Diabetes and You!

Depression
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Two types of depression

- Clinical depression: one who suffers with depressed mood regardless of outside stressors, and...
- Situational Depression: one who, under normal circumstances, doesn’t feel depressed, but when stressed (i.e. diabetes) they develop the symptoms of depression
What are the symptoms?

• Feeling down, depressed
• Sadness, hopelessness, despair
• Difficulty sleeping (too much, too little)
• Change in weight (up or down), or appetite
• Feeling fatigued or run down
• Short-tempered, angry, nervous, anxious
• Feelings of worthlessness
• Loss of interest or pleasure in life or activities
• Slowed thinking
• Feelings of self-harm or suicide
What does it take to count as depression?

- Five or more of the listed symptoms
- For two or more weeks
- Anxiety is surprisingly common
- If you think you have it, tell someone… your family, your friends, your doctor, anyone you trust.
Diabetes and Depression can go hand in hand

- Depression is not generally considered a complication of diabetes, but...
- You are more likely to suffer from depression if you have diabetes, and...
- Your diabetes is more likely to be harder to get under control if you suffer from depression, and...
- Your depression is more likely to be worse if you have more complications
Who is at greater risk?

- You (diabetes or any chronic disease)
- Gender (female > male)
- Age (middle age > elderly > young)
- Limited health insurance, financial stressors
- Being single
- Recent stressful events
- Difficult relationships
- Latinos or African Americans
Epidemiology (nationwide)

- 5% of adults over 20 years will suffer from depression
- 12% of adults between 40-74 years
- Rate is two to four times higher if you have diabetes (10-20% and 25-50%!!)
- Females twice as likely (2:1)
Diabetes and its complications... and Depression

- More likely to have Retinopathy
- More likely to suffer from Neuropathy (numb feet)
- More likely to have sexual dysfunction
Diabetes gets harder if you have Depression

- More difficult to take your medicines
- Harder to make good food choices
- MUCH harder to get physically active
- At risk of withdrawing from family and friends (a very important part of diabetes care)
- Less likely to care about yourself (harder to do “self-management”)
Some don’t know…
Some aren’t treated right…

- 1/3 of those with depression don’t know they have it, and, therefore, don’t seek care
- 1 in 10 of those suffering from depression are not treated correctly or aggressively enough
Diabetes and Depression…
a double whammy

- It is more expensive to buy all of those medicines (more pills, more money)
- You see your doctor more (more visits)
- And you may feel less inclined to take your medicines or go to your doctor
So what can you do about it…
(There is hope…really!)

• Lean on your family and friends…they really do want to help and see you happier
• Tell you doctor if you suspect you have depression
• Use of prayer can be very helpful
• Getting connected…church, support groups, walking clubs, social meetings)
• Get moving (physical activity)
Physical Activity

• How can you get more active?
  – Just because… to get healthy (treadmill…)
  – At work (take the stairs, walk more…)
  – At home (mow the lawn, don’t use remote…)
  – For fun (walking clubs, YMCA water aerobics…)

• Moving more treats depression
  …really!
What else…

• Inform yourself (you are here now!)
• Figure out what you barriers are…what makes it so hard for you (stress, money, family, pain, medications, relationships, etc…)
• Keep plugging away with your self-management goals. Being successful will make you feel better about yourself. Make you goals reasonable and reachable
• Consider seeing a counselor, a therapist, or a psychiatrist (ask you doctor)
• Medications…
Medications

SSRI drugs:
- Prozac
- Paxil
- Zoloft
- Celexa
- Lexapro

Other drugs:
- Wellbutrin
- Serzone
- Elavil
- Pamelor
- Effexor
- Remeron