

DR. JOSEPH CALABRESE

Psychiatry

University Hospitals Case Medical Center

The desire to help patients in need is why Dr. Joseph Calabrese, director of the mood disorders program at University Hospitals Case Medical Center, decided to go into the field of psychiatry. "It is a huge opportunity to meet unmet needs," says the Ohio State University College of Medicine graduate.

Calabrese works specifically with bipolar disorder, which includes symptoms like mood swings, depression and mania. "Every time I see someone cycle from being depressed to a hypomanic mood swing, I'm always amazed," he says. "There is a huge difference in how people look, present and interact."

Meeting with patients is Calabrese's favorite part of his job, and he finds himself very comfortable working with them. "People who have bipolar disorder are talented and frequently gifted people who are verbal, engaging and pleasant to be around," he said. "Patients with this illness are very engaging, and appreciate the help that they get."

Calabrese has two main focuses for bipolar disorder: studying underserved populations, including those who are undiagnosed and those who are in jails and prisons; and treatment breakthroughs. "My first interest has always been a development of new treatments, not just medicines," he says. "I think in general, people just don't understand it is a serious illness that needs to be treated."