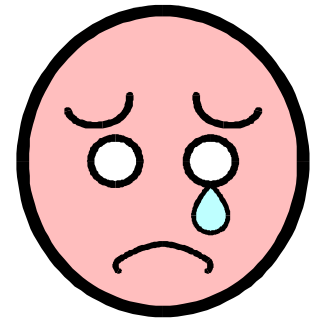


# Are you DEPRESSED?

Most people feel depressed at some point in their lives, but if the feeling lasts for more than 2 weeks it could be clinical depression. But the good news is that 80% of people with clinical depression can be treated successfully.

## Signs & Symptoms of Depression

- ◆ A persistent sad, anxious or “empty” mood
- ◆ Loss of interest or pleasure in ordinary activities
- ◆ Decreased energy, fatigue, feeling “slowed down”
- ◆ Sleep problems (insomnia, oversleeping, early-morning waking)
- ◆ Eating problems (loss of appetite or weight, weight gain)
- ◆ Difficulty concentrating, remembering, or making decisions
- ◆ Feelings of hopelessness
- ◆ Thoughts of death or suicide; a suicide attempt
- ◆ Irritability
- ◆ Excessive crying
- ◆ Recurring aches and pains that don’t respond to treatment



## People who are most at risk for depression are:

- ◆ Those who live alone or are socially isolated
- ◆ People who have a physical illness
- ◆ People who have recently lost a loved one
- ◆ Those who have a previous history of depression or have attempted suicide
- ◆ Women
- ◆ Those who have a family history of depression

## **Causes of Depression**

- ◆ **Other illnesses like stroke, cancer, diabetes, and Parkinson's disease**
- ◆ **Medications - certain drugs can have depression as a side effect or interact with other drugs**
- ◆ **Genetics and Family History - depression often runs in families**
- ◆ **Personality - people with low self-esteem or are very dependent seem vulnerable to depression**
- ◆ **Life Events - death of a loved one, divorce, moving to a new place, money problems, or people without social support**

## **Help is out there...**

**A recent study done at Duke University Medical Center found that exercising 3 times a week could help more than medications to relieve depression.**

**Mental health specialists can prescribe anti-depressant drugs and help you with a plan of treatment.**

**Family physicians and clinics can provide treatment or make referrals to mental health specialists.**

**Hospitals and university medical schools in our area often have studys that can help treat depression.**

**If you have any questions or concerns you can contact the Granville-Vance District Health Department at:**

**919-693-2141 or 252-492-7915**