

*F. Letters
Ayd*

January 7, 1979

Frank Ayd, M.D.
Ayd Medical Communications
Baltimore, Maryland

Dear Frank,

Enclosed is a copy of the report which we recently published describing our experiences with phenytoin. From these data, I think we can understand that the varied reports of the efficacy of this compound in the treatment of the mentally ill may have resulted from inadequate dosage, poor compliance with resulting plasma levels that were possibly inadequate for the induction of changes in brain function. If these findings are to be trusted (and I think they should be), then we are justified in undertaking additional studies of phenytoin in cases of neurotic depression and anxiety, monitoring the plasma levels so that persistent levels of at least 8ug/ml are maintained.

My best wishes for a healthy and successful 1980.

Sincerely yours,

Max Fink, M.D.
Professor of Psychiatry