



## *Depression*

### **What is depression?**

Most people have had times when they just did not feel like themselves. Short-term feelings of sadness are normal, especially when it happens after a difficult or stressful event. However, if these feelings don't go away and interfere with your life, you may have depression. Depression is a condition that can cause severe emotional pain.

### **Depression and Diabetes**

People with diabetes are more likely to have symptoms of depression than people without diabetes. This may be due to a variety of factors:

- Not knowing enough about the disease
- Having a hard time controlling your diabetes
- Losing control of your life
- Feeling as though other people do not understand you and/or diabetes
- Feeling alone
- Poor relationship with your physician
- Lack of language ability
- Feeling unable to fit Western treatment into your lifestyle
- Different beliefs about Western and Eastern medicine
- Feeling as though your diabetes is burdensome to your friends and family members

Depression can cause you to lose the motivation to care for yourself, which includes taking medications, checking blood glucose levels, and eating healthily. Losing control of your diabetes may cause you to feel even worse. If left untreated, depression could lead to a cycle of both worsening mood and diabetes control.

Diabetes could also cause symptoms that resemble depression. If your blood glucose is too high or low, you may feel tired or anxious, or you may notice changes in your diet and/or sleep. Talk with your healthcare providers if you think you may have symptoms of depression.

## *Depression – continued*

### **Symptoms**

If you think you may be depressed, check for these symptoms:

- You no longer like to do things you used to enjoy.
- You have trouble falling asleep, you wake up often during the night, or you want to sleep more than usual, including during the day.
- You wake up earlier than usual and cannot get back to sleep.
- You eat more or less than you used to, resulting in a rapid weight gain or weight loss.
- You cannot watch a TV program or read a book because other thoughts or feelings get in the way.
- You feel tired all the time.
- You often feel anxious, or you cannot sit still.
- You feel you “never do anything right” and worry that you are a burden to others.
- You feel worse in the morning than you do the rest of the day.
- You feel you want to die or are thinking about ways to hurt yourself.

If you have had any of these symptoms for more than two weeks, it is time to get help.

### **Taking Control**

Because diabetes can cause symptoms that resemble that of depression, it is important to first talk with your physician in order to rule out a cause for the symptoms other than depression. Do not change your medications without talking with your healthcare team.

If you and your physician determine there is no physical cause for your depression, a behavioral health specialist may be able to help you. Treatment options include therapy and medications.

If you think you have depression, do not keep these feelings to yourself. The sooner you seek help, the better your chances are of getting control of both the depression and the diabetes.

Reference: [www.diabetes.org](http://www.diabetes.org)