



## Dr John Cade – Lithium

### DISCOVERY AND USE OF LITHIUM TO TREAT BIPOLAR DISORDERS

#### John's Father was Dr David Duncan CADE:

General Practitioner, Murtoa 1908 – 1920

#### DR JOHN CADE: Born 18th January 1912 in Murtoa

- 1928** Studied medicine University of Melbourne. Qualified as a Psychiatrist.  
Worked as a house officer at St Vincents Hospital and then Royal Children's Hospital
- 1937** Married Jean
- 1940** Captain in Australian Army Medical Corps, AIF. Posted to 2nd 9th Field ambulance
- 1941** Served as a surgeon, Singapore
- 1941 – 1945** Singapore fell to Japan. Dr Cade became a POW in Changi prison
- 1948** Dr Cade discovered the effects of lithium carbonate as a mood stabilizer in the treatment of bipolar disorder, then known as Manic Depression
- 1949** Medical paper 'Lithium Salts in the treatment of psychotic excitement'.  
A result of experiments on guinea pigs and himself  
Problems of lithium toxicity reduced once suitable blood tests developed  
Lithium being a naturally occurring chemical it could not be patented.  
Not seen as being commercially viable  
Slow adaptation – USA banned its use until 1970
- 1952 - 1977** Superintendent and Dean of Clinical School. Developed modern facilities and replaced authoritarian approach to patient care, such as group therapy.
- 1969 – 1970** Served as federal president of Royal Aust & NZ College of Psychiatry
- 1976** Officer of the Order of Australia
- 1980** Died
- 2018** **Tribute - Naming of CADE LANE in Murtoa. Many family members attended the ceremony**

**LEGACY:** A long list of tributes, lectures, fellowships, associations, prizes and awards around the world

**DOCUMENTARY:** 'Troubled Minds – The Lithium Revolution' by Film Australia and SBS 2004



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