

DISCLAIMER

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Depression

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Depression

- Affects 15% of people at some point in their lives.
- Low energy
- Slowed or exaggerated reflex/reaction
- Feeling worthless or inappropriate guilt
- Decrease concentration
- Recurrent thoughts of death or suicide
- Depressed mood
- Loss of interest or pleasure
- Change in appetite or weight
- Insomnia or too much sleep



Causes of Depression

- Genetic factors increase risk
- Major chronic medical disease
 - Diabetes, Parkinson's, immobility, thyroid problems, hepatitis and HIV
- A Terminal disease
- Medications: Beta blockers,
- Substance abuse, alcoholism



Diagnoses of Depression

- Clinical diagnosis
- Questionnaires: PHQ-2, PHQ-9
- Major depression: presence of ≥ 5 symptoms present for more than 2 weeks.
- Exclude chronic disease, low thyroid or B12 as the problem
- Exclude normal bereavement, traumatic stress, or bipolar



Treatment of Depression

- Daily exercise effective as 1 medication
- Work (Horner et. al.)
- Increase sunlight exposure / Improve sleep cycle
- Resolve stressors and use healthy coping mechanisms
- Psychotherapy/medication for at least 6 months



Prozac

Zoloft
Paxil
Lexapro
Celexa
Luvox

