

UJON Health Newsletter

May 2013

Understanding Depression

Although very common, depression is often ignored or misdiagnosed and left untreated. Such inattention can be life-threatening; major depression in particular.

Studies show that 74% of people seeking help for depression go to their primary care doctor, and that 50% of these cases are misdiagnosed. Of the cases that are correctly diagnosed by a primary care doctor, 80% are given too little medication for too short a time. Some of this mishandling may occur because patients seek a doctor's help with – and physicians prescribe for – physical symptoms, such as sleep problems, fatigue, or weight loss, without considering depression as a possible root cause.

Tests for depression should also be given to rule out any organic factors, such as nutrient deficiencies, underactive thyroid or hormone levels, reactions to drugs and alcohol which all can produce similar symptoms.

Older adults are at greatest risk of being overlooked or misdiagnosed for depression. Frequently, primary care physicians, and older patients themselves, dismiss symptoms of

depression as a part of growing old or categorize it as senile dementia – an irreversible condition that causes loss of memory and concentration. Sometimes, both depression and dementia are part of the picture. But depression, unlike dementia, can be treated effectively and is reversible, so it is important to recognize depression in the older adult population.

For all these reason, it is important to be clear and honest with your health care provider about your symptoms and response to treatment. If symptoms don't improve within four to eight weeks of treatment, tell your doctor that you would like to see a psychiatrist for diagnosis and treatment.

What Are the Treatments for Depression?

The stigma depression carries drives many people to hide it, through to tough it out, or self medicate with alcohol, drugs, or herbal remedies. To effectively treat depression, see a good mental health professional and get a correct diagnosis and treatment plan. Many treatments for depression are available that vary according to the cause of the depression and its severity.



Major depression is usually treated with a combination of psychotherapy and antidepressants. Psychotherapy aims to teach patients how to overcome negative attitudes and feelings and to encourage them to return to normal activities. Drug therapy is intended to moderate or correct chemical imbalances that affect moods.

Medication for Depression

The group of antidepressants most frequently prescribed today consists of drugs that regulate the chemical serotonin. Known as selective serotonin reuptake inhibitors (SSRIs).

The tricyclic antidepressants (TCAs) which have been used to treat depression since the 1950's, are another option, although they are apt to have more side effects than the SSRIs. Like all antidepressant drugs, you must take them for a while before they take effect.

Because adolescents don't tolerate side effects well and tend to stop taking their medications, TCAs are not recommended for them.

The third group of antidepressants, the monoamine oxidase inhibitors (MAOIs) has also proved effective. MAOIs work more quickly than the TCAs, but they have more severe side effects and require a change in diet. MAOIs are usually prescribed only if the SSRIs and the TCAs fail to bring improvement.

Other Treatments for Depression

Electroconvulsive therapy (ECT) involves the application of an electric current through electrodes on the head. These are not felt by the patient, who is asleep under general anesthesia. Although doctors are still uncertain exactly how ECT works, it is thought that by producing a brief seizure, a course of ECT over

several treatments can bring about relief from depression. Its techniques have been refined in the past 20 years in order to minimize side effects such as memory loss, and today ECT is considered to be as safe as or even safer than many drugs used to treat depression – and in some cases more effective.

Although ECT is usually considered only after a number of other options have been considered—because it may require hospitalization and general anesthesia. ECT is extremely effective and may work before other treatments have been tried and failed.

Repetitive Transcranial Magnetic Stimulation (rTMS), which entails passing strong magnetic currents through the brain, is another option for treating depression.

Psychotherapy for Depression

For many patients, psychotherapy is an important part of treatment for depression. In cases of mild to moderate depression, psychotherapy may be used alone to relieve symptoms. More often, it is used in conjunction with medication to alleviate depression.

Commonly used forms of psychotherapy are cognitive, behavioral, and interpersonal therapies. Cognitive therapies challenge the negative thought patterns that accompany depressed moods and teach you new ways to think more positively. Behavior therapies concentrate on changing patterns of behavior. Interpersonal therapies help you examine how relationships affect your moods.

Exercise for Depression



Exercise should be a part of any therapy for depression. It improves blood flow to the brain, elevates mood, and relieves stress. Even if used alone, it can often bring startling results. Studies show that jogging for 30 minutes three times a week can be as effective as psychotherapy in treating depression. Pick an exercise you like and do it daily, if possible. Any exercise is fine; the more energetic and aerobic the better.

Nutrition and Diet for Depression

Because symptoms of depression can be exacerbated by nutritional deficiencies, a healthy diet is important. Pay attention to eating a well-balanced diet.

Quitting smoking is advised.

Mind/Body Medicine for Depression

Many mind/body practices can be helpful with depression. Music and dance can lift the spirits and energize the body. Meditation and relaxation techniques, such as progressive muscle relaxation. Both stimulate and relax. Other choices include transcendental meditation, visualizations, and the Asian exercise technique of yoga, tai chi and ququong. Choose one of two that sit you and practice daily.

Massage for Depression

Massage not only relaxes you, it may help reduce your anxiety and depression. When groups of depressed adolescents received massage therapy, their stress hormone levels changed, their brain activity was positively affected and their anxiety and depression eased. Because it has no side effects massage could be a safe and positive addition to your depression treatment program.

Acupuncture for Depression

The World Health Organization lists depression among the conditions for which acupuncture is effective. Some studies have shown it markedly lessens symptoms of depression. Acupuncture can be a valuable alternative if you are unable to take antidepressants or have not found them helpful.

(www.webmd.com)

Happy Birthday!!!

Monty Pitchenese	May 1
Fred Garneau jr	May 5
Willie Walmsley	May 5
Riley Currier	May 6
Albert Pitchenese	May 7
Connor Brown	May 12
May Landon	May 18
Vicky Cantin	May 19
Bo Brown	May 27
Agnes Cantin	May 29



Thanks!!!

Miranda Redsky for manning so many booths at the open house!!

Recipe of the Month

Pepperoni Calzones

What U Need!

- 1 pkg of pizza kit
- 1 cup thick pepperoni slices
- 1 cup mozzarella shredded cheese

What 2 Do!

- Heat oven to 425 F

- Mix remaining pizza kit contents in medium bowl. Add pepperoni and mozzarella; mix well.
- Use dough and sauce mixture to prepare and bake calzones as directed on pizza kit.

Weird but True Health Fact

Everyone has a unique smell except for identical twins. Newborns are able to recognize the smell of their mothers and many of us can pinpoint the smell of our significant others and those we are close too. Part of that smell is determined by genetics but is also largely due to environment, diet and personal hygiene products that create a unique chemistry for each person.

(www.yourdailydoseofhealth.com)

Eco- Living Tip

When you turn off your television, it's not using any power, right? Wrong. In fact, some TVs and many other plugged in electric devices – use power even when they're turned off. But unplugging everything each night before bed – not to mention plugging them back in the next day – may not be realistic for many of us. Instead, plug multiple devices into a power bar, and use the bars on/off switch to cut and restore power.

Quote of the Month

The devil has put a penalty on all things we enjoy in life. Either we suffer in health, or we suffer in should or we get fat.

- Albert
Einstein

-



May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Diabetes Support Group 4-5 p.m.	2 Health Open House 4-6 p.m. @ Gym	3	4
5	6 Open Fitness Room 4-5 p.m.	7 Open Fitness Room 4-5 p.m.	8	9	10	11
12 Mother's Day !!!	13 Open Fitness Room 4-5 p.m.	14 Open Fitness Room 4-5 p.m. Mom & Dad Tots Supper Night 4-6 p.m.	15 Swimming for Tots 12-3 p.m. Elder's Gathering 4-7 p.m.	16	17 Health Living Boxes – delivered in Afternoon	18
19	20 Victoria Day Office Closed	21 Open Fitness Room 4-5 p.m.	22 Earth Day @ 10 a.m. Tots Swim Day 12-3 p.m. Open Fitness Room 4-5 p.m.	23 Cooking For Life Classes 4-6 p.m.	24	25
26	27 Open Fitness Room 4-5 p.m.	28 Open Fitness Room 4-5 p.m.	29	30 Walking Derby 4- 6 p.m.	31	