can lead to chronic inflammation and upset



Get plenty of sleep



Add more fiber to your diet



Move your body, even 15 to 20 minutes is beneficial



Enjoy fermented food like sauerkraut, kimchi, full fat unsweetened coconut milk yogurt and kombucha



Avoid antibiotics, if possible and check the side effects of medicines that you may be taking



Enjoy plenty of anti-inflammatory foods like the dark leafy greens, berries and ginger



Eliminate processed foods



Reduce your sugar intake

# NUTRITION

Fueling the Mind & Body





# Why Nutrition Matters

Brain Function

Mood

Energy

Hormones

Inflammation

Gut Health



AMERICAN ASSOCIATION

# PSYCHIATRY News

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## Nutrition for Therapy



### An Integrated Approach to Mental Health

By Rose Berry, MD

Study: SAD Linked to Vitamin D Deficiency

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Psychedelic-Assisted Therapy Shows Promise

Page 13

## Vitamin deficiencies and Alzheimer's disease: evidence and implications for supplementation

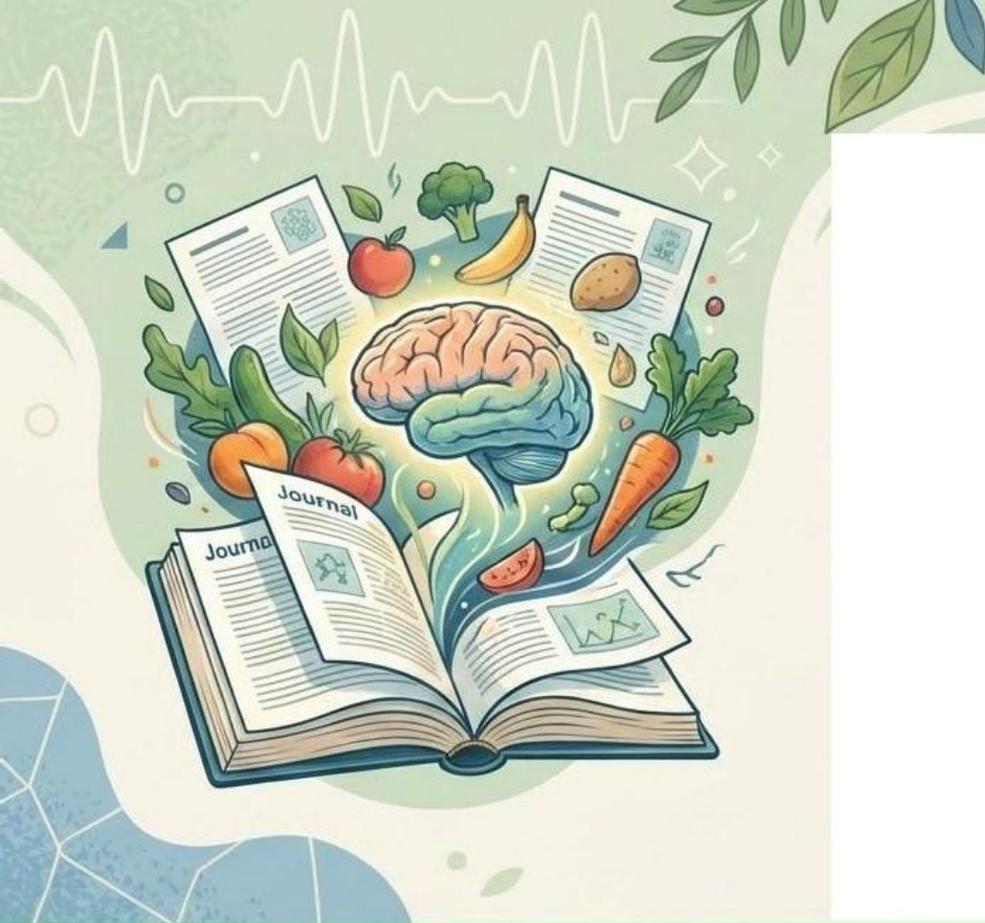
Mariya Timotey Miteva<sup>1,2†</sup>, Davide Laurenti<sup>3†</sup>, Roberto Mattioli<sup>3</sup>, Daniel Di Risola<sup>3\*</sup>, Alessia Mariano<sup>3‡</sup> and Luciana Mosca<sup>3‡</sup>

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Alzheimer's disease (AD) is a progressive neurodegenerative disorder characterized by beta-amyloid (A $\beta$ ) deposition, hyperphosphorylation of tau protein (pTau), mitochondrial impairment and neuroinflammation. Several risk factors, such as aging, genetics, cardiovascular diseases (CVD) and lifestyle, concur to the onset of the disease. Among modifiable risk factors, micronutrient intake has gained attention for its potential role in preventing or slowing down disease progression. In this narrative review, we summarize current evidence linking vitamin deficiencies



# How many published scientific articles are there regarding nutrition and mental health?



Do not edit  
How to change the design

How  
many  
published  
scientific

slido

0



Omega-3 FA



Vitamin D



Magnesium



B Vitamins



Iron

---

**Protein, Dairy  
& Healthy Fats**



**Vegetables  
& Fruits**



---

**Whole  
Grains**



If nutrition were a drug—  
with over 30,000 studies  
and 10M participants  
proving its impact on the  
brain and chronic  
disease— it would be the  
the most prescribed  
therapy in medicine.



# Movement



# Sleep



Does the NIH director  
have to be an MD? p. 524

Genetic basis for COVID-19  
severity pp. 535 & 579

Impacts of Indigenous land  
dispossession pp. 536 & 578

# Science

\$15  
29 OCTOBER 2021  
SPECIAL ISSUE  
science.org

AAAS

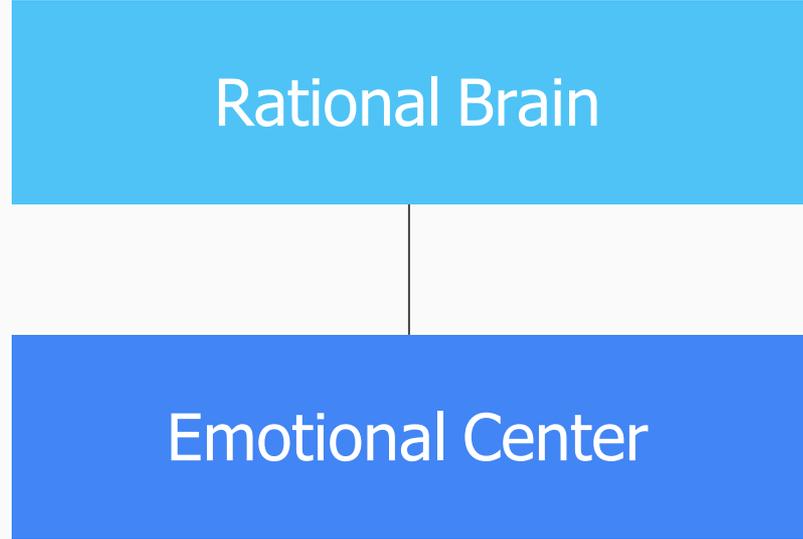
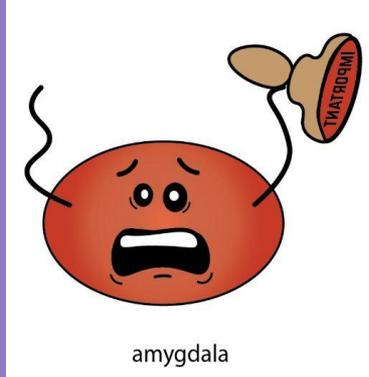
WHY WE  
SLEEP

The cover features a stylized illustration of a person's head in profile, rendered in shades of purple and blue. From the top of the head, several green stems with red roses and buds grow upwards. The background is dark with some light-colored particles or dust. The overall mood is contemplative and artistic.

## Poor Sleep Leads to:

- Anxiety
- Depression
- Impulsivity
- Risk of Substance Abuse
- Worsening PTSD
- Worsening Bipolar
- Worsening ADHD

Sleep loss  
disrupts the  
**PreFrontal Cortex**  
and **Amygdala**



**Neurochemical  
Disruption:**

Sleep is when  
your brain resets  
its chemistry.



Neuroinflammation  
with sleep  
deprivation

*Brain on FIRE*



**JAMA**

## Insufficient Sleep in Adolescents System Changes

**You cannot out-medicate  
a sleep deprived brain.**

Insufficient sleep in adolescents is associated with lower academic achievement, as well as depression, other mental health issues, and physical concerns. The American Academy of Sleep Medicine and American Academy of Pediatrics (AAP) recommend adolescents aged 13 to 18 years sleep for 8 to 10 hours each night.<sup>1</sup> Yet, studies have found that adequate sleep eludes most adolescents.<sup>2</sup>

# Community





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CaptivatingPhoenix3690 · March 12 at 8:59 PM · 0

How many patients should one see as a provider in a family medicine per day ? The place at interviews at said their mid levels sees between 50-60 alone ??



185 comments 1 share



### Stephanie Reeves

I work with three doctors and three other NPs. We see up to 24 a day. And it is busy! If you are doing any MIPS/quality measurements



### Charlie Palmer

I think 40 is realistic. Once you get over 40, you're looking at eventual burn out or at least very long nights playing chart review/ up charting to ensure that the patient gets the focus/ assessment they need in the time they are there.

# Loneliness

Medical Risk Factor

Death 26%

Heart Disease 29%

Stroke 56%

Dementia 31%



Healing happens in  
relationship...

Not in isolation



Contractile arthritis  
The timing safety  
regions recognized  
and regulation as  
the clinical care  
a starting point

*The Bright Spots*



*Dr. Melissa McKrae*