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# 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?

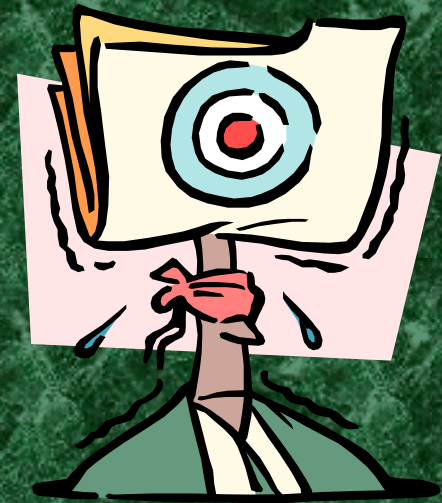
- Five or more of the listed symptoms
- For two or more weeks
- Anxiety is surprisingly common
- If you think you have it, tell someone...  
your family, your friends, your doctor,  
anyone you trust.

# 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 your 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 your goals reasonable and reachable
- Consider seeing a counselor, a therapist, or a psychiatrist (ask your doctor)
- Medications...

# Medications

## SSRI drugs:

- Prozac
- Paxil
- Zoloft
- Celexa
- Lexapro

## Other drugs:

- Wellbutrin
- Serzone
- Elavil
- Pamelor
- Effexor
- Remeron