

What we should know about DEPRESSION

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What is DEPRESSION

- Depression is more than Just Feeling Sad.
- Depression brings *Intense* feelings of hopelessness and despair to a Point where you cannot take part in a normal everyday activities.
- These feelings can be strong enough to disrupt your life completely.
- It can last for several weeks.

Depression Causes



genetics



**brain chemistry
imbalance**



poor nutrition



**physical
health issue**



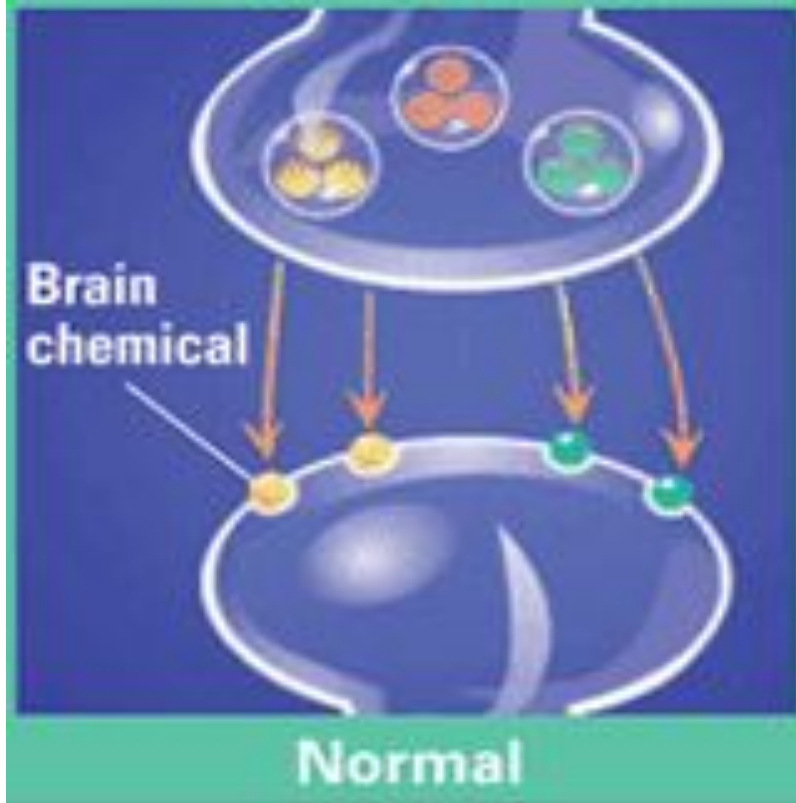
drugs



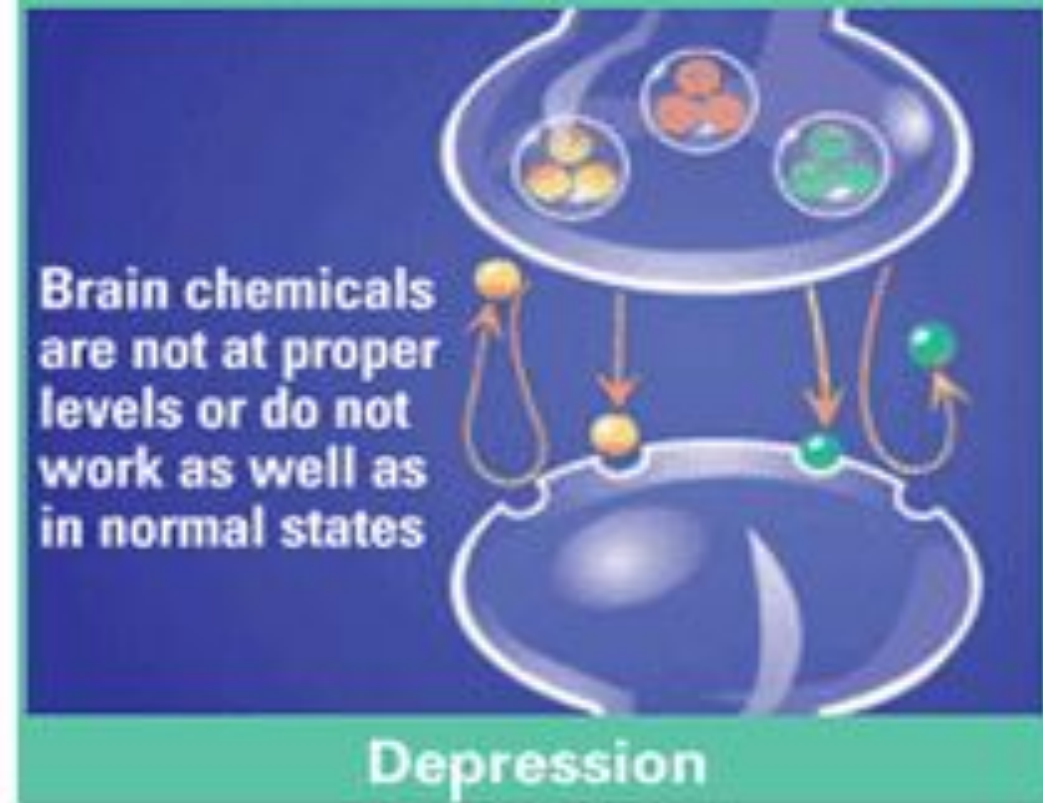
stress



What happens in Depression



Normally brain chemicals* carry messages from one brain cell to the next.



An imbalance of brain chemicals can change the way brain cells communicate. This can change a person's mood.

DEPRESSION

LATE IN LIFE

Depression in Americans 65+

20%

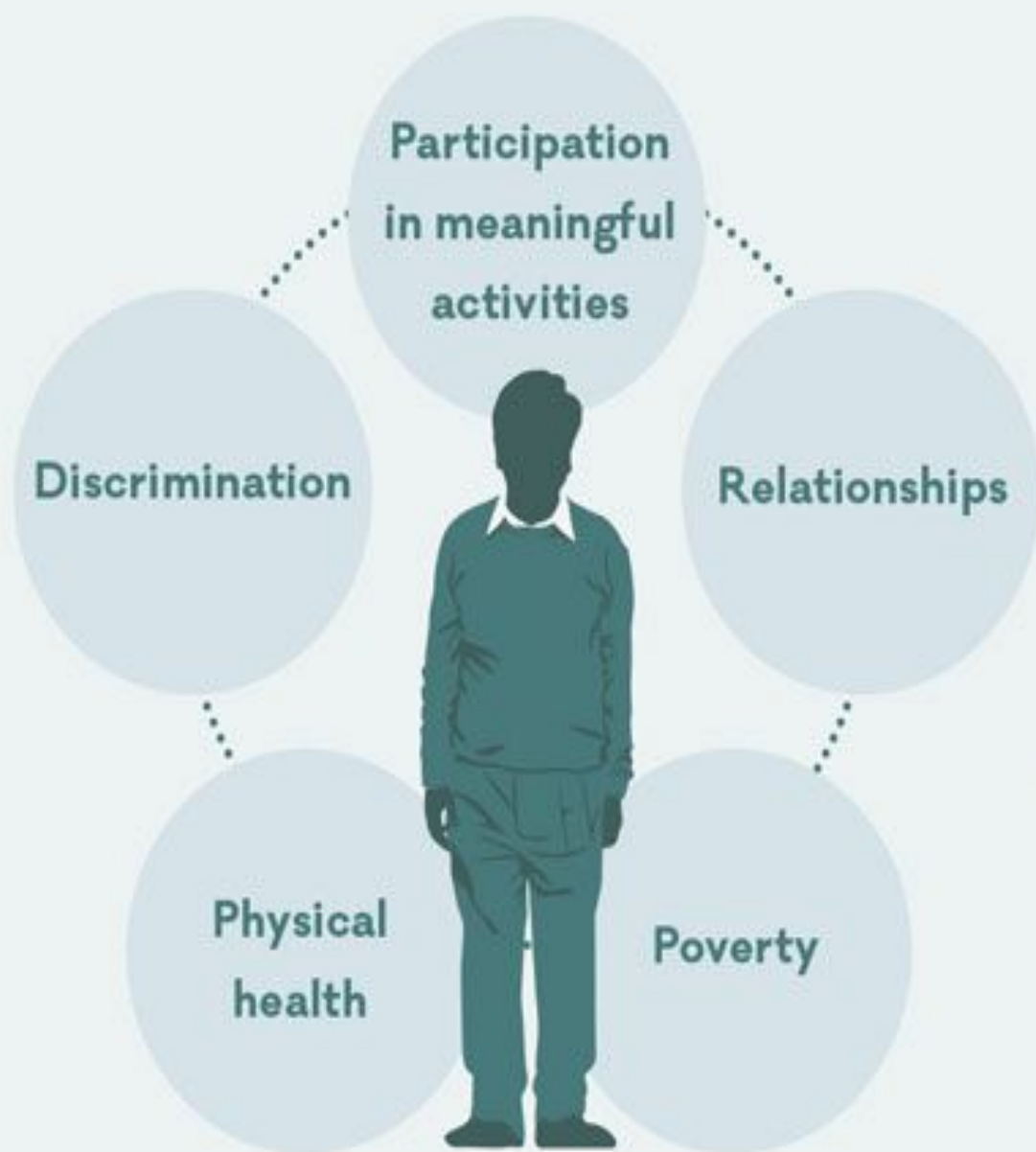
of suicides per year
are people 65+



About 1 in 15 people 65+ suffer from depression



Only 10% of those 65+ get help for depression



The 5 key factors that affect the mental health and wellbeing of older people are: discrimination, participation in meaningful activities, relationships, physical health and poverty.

(Age Concern and the Mental Health Foundation, 2006)

7 SIGNS & SYMPTOMS OF DEPRESSION



FEELINGS OF SADNESS, EMPTINESS AND HOPELESSNESS

It seems as if nothing will ever improve. You can see no light at the end of the tunnel.



APATHY TOWARDS OR A DIMINISHED PLEASURE IN LIFE ACTIVITIES

You've lost interest in things you used to enjoy. You don't care anymore.



SIGNIFICANT CHANGES IN APPETITE AND BODY WEIGHT

You've experienced either a marked weight gain or weight loss over a short period of time.



FEELINGS OF SELF-LOATHING, WORTHLESSNESS OR GUILT

You've become extremely critical of and disappointed with yourself, perhaps even to the point of suicidal thoughts.



CHANGES IN YOUR SLEEP PATTERN

Insomnia or oversleeping, you're either not able to sleep or you're sleeping significant hours of your life away.



INCREASED ANGER OR IRRITABILITY

Your tolerance level is low and your temper is short. Everyone and everything is getting on your nerves.



FATIGUE OR A LOSS OF ENERGY

You always feel exhausted and even simple everyday tasks take everything out of you.

Major Depression

- 5 Symptoms at least for 2 weeks
- Depresion Post - Partum

Bipolar disorder

- Causes extreme mood swings that include emotionals highs (mania) and lows (depression)

Dysthymia (Chronic depression)

- You may lose interest in normal daily activities, feel hopeless, lack productivity, and have low self-esteem and an overall feeling of inadequacy. These feelings last for years and may significantly interfere with your relationships, school, work and daily activities.

DEPRESSION TREATMENT



MEDICATION



PSYCHOTHERAPY



COMMUNICATION



EXERCISE



HEALTHY FOOD



VITAMINS



SCHEDULE



RELAXATION



TRAVEL



MUSIC



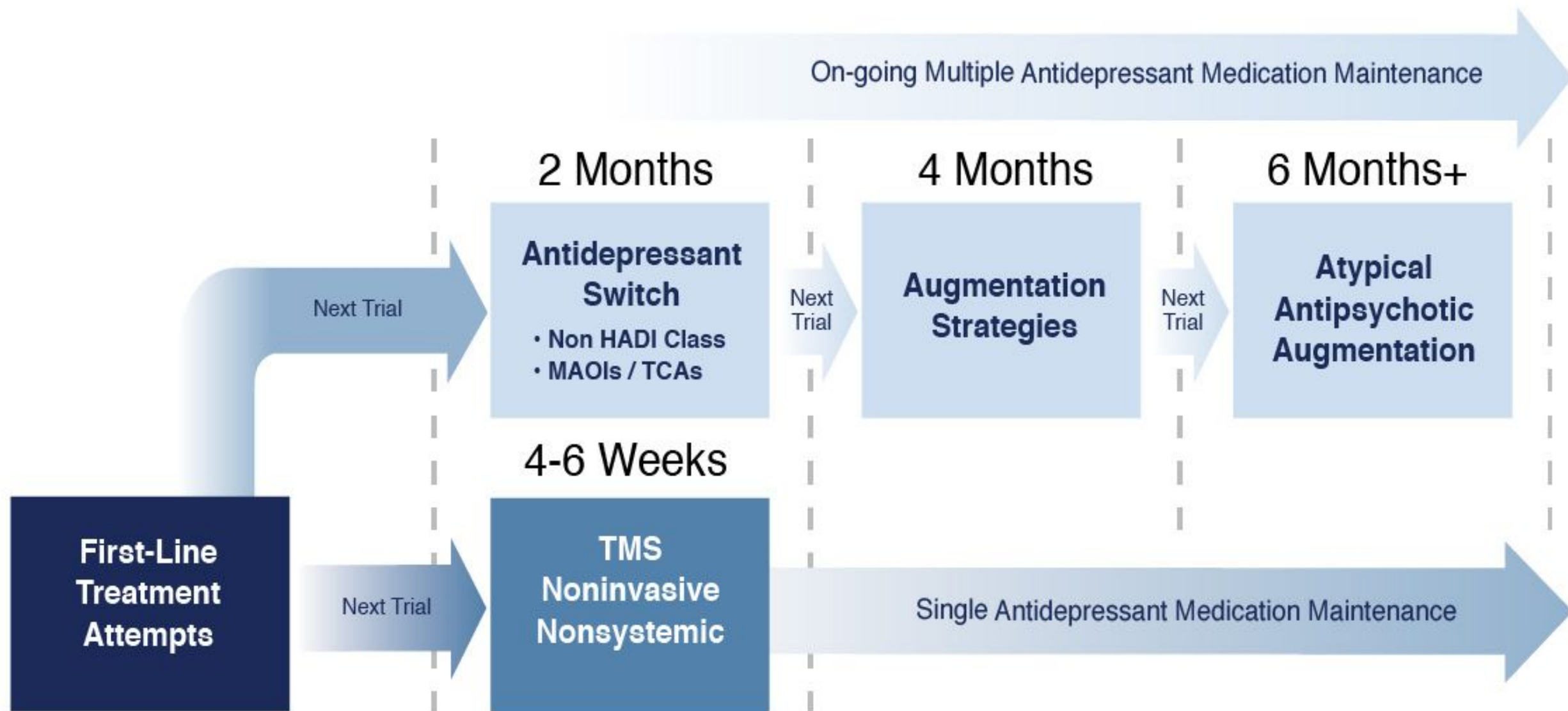
POSITIVE THINKING



SLEEP ENOUGH

Best Practices Treatment Guideline for Depression

Based on 2010 APA guidelines and NeuroStar TMS Therapy® indication for use



TRATAMIENTO PARA DEPRESIÓN

- **Antidepressant Medications**
- **Transcranial Magnetic Stimulation**
- **Music therapy**
- **Electroconvulsive therapy.**



RECOMMENDATIONS

- Find help : Tell Your Doctor about your symptoms and feelings.
- Avoid alcohol and drugs
- Exercise
- Healthy Diet
- Good sleep hygiene
- Prepare a weekly plan of activities
- Travel
- Go out with friends and family
- Remember the good aspect of life, you are alive
- Help other, that would make you feels better



An aerial photograph of a beach at sunrise. The sun is low on the horizon, casting a warm glow over the ocean and the sandy beach. The waves are breaking gently onto the shore. The quote is overlaid in white text on the image.

**With the new day comes new
strength and new thoughts.**

Eleanor Roosevelt

- ➔ **Research shows the benefits of exercise go beyond just physical well-being.**
- ➔ **Physical activities such as walking, biking, dancing, yoga or thai chi - can help**

