

Dr Cindy Calkin is an Associate Professor in the Departments of Psychiatry and Medical Neuroscience and Medical Director of the Mood and Metabolism Program at Dalhousie University. She obtained her MD and CCFP from Dalhousie, practicing family medicine for ten years before returning to Dalhousie to study psychiatry, completing her residency in 2009. She divides her time between clinical practice and research.

Dr Calkin's research interests include metabolic dysregulation in patients with bipolar disorder. This includes examining the effects of obesity, insulin resistance (IR) and type II diabetes (T2D) on course and outcome in bipolar disorder, including response to mood stabilizing treatment, and effect on cognition and brain chemistry. She is currently investigating whether treating insulin resistance can improve outcome in bipolar disorder as the Principal Investigator and Sponsor for the TRIO-BD study, a double blinded RCT (ClinicalTrials.gov:NCT02519543). Her group is also studying mechanisms underlying neuroprogression (chronic course, lack of response to treatment, cognitive impairment and poor functioning) in BD. Their findings support the role of BBB impairment in bipolar neuroprogression and highlight the potential for BBB imaging as a neuroprogression biomarker. They have further demonstrated the capacity of this biomarker to identify region-specific BBB damage predictive of neuropsychiatric symptoms.

Dr Calkin is a member of the International Group for the Study of Lithium treated patients (IGSLi), the International Society for Bipolar Disorders (ISBD) and the Pharmacogenomics of lithium response in Bipolar Disorder (PGBD) research groups.