



GLOBAL MEDICAL  
EDUCATION  
PRESENTS

# MAJOR DEPRESSION



## WHAT IS MAJOR DEPRESSION?

Individuals with major depression often experience at least 5 of these symptoms for at least 2 weeks:

- ✓ Depressed mood\*
- ✓ Slowed movement, speech or thinking
- ✓ Sleep disturbances
- ✓ Lost interest in pleasurable activities\*
- ✓ Guilt feelings or hopelessness
- ✓ Decreased energy
- ✓ Trouble concentrating
- ✓ Appetite changes
- ✓ Suicidal thoughts or attempts

People with Atypical Depression may feel:

Unusually moody, anxious or panicky, heaviness of the arms and legs, easily hurt and sensitive to rejection. Some of these symptoms overlap with bipolar disorder and may require different treatment so talk to your doctor about your diagnosis.

Major depression  
is a common  
medical condition  
and affects  
**121 MILLION**  
people in the world.

\* At least one required for diagnosis + 4/9 for at least 2 weeks

One out of 10 new mothers will develop postpartum depression.



## WOMEN

are twice as likely to develop depression as men.



The average  
**ONSET**  
of major  
depression is

**32**  
years.

**2** out of **3**  
individuals with depression  
**WILL NOT GET  
THE TREATMENT  
THEY NEED.**



Depression often  
interferes with work,  
school, and relationships.



## DEPRESSION AND ANXIETY

Nearly **75% OF INDIVIDUALS** with major depression have accompanying anxious symptoms. Concomitant anxiety disorders are also common and may lead to different treatment choices.

## WHEN WAS MAJOR DEPRESSION FIRST DESCRIBED?

Depression has been described in many ancient texts across many regions of the world.



## HOW IS A PERSON DIAGNOSED WITH MAJOR DEPRESSION?

A health professional will perform a thorough mental status examination, medical evaluation and ask an individual about their personal and family psychiatric history. Individuals may also have to complete a depression screening test as part of the diagnostic process. Your disorder may also test for medical problems that may be linked to depression.



A thorough mental status and physical exam is necessary to confirm the diagnosis, and to rule out secondary causes (medical illnesses, medications, drugs, etc.) of the mood symptoms.



Laboratory tests that may be indicated in the work-up of a depressed patient include:

Thyroid function tests, B-12 and folate levels, sleep studies (if sleep apnea is suspected), EEG (if seizure disorder is suspected), drug screen and EKG.



**BASED ON THE RESULTS OF THE EVALUATION, A PERSON MAY BE DIAGNOSED WITH ONE OF THE FOLLOWING SUBTYPES OF DEPRESSION...**

### MAJOR DEPRESSION



Presence of 5 or more symptoms of depression during the same two week period: with or without psychosis, hypomanic symptoms, or anxious features.

### BIPOLAR DEPRESSION



Presence of hypomanic or manic episodes alternating with episodes of Major Depression.

### PERSISTENT DEPRESSIVE DISORDER



Presence of 2 or more symptoms of depression for more days than not for at least 2 years or chronic Major Depression lasting for more than 2 years.



Depression is the leading cause of medical disability for people aged 14 to 44.



**Across the world, depression is shown to negatively impact work and income.**

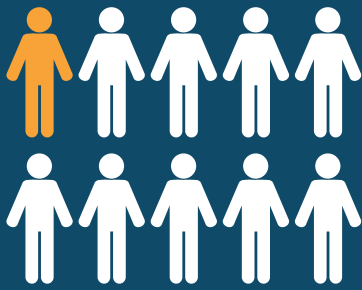


People with depression are more likely to have heart attacks or strokes than non-depressed individuals.

If you develop depression after a heart attack, you are

**4x more likely to die**

with the greatest risk being in the first 6 months.



One out of 10 adolescents will have a depressive disorder by the age of 18.

Compared to adults, children with depression may be more likely to present with temper tantrums, physical complaints, social withdrawal, or mood lability.

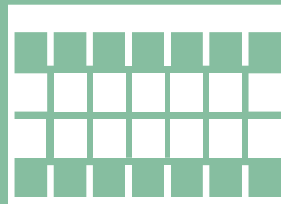


## HOW DO DOCTORS TREAT MAJOR DEPRESSION?

**There are many proven treatments for depression. It is important to find what works best for you.**



Cognitive behavioral psychotherapy works to help solve problems and change negative thoughts.



When treating depression with antidepressants, 2 weeks is needed to feel better and 10 – 12 weeks is usually needed for a meaningful decrease in depression.



The dose and the combination of medicine that gets you better and keeps you better should be continued for at least 1 year.



### CONTINUED TREATMENT

People with 3+ episodes of depression, or patients with their first episode after the age of 50, may have the best results with continuous lifelong treatment.



### SUBSTANCE ABUSE TREATMENT

People with substance abuse problems have high rates of major depression. Often it is necessary to treat the depression first, before the person can stop abusing substances. If the substance abuse is not treated, remission of depression is unlikely and recurrences of both more common.

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For more information on major depression from the  
world's leading experts visit: [www.gmeded.com](http://www.gmeded.com)

*Always talk to your doctor about your illness*

#### SOURCES:

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