

COLVIN PRIZE

FOR OUTSTANDING ACHIEVEMENT IN MOOD DISORDERS RESEARCH



Benjamin I. Goldstein, M.D., Ph.D.,
F.R.C.P.C.

Director, Centre for Youth Bipolar Disorder
Sunnybrook Health Sciences Centre

Professor of Psychiatry and Pharmacology
University of Toronto Faculty of Medicine

- 2007 Young Investigator
- 2014 Independent Investigator

"It is a tremendous honor to receive the Colvin Prize. This is a precious moment of validation—my team's effort is making an impact and the focus of our research is important. I have such great respect and admiration for the prior winners and am determined to be a positive ambassador for this prize. Sharing the Colvin Prize with my colleague Dr. Lakshmi Yatham provides an opportunity to reflect on how proud I am of Canada's research leadership in the area of bipolar disorder."

Dr. Benjamin I. Goldstein is Professor of Psychiatry and Pharmacology at the University of Toronto Faculty of Medicine, Adjunct Professor of Psychiatry at the University of Pittsburgh, and Director of the Centre for Youth Bipolar Disorder at Sunnybrook Health Sciences Centre in Toronto. He completed his undergraduate studies at the University of Pennsylvania, medical school at the University of Calgary, and Ph.D. and psychiatric training at the University of Toronto. He currently serves as Chair of the Pediatric Task Force and Chair of the Vascular Task Force of the International Society for Bipolar Disorders. Dr. Goldstein has authored over 150 scientific articles, and has received international awards for his research.

Dr. Goldstein's efforts focus on teenagers with bipolar disorder and those who carry familial risk for it. Bipolar disorder is the fourth most disabling medical

condition among adolescents worldwide. Adolescent-onset bipolar disorder can be a particularly severe variant of this illness, underscoring the need for early identification and treatment. Bipolar disorder is also associated with greatly increased risk of premature cardiovascular disease. Dr. Goldstein's research has helped pave the way to what may be a paradigm shift in the understanding of bipolar disorder as a systemic vascular disease. His research seeks to identify the shared biological factors underlying the links between bipolar disorder and cardiovascular disease, and to examine the impact of novel pharmacological and behavioral treatments on psychiatric and cardiovascular outcomes among youth with bipolar disorder. These lines of research offer hope of reduced stigma, earlier identification and improved outcomes for adolescents with bipolar disorder.

"Dr. Goldstein's devotion to improving the lives of young patients with bipolar disorder has fueled his desire to find answers for the underlying biological mechanisms that drive the illness and to find new and better clinical treatments. He has brought to the forefront the novel idea of a shared biology between early-onset bipolar disorder with cardiovascular disease. Dr. Goldstein's unique research on medical comorbidity and peripheral biomarkers strategically interweaves multiple disciplines and diverse investigative leaders."

—Robert M. Post, M.D., Chair of the Colvin Prize Selection Committee