

Depression Treatment

While unfortunately depression is common, the good news is that it is very treatable. Lifestyle changes can help. Exercising regularly, maintaining a regular sleep schedule, and avoiding substances such as alcohol or other drugs can have beneficial effects on mood.

If lifestyle changes alone do not seem like enough, talk to your family doctor about other treatment options. Because depression is so common, your family doctor has likely seen many other patients with this condition.

In some cases, you may benefit from a referral to a psychiatrist, who is a medical doctor (MD or DO) with specialized training in mental health. Psychiatrists can prescribe medication and may also provide talk therapy.

Depression is generally treated with either medication, talk therapy or a combination of both medication and talk therapy.



Interested in More Information?

Milwaukee County Resources

- Walk-in Clinic
(414) 454-4242
- 24-Hour Crisis Line
(414) 257-7222
- Call 911 if you or someone you know have a life-threatening emergency

National Suicide Prevention Line

- 1-800-273-TALK (8255)

National Alliance on Mental Illness

- www.namiwisconsin.com



Medical College of Wisconsin
Department of Psychiatry
(414) 955-8990

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Wauwatosa, WI 53226

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Depression & Your Health



**Medical College of Wisconsin
Department of Psychiatry**

The Effects of Depression

Signs & Symptoms of Depression

Depression and Your Heart

- Depression may increase your risk for metabolic syndrome
- Self-reported symptoms of depression/anxiety may increase risk of heart attack
- Depression symptoms and cardiac symptoms may be difficult to distinguish.
- Depression may occur after a heart attack
- Untreated depression may worsen symptoms of heart conditions
- Treating depression after a heart attack may improve treatment response

Depression and Your Brain

- Depression can be associated with other brain conditions such as stroke, Parkinson's Disease and Traumatic Brain Injury
- Treating depression after a stroke may improve patients' recovery
- Depression may increase the risk of stroke
- It is thought that depression may increase the risk of developing dementia. Even in elderly people who do not have dementia, untreated depression can sometime mimic memory problems (a condition known as "pseudodementia")

Physical Depression Effects

Reduced energy or increased fatigue

Impaired ability to concentrate

Difficulty staying asleep or not enough sleep

Sexual Dysfunction

Increased or decreased appetite

Increased or decreased weight

Depression may make chronic pain more severe and more difficult to endure

The effects of chronic pain on sleep, socialization, and functioning can also contribute to depression

Depression and Suicide

Sometimes people with depression have thoughts of suicide. This is a serious symptom of depression that requires treatment.

It is ok to ask your loved one if he/she is having suicidal thoughts. This will help your loved one get help.

If you or someone you know are feeling suicidal, get help!

- Call 911
- Visit an ER
- Contact your health provider

Signs & Symptoms

- Depressed mood lasting the majority of the day for at least 2 weeks
- Loss of interest in activities you once found pleasurable
- Increased or decreased appetite
- Too much or too little sleep
- Decreased energy
- Moderate fatigue
- Decreased ability to concentrate
- Feelings of worthlessness or guilt
- Feelings of helplessness
- Recurrent thoughts of suicide or death

Facts about Depression

- Depression runs in families. If a family member has depression, you have a greater risk of developing depression.
- If you have had depression in the past, you are at risk of a recurrence.
- Stressful life events may trigger an episode of depression, but depression can also arise on its own.