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GRANT FOR BLACK DOG INSTITUTE RESEARCH

Dr Anne-Marie Rees, a Psychiatrist with the Black Dog Institute, has been awarded a grant to further her studies into finding a link between Omega-3 fatty acids and depression in pregnant and postnatal women.

She was one of five researchers from New South Wales to be awarded Pfizer Australia Neuroscience Research (NSR) grants this week.

Dr Rees study is based on findings indicating that low levels of Omega-3 fatty acids may make some women more vulnerable to depression. Added to this is the fact that during pregnancy and lactation women are often depleted of Omega-3 due to diversion to the foetus/newborn.

The dietary intake of Omega-3 is also particularly low in western countries and is one factor associated with higher rates of depression.

The Pfizer NSR grants – offered for the second time this year- target the brightest and best young researchers in neuroscience.

“The grants are designed to encourage and foster those younger doctors who want to make a career out of research and underline our very real commitment to R & D in Australia,” according to Pfizer Australia’s Senior Medical Director Dr Ketelbey.

Women who live in the Sydney area and who wish to participate in the Omega-3 study should ‘phone 02 9382 3767 or email i.tully@unsw.edu.au.

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