



DEPRESSION

How does depression feel?

- A persistent sad or "empty" mood
- Loss of interest in what you used to enjoy
- Low energy, fatigue, feeling "slowed down"
- Changes in sleep patterns
- Loss of appetite, weight loss or gain
- Trouble concentrating or making decisions
- Forgetful, confused
- Anxious, restless
- Feeling hopeless, gloomy, "blue"
- Thoughts of death or a suicide attempt
- Aches/pains that don't respond to treatment
- Increased alcohol and/or drug use

IMPORTANT FACTS

- While common in older adults, depression is NOT a normal part of aging
- It is common when older adults stop working, lose partners, develop chronic diseases, take prescribed medications, and experience numerous life changes
- Just like heart disease, depression is physically debilitating
- It can make existing physical health problems worse and increase health care costs
- It is a treatable medical condition with a high rate of recovery
- Depression is harmful to both mind and body. If not treated, it can delay or complicate recovery from other conditions, lead to loneliness, isolation and possibly suicide
- Older adults are at an increased risk due to changing life experiences, chronic diseases, medications, disability and grief
- It can affect your nutrition, sleep, exercise, energy, memory – every aspect of your life



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Treatment works

Help is available

Please speak openly with your Doctor if you are experiencing any of the symptoms listed.