“MY WORK IS DONE. WHY WAIT?”

Lessons Learned from the Suicide of George Eastman

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Disclosures:

None

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THANKS to MANY collaborators
Marnin Heisel, PhD
Elizabeth Brayer: George Eastman – A Biography
University of Rochester Press, 2006

Photo credits:
Eastman.org
Rarenewspapers.com
Objectives

- Appreciate the life and contributions of George Eastman and the challenges he faced at the end of his life.
- Understand the factors that place older adults at risk for suicide.
- Understand approaches to risk assessment and prevention in later life.
Suicide Rates by Age Group (per 100,000; 2019)

Data Courtesy of CDC

<table>
<thead>
<tr>
<th>Female Age</th>
<th>Suicide Rates (per 100,000)</th>
<th>Male Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>75+</td>
<td>4.3</td>
<td>39.9</td>
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<tr>
<td>65-74</td>
<td>5.9</td>
<td>26.4</td>
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<tr>
<td>45-64</td>
<td>9.6</td>
<td>29.9</td>
</tr>
<tr>
<td>25-44</td>
<td>7.4</td>
<td>28.0</td>
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<tr>
<td>15-24</td>
<td>5.5</td>
<td>22.0</td>
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<td>10-14</td>
<td>2.0</td>
<td>3.1</td>
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THE “5 Ds” OF LATE LIFE SUICIDE

- DEPRESSION
- DISCONNECTEDNESS
- DISEASE (Medical illness)
- DISABILITY
- DEADLY MEANS
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MEDICINE OF THE HIGHEST ORDER
U.S. SUICIDE AND FIREARM DEATHS IN OLDER ADULTS -- 2018

THE “5 Ds” OF LATE LIFE SUICIDE

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DISEASE
(Medical illness)

DISABILITY

DISCONNECTEDNESS

DEADLY MEANS
**DISCONNECTEDNESS:** Cumulative incidence of suicide by social integration category in the Health Professionals Follow-up Study

Men, ages 40 – 75 years (n = 34,901)

George Eastman
Born: July 12, 1854
Inventor
Entrepreneur
Marketer
Industrialist
Philanthropist
Died: March 14, 1932, age 77
George Eastman
Born: July 12, 1854
Died: March 14, 1932, age 77

To my friends
My work is done.
why want?

Why?
Early life

- Born in Waterville, NY
- Distinguished heritage
- Parents, 2 sisters
- Moved to Rochester (age 6)
- Father died (age 8)
The bank teller
age 23

The office boy
age 14

The factory owner
(dry plate manufacturing)
age 26
The first box camera – age 34
The Kodak Camera.

"You press the button, we do the rest."

The only camera that anybody can use without instructions. Send for the Primer, free.

The Kodak is for sale by all Photo stock dealers.

The Eastman Dry Plate and Film Co.,

Price $25.00—Loaded for 100 Pictures.

Rochester, N. Y.

A full line Eastman’s goods always in stock at LOEBER BROS., 111 Nassau Street, New York.
Eastman Mansion
1905

Age 51
Maria Eastman (1821-1907)

Josephine Dickman ( -1918)
Officially retires as Kodak director 1925
Age 71
Eastman on Safari
c. 1926
Age 72
With Thomas Edison, 1928
Age 74
March 14, 1932
Age 77
GEORGE EASTMAN HONORED BY THOUSANDS

Scenes at House and Church as Great Crowd Honors Memory of City’s First Citizen
THE “5 Ds” OF LATE LIFE SUICIDE

- DISEASE
- DISCONNECTEDNESS
- DEPRESSION
- DISABILITY
- DEADLY MEANS

Elderly man with chronic back pain becomes unable to work... and isolated from social supports. ..with access to a gun... and depressed
Institute of Medicine Terminology: “LEVELS” OF PREVENTIVE INTERVENTION

“Indicated” – symptomatic and ‘marked’ high risk individuals – interventions to prevent full-blown disorders or adverse outcomes.

“Selective” – high-risk groups, though not all members bear risks – prevention through reducing risks.

“Universal” – focused on the entire population as the target – prevention through reducing risk and enhancing health.
INDICATED PREVENTION

- Assure safety
- Diagnose and treat
  - Depression treatment is effective, including at reducing suicidal ideation and *maybe* suicide rates
  - Antidepressants, lithium, ketamine/esketamine, clozapine
INDICATED PREVENTION

- Assure safety
- Diagnose and treat
  - Depression treatment is effective, including at reducing suicidal ideation and *maybe* suicide rates
  - Antidepressants, lithium, ketamine/esketamine
  - Psychotherapy
    - CBT-SP, PST, DBT
    - CAMS – Collaborative Assessment and Management of Suicidality  [https://cams-care.com/about-cams/](https://cams-care.com/about-cams/)
    - ASSIP – Attempted Suicide Short Intervention Program  [https://cams-care.com/about-cams/](https://cams-care.com/about-cams/)
  - Caring Contacts – Jerry Motto, Kate Comtois, Greg Carter
SELECTIVE PREVENTION

- **DISEASE & DISABILITY**
  - Easy access to acceptable primary care
  - Integrated care management models
    - medical, psychological, social
  - Rehab; pain management

- **DISCONNECTEDNESS**
  - Outreach & engagement
  - Community-based services and supports
  - Psychotherapy (Engage, PST, CBT)
UNIVERSAL PREVENTION

- Focused on the *entire population* as the target – prevention through reducing risk and enhancing health.
  - Firearm safety (*DEADLY MEANS*)
  - Culture change (*AGEISM*)
What might have been done?

1. Treat depression
2. Optimize pain management (disease)
3. and functioning (disability)
4. Problem solve disconnectedness
5. Remove firearms (deadly means)

…all in a manner that Mr. Eastman would find acceptable.
Thank you

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