

Are you at risk for depression?

Have you or your loved one:

	Yes	No
Felt hopeless or worthless?	<input type="checkbox"/>	<input type="checkbox"/>
Felt slowed down?	<input type="checkbox"/>	<input type="checkbox"/>
Become more tearful?	<input type="checkbox"/>	<input type="checkbox"/>
Been more worried over financial or health problems?	<input type="checkbox"/>	<input type="checkbox"/>
Had unexplained loss or gain of weight?	<input type="checkbox"/>	<input type="checkbox"/>
Had trouble sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
Been pacing or fidgeting?	<input type="checkbox"/>	<input type="checkbox"/>
Had problems focusing?	<input type="checkbox"/>	<input type="checkbox"/>
Thought of hurting yourself?	<input type="checkbox"/>	<input type="checkbox"/>
Had physical problems such as stomach problems, or pain?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered YES to any of the above questions, consider talking with your health professional.

For more information about depression, contact the following organizations:

National Mental Health Association
2000 North Beauregard Street, Floor 6
Alexandria, VA 22311-1732
1-800-969-NMHA
www.nmha.org

National Alliance on Mental Illness
Colonial Place Three
2107 Wilson Boulevard, Suite 300
Arlington, VA 22201-3042
1-800-950-NAMI
www.nami.org

American Geriatrics Society
The Empire State Building
350 Fifth Avenue, Suite 801
New York, NY 10118
1-800-247-4779
www.americangeriatrics.org

This brochure has been adapted from the TMF Health Quality Institute "Depression Information for You. A Guide for Older Adults."

References

<http://nursinghomes.tmf.org/Portals/16/Documents/NH/Toolkits/Depression/DepressionBrochure.pdf>
<http://www.mayoclinic.com/health/depression>
<http://www.webmd.com/depression>
http://www.depression.com/web_resources.html

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Depression: The Invisible Disease

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DIVISION OF AGRICULTURE



Signs & Symptoms

Everyone has felt “down” or “low” at one time or another. However, when symptoms occur for 2 or more consecutive weeks, depression can be considered as a diagnosis.

Here are a few examples of signs to look for:

- Loss of interest in everyday activities
- Restless or Irritable
- Easily annoyed
- Weight gain or loss
- Crying
- Thoughts of suicide or wanting to die
- Trouble sleeping

Depression “Triggers”

Knowing what “triggers” depression can be a step towards preventing depression.

Could these examples of depression “triggers” be affecting your health?

- Gloomy weather
- Poor diet
- Staying indoors for long periods of time
- Going too long without eating
- Spending time around negative people
- Death
- Divorce
- Loss of job
- Financial problems or debt

Common Illnesses that can Play a Role in Depression

Other illnesses that can cause or worsen depression include:

- Cancer
- Parkinson’s disease
- Diabetes
- Physical disabilities
- Stroke or heart disease
- Nutrient deficiencies
- Some auto-immune deficiencies such as hypothyroidism



The Importance of Treatment

Depression can last for long periods of time if it goes untreated.

Many people believe that depression is a normal part of aging and that they will just have to “tough it out.” However, depression is a serious medical illness, no different from heart disease or diabetes.

If depression is not treated, it can:

- Bring about a disability
- Intensify symptoms related to other illnesses
- Increase the risk of suicide
- Increase the likelihood of a premature death

Depression is not a normal part of aging. It can be treated.

Treatment is Available

There are many treatment options available for depression. It is important that you speak with a professional to discuss your care.

Often, 2 or more treatments are used at the same time.

Here are a few treatment options:

- Cognitive behavioral therapy
- Support groups
- Exercise
- Spiritual Focus
- Alternative therapy (yoga, massage therapy, visualization, etc)
- Pet therapy
- Diet
- Electromagnetic Stimulation
- Medication
- Supplements

If you think you are depressed, don’t keep it a secret. Tell someone.