

“This journal’s existence confirms the prevalence of comorbid diseases among patients seen by neurologists and psychiatrists.”

*In December 1994, I met for the first time with Eric Hollander at Mount Sinai to discuss his writing an educational review on obsessive-compulsive disorder for a popular new psychiatric journal designed for primary care doctors and psychiatrists. As we talked, he sketched on a plain piece of scratch paper from memory an oblong diagram that, almost 2 years later, became the intellectual origin of the journal you now hold.*

*CNS Spectrums* is the by-product of a lot of hard work that began on that winter day. Little did I know that Dr. Hollander, along with the noted Israeli-born psychiatrist Joseph Zohar, had been hard at work developing an all-encompassing, user-friendly diagram to describe for other doctors the pervasive cluster of impulsive, compulsive, and neurologic disorders that they had dubbed the “OCD Spectrum.” As we explored the evolving climate that led to the OCD Spectrum and signaled that significant changes were underfoot, in how researchers and clinicians viewed the neurosciences, we stumbled upon the makings of an idea to help integrate the neurosciences.

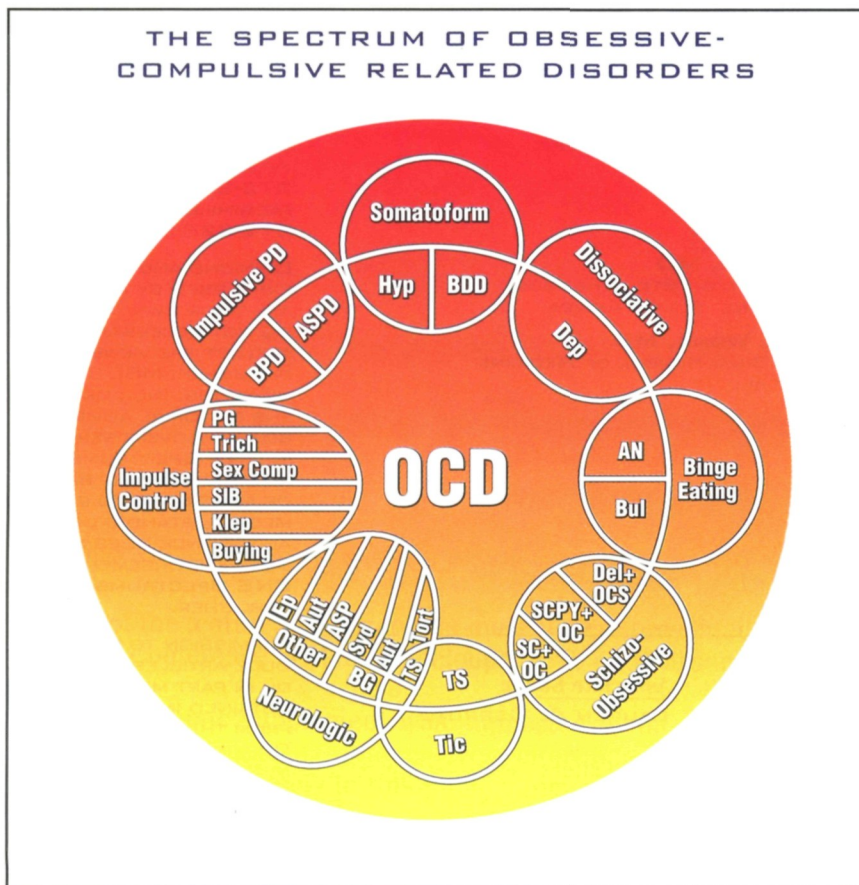
*CNS Spectrums* is an idea whose time has come. This journal’s existence confirms the

prevalence of comorbid diseases among patients seen by neurologists and psychiatrists, and seeks to help these two groups of specialists to understand and treat these crossover patients and their oftentimes intertwined diseases.

The diagnostic connections are profound: Parkinson’s disease ~ depression; dementia ~ Alzheimer’s disease; mood disorders ~ migraines; autism ~ OCD; stress ~ stroke; and head injury ~ sleep disorder, to name just a few. Also underway is a profound pharmacological crossover for neurologists and psychiatrists, as each group learns from the research of the other, hence: antiepileptic ~ mood stabilizer; antianxiety agent ~ antiparkinsonian agent; antidepressant ~ antimigraine, to name just a few. *CNS Spectrums* will enable the practicing physician to better recognize and treat neuropsychiatric illnesses and to keep up with cutting-edge developments in the neurosciences. The latest scientific articles will be interspersed with highly relevant monthly columns and educational reviews on topics such as psychopharmacology, integrated research into clinical practice, essential neurology/psychiatry, grand rounds case histories, neuropsychiatric comorbidity, and controversy and consensus.

Drs. Hollander or Zohar will introduce future issues in this space. Because the launch of a new scientific journal presents itself rarely, and since modesty would prevent these two editors from giving themselves proper due, I thought it was important to reveal how we had gotten here, so that readers may form an accurate perspective on our future role in integrating the neurosciences. Thank you. **CNS**

**JAMES LA ROSSA JR.  
NEW YORK, NY**



THE HOLLANDER SKETCH, FINAL OUTPUT, FEBRUARY 1995.