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## Mission Statement

*MentalFitness* is a peer-review quarterly journal whose goals are to continue to bridge the gap between psychiatry and primary care; and to expose the growing interface between psychiatry and OB/GYN. Women are the main sufferers of mental illness, and the field of obstetrics and gynecology must become educated in modern psychiatry and neuropsychiatry if we are to make continued advances in diagnosing and treating CNS illnesses. Our editorial package will be geared to contribute to that end and to the goal of timely, relevant, and educational reporting on developments and trends in the field of psychiatry.

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## The Biological and Clinical Significance of Single Isomers

*Based on the proceedings of a roundtable discussion on single-isomer  
drug development held on March 28–29, 2001, in Washington, DC*

Single-Isomer Science: The Phenomenon and Its Terminology  
Joseph Gal, PhD

The Development of Single-Isomer Molecules: Why and How  
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Single Isomer Versus Racemate: Is There a Difference?  
Clinical Comparisons in Allergy and Gastroenterology  
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Great Expectations in Stereochemistry: Focus on Antidepressants  
C. Lindsay DeVane, PharmD, and David W. Boulton, PhD

Escitalopram: A Second-Generation SSRI  
Michael J. Owens, PhD, and Jerrold F. Rosenbaum, MD

Efficacy Comparison of Escitalopram and Citalopram in the Treatment  
of Major Depressive Disorder: Pooled Analysis of Placebo-Controlled Trials  
Jack M. Gorman, MD, Andrew Korotzer, PhD, and Guojin Su, PhD

New Single-Isomer Compounds on the Horizon  
Joseph Gal, PhD

Conclusion: The Future of Single-Isomer Pharmacology  
Jerrold F. Rosenbaum, MD