Depression

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Map – presentation outline

- Depression
  - How big is the problem?
- What is depression?
  - signs/symptoms
- Types of depression
- Depression with other diseases
- Treatment for depression
- How can I help myself or others in depression?
Poem - Behind The Mask

Hiding the hurt, hiding the pain
Hiding the tears that fall like rain.
Saying I'm fine, when I'm anything but,
This ache in my soul rips at my gut.

My skin is on fire, I burn from within.
The calm on my face is an ongoing sin.
The world must stay out, I've built up a wall.
My fragile lie will collapse should it ever fall.

Loneliness consumes me, it eats away the years
Until my life is swallowed by unending fears.
Waiting for someone to see I wear a mask
And care enough to remove it, is that too much to ask?

Source:
http://www.familyfriendpoems.com/poem/behind-the-mask#ixzz3lIVvaAMY
Depression – how big is the problem?

• One of the most prevalent diseases: affects ~ 350 million people worldwide (WHO, 2012).

• During 2009–2012, 7.6% of Americans aged 12 and over had depression (National Center for Health Statistics [NCHS] data brief, 2014).

• Leading cause of disability in the developed world.

• Depression causes suffering not only to depressed individuals, but also negatively impact their families and the communities in which they live.
Depression – how big is the problem?

• At its worst, depression can lead to suicide. In 2014, there were 42,773 deaths by suicide in the US (NCHS data brief, 2014).

• Suicide is the 10th leading cause of death in the US for all ages. There is one death by suicide in the US every 12.3 minutes. (CDC, 2015)

• The economic burden of depression, including workplace costs, direct costs and suicide-related costs, was estimated to be $44 billion every year (AFSP Facts & Figures, 2016).
What is depression?

• Everyone feels sad or low sometimes, but these feelings usually pass with a little time.
• Depression is a mood disorder that causes distressing symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.
• To be diagnosed with depression, symptoms must be present most of the day, nearly every day for at least 2 weeks.
Patient quotes

• “…It was really hard to get out of bed in the morning. I just wanted to hide under the covers and not talk to anyone. I didn’t feel much like eating and I lost a lot of weight…”

  “…Nothing seemed fun anymore. I was tired all the time, and I wasn’t sleeping well at night. But I knew I had to keep going because I’ve got kids and a job. It just felt so impossible, like nothing was going to change or get better…”
Depression symptoms

• Some symptoms of depression are as follows:
  • Feeling sad, irritable, or anxious
  • Feeling empty, hopeless, guilty, or worthless
  • Loss of pleasure in usually-enjoyed hobbies or activities, including sex
  • Fatigue and decreased energy, feeling listless
  • Trouble concentrating, remembering details, and making decisions
  • Thoughts of death, suicide or suicide attempts
Depression symptoms – physical

- The symptoms go beyond mood, and include physical ones:
  - Eating too much or not wanting to eat at all, possibly with unplanned weight gain or loss.
  - Aches or pains, headaches, cramps
  - Digestive problems without a clear physical cause and/or that do not ease even with treatment
  - Not being able to sleep, or sleeping too much. Waking too early.
What are different types of depression?

Two most common forms are:

- **Major depression**—having symptoms of depression most of the day, nearly every day for at least 2 weeks that interfere with your ability to work, sleep, study, eat, and enjoy life.
  - An episode can occur only once in a person’s lifetime, but more often, a person has several episodes.

- **Persistent depressive disorder** (dysthymia)—having symptoms of depression that last for at least 2 years.
  - A person diagnosed with this form of depression may have episodes of major depression along with periods of less severe symptoms.

- **Other**: Postpartum depression, Seasonal affective disorder, Psychotic depression, Bipolar disorder, PMDD
What are different types of depression?

- **Perinatal Depression**: Some women experience full-blown major depression during pregnancy or after delivery (postpartum depression).

- **Seasonal Affective Disorder (SAD)**: A type of depression that comes and goes with the seasons, typically starting in the late fall and early winter and going away during the spring and summer.

- **Psychotic Depression**: This type of depression occurs when a person has severe depression + some form of psychosis, such as having disturbing false fixed beliefs (delusions) or hearing or seeing upsetting things that others cannot hear or see (hallucinations).
What are different types of depression?

Other examples of depressive disorders include:

- **Bipolar disorders**: Pt experiences extreme high—euphoric or irritable—moods called “mania” or a less severe form called “hypomania” alternating with depressive symptoms.

- **Premenstrual dysphoric disorder (PMDD)**: depressive and irritable symptoms around menstrual phase.

- **Disruptive mood dysregulation disorder**: generally diagnosed in children and adolescents.
What causes depression?

• Research suggests that a combination of genetic, biological, environmental, and psychological factors play a role in depression.

• Depression can occur along with other serious illnesses. Depression can make these conditions worse and vice versa. Sometimes medications taken for these illnesses may cause side effects that contribute to depression symptoms.
Depression along with other illness

• It is common to feel sad or discouraged after a heart attack, a cancer diagnosis, or if you are trying to manage a chronic condition like pain. Indeed, people with the following illnesses are more likely to suffer from depression:

<table>
<thead>
<tr>
<th>Cancer</th>
<th>Stroke</th>
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<tbody>
<tr>
<td>HIV/AIDS</td>
<td>Seizure disorders</td>
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<tr>
<td>Diabetes</td>
<td>Alzheimer’s disease</td>
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<tr>
<td>Heart diseases</td>
<td>Parkinson’s disease</td>
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• The reverse is also true to some extent: the risk of developing some physical illnesses is higher in people with depression.
  • They may have a harder time caring for their health, for example, seeking care, taking prescribed medication, eating well, and exercising.
  • Research suggests that people who have depression along with other illnesses tend to have more severe symptoms of both illnesses and more medical cost.
Does depression look the same in everyone?

- **Women** have depression more often than men. Biological, lifecycle, and hormonal factors that are unique to women may be linked to their higher depression rate.
  - Women with depression typically have symptoms of sadness, worthlessness, and guilt.

- **Men** with depression are more likely to be very tired, irritable, and sometimes angry. They may lose interest in work, could behave recklessly, including abusing drugs/alcohol.
  - Many men do not recognize their depression and fail to seek help.

- **Older adults** with depression may have less obvious symptoms, or they may be less likely to admit to feelings of sadness or grief.
  - They are also more likely to have medical conditions, such as heart disease, which may cause or contribute to depression.
Does depression look the same in everyone?

- **Younger children** with depression may pretend to be sick, refuse to go to school, cling to a parent.

- **Older children and teens** with depression may get into trouble at school, sulk, and be irritable.
  - Teens with depression may have other symptoms of other disorders, such as anxiety, eating disorders, or substance abuse.
World Health Organization

• “…Depression is sometimes referred to as the “Black Dog”. Just like the real dog, it needs to be embraced, understood, taught new tricks and ultimately brought to heel”

• Video: “I had a black dog, his name was depression”
  https://www.youtube.com/watch?v=XiCrniLQGYc&list=TLpf8QaZUK8ZDyoqnzLT5nSOdluds063B3
How is depression treated?

• Depression is a real illness. Treatment can help you live to the fullest extent possible, even when you have another illness.

• The first step is to visit a healthcare provider or mental health professional, such as a psychiatrist or psychologist.

• Your health care provider could do an exam, interview, and lab tests to rule out other health conditions that may have the same symptoms as depression.

• Once diagnosed, depression can be treated with psychotherapy, antidepressant medications, or a combination of the two.
How is depression treated?

- **Psychotherapy:** helps by teaching new ways of thinking and behaving, and changing habits that may be contributing to depression. Therapy can help you understand and work through difficult relationships or situations that may be causing your depression or making it worse.

- **Antidepressant medications:** including, but not limited to, SSRIs and SNRIs. They can take 2 to 4 weeks to BEGIN working. Antidepressants can have side effects, but many side effects may lessen over time.
  - Talk to your health care provider about any side effects that you have. Do not stop taking your antidepressant without first talking to your health care provider.

- **Other:** Electroconvulsive therapy (ECT) and other brain stimulation therapies may be an option for people with severe depression who do not respond to antidepressant medications.
  - Newer brain stimulation approaches, including transcranial magnetic stimulation (TMS), can help some people with depression without the need for general anesthesia and with few side effects.
How can I help myself if I am depressed?

- As you continue treatment, you may start to feel better gradually. Remember that if you are taking an antidepressant, it may take 4 to 6 weeks to show FULL benefits. Try to do things that you used to enjoy. Go easy on yourself. Other things that may help include:
  - Trying to be active and exercise
  - Using piece-meal approach and set deadlines to get things done.
  - Spending time with a trusted friend or relative
  - Avoiding self-medication with alcohol or with drugs not prescribed for you.
How can I help a loved one who is depressed?

- If you know someone who has depression, first help him/her see a healthcare provider. You can also:
  - Offer support, understanding, patience, and encouragement
  - Never ignore comments about suicide, and report them to your loved one’s health care provider or therapist
  - Invite him or her out for walks, outings, and other activities
  - Help him or her adhere to the treatment plan, such as setting reminders to take prescribed medications
  - Help him or her by ensuring that he or she has transportation to therapy appointments
  - Remind him or her that, with time and treatment, the depression will go away.
• If you or someone you know is in crisis, get help quickly.
  • Call your or your loved one’s health professional.
  • Call 911 for emergency services.
  • Go to the nearest hospital emergency room.
  • Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889).
Where can I go for help?

- For more information, check out the National Institute for Mental Health (NIMH)’s Help for Mental Illnesses webpage at www.nimh.nih.gov/findhelp.

- Another federal health agency, the Substance Abuse and Mental Health Services Administration (SAMHSA), maintains an online Behavioral Health Treatment Services Locator at https://findtreatment.samhsa.gov/.

- You can also check online for mental health professionals; contact your community health center, local mental health association, or insurance plan to find a mental health professional. Hospital doctors can help in an emergency.
THANK YOU!