Out of the blues:
Seasonal Affective Disorder is focus of Science for Alaska lecture

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FAIRBANKS, Alaska—Seasonal Affective Disorder, also known as S.A.D., is a seasonal mood disorder to which we in the North are particularly sensitive. The disorder is associated with a decrease in sunlight and involves a series of mood changes that are usually depressive in nature. In Fairbanks, where the winter days are often short, many residents get the winter blues and find they require more sleep and more food to satisfy their appetite.

On Tuesday, Feb. 10, Suzanne Womack Strisik will discuss S.A.D., its symptoms, and why residents of the Far North are susceptible to this mood disorder. “Out of the Blues: Shaking Off Seasonal Affective Disorder” will begin at 7 p.m. in the Westmark Gold Room. This lecture is the fourth installment in the 2009 Science for Alaska Lecture Series.

Suzanne Womack Strisik is an associate professor of psychology and the director of the Psychological Services Center at the University of Alaska Anchorage. In addition, she’s a licensed psychologist and also serves the community through private practice.

The Science for Alaska Lecture Series is a six-part series in Fairbanks that covers a broad range of science topics that are specific to the state. The 2009 series runs every Tuesday evening through Feb. 24 at the Westmark Gold Room. Science for Alaska is free to the public, and all ages are welcome.

Please be advised that seating will be limited at this lecture.

The Geophysical Institute, the University of Alaska Fairbanks, and Alyeska Pipeline Service Company sponsor the 2009 Science for Alaska Lecture Series.

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FOR MORE INFORMATION:
http://www.scienceforalaska.com

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