

**ISCTM Late Onset Depression Working Group Summary**  
**15<sup>th</sup> Annual Meeting Working Group Session**  
**21 February 2019**

*In our second Face to Face working group session we briefly reviewed the progress made over the past year and then opened up the meeting for discussion.*

*A main topic of discussion and agreement was the central role of vascular pathology in late onset depression (LOD). Might this actually be a depression caused by cardiovascular disease? Coincidentally at age 45 and above we do begin to see coronary artery disease. Is the effect even broader than depression? As further anecdotal proof of this hypotheses, SSRIs have been shown to improve cardiovascular outcomes and ECT literature shows an overabundance of vasculature. Increased vascular burden often indicates increased symptomology.*

*The utility of imaging to identify patients with LOD was also discussed. Which white matter tracks are affected by the lesions- this results in a different phenotype. What is the role of MRI in identification of LOD? The availability and cost of MRI varies by country and region. While useful, we must make sure that the information provided is clinically meaningful.*

*The group acknowledged the difficulty in conducting clinical trials in this population and a volunteer offered to develop the existing clinical trials section of the white paper based on experience and data obtained from the survey that was conducted last October.*

*The group agreed to continue the discussions on a quarterly basis via teleconference with the hope of finalizing the white paper in the third quarter of 2019.*