

DEPRESSION: WHAT YOU SHOULD KNOW



What is depression?

- It is more than just feeling "down in the dumps" occasionally.
- It is more than feeling sad following a loss or feeling hassled by hard times.
- It is a biological medical condition (just like diabetes or high blood pressure), which is very common in adults.
- It affects your entire outlook all the time including your thoughts, feelings, physical health, and behaviors.

How can I tell if I have depression?

You may have depression if you:

- Feel sad or "down in the dumps"
- Have a loss of interest in things you usually enjoy
- Feel slowed down or restless
- Have trouble sleeping or sleep too much
- Have low energy or feel tired all the time
- Have an increase or decrease in appetite or weight
- Have problems thinking or concentrating
- Feel worthless or guilty
- Have thoughts of death or suicide

How is depression treated?

- Treatment may include antidepressant medication and/or psychotherapy.
- There are many effective antidepressants; you and your doctor will determine the best choice for you.
- You may need to try a couple different medications before finding the one that works best.

What side effects are common with depression medication?

All people respond differently to medications.

Side effects may include:

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| ▪ Feeling tired | ▪ Dry mouth/eyes | ▪ Constipation |
| ▪ Stomach upset/nausea | ▪ Trouble sleeping | ▪ Gaining weight |
| ▪ Headache | ▪ Feeling restless or jittery | ▪ Trouble passing urine |

When should I contact my mental health team?

- If you think you might be having a side effect to your medication.
- At any time if you have concerns or questions about how you are feeling.

It is especially important to contact the team if you are feeling hopeless or have thoughts of hurting yourself or others.

SUMMARY	DECISION SUPPORT	PATIENT EDUCATION/SELF MANAGEMENT
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WHAT YOU SHOULD KNOW ABOUT “SEROTONIN SYNDROME”

What is serotonin syndrome?

Symptoms that occur with high levels in your body of a chemical called serotonin, which is a chemical your body produces needed for your nerve cells and brain to function.

What causes serotonin syndrome?

- ◆ Certain prescribed medications increase serotonin levels.
- ◆ Some illegal drugs and dietary supplements also may increase serotonin levels.
- ◆ Higher doses or combinations of agents that increase serotonin levels may cause serotonin syndrome.

How can I tell if I have serotonin syndrome?

Too much serotonin causes symptoms that can range from mild to severe. Severe serotonin syndrome can be fatal if not treated.

SYMPTOMS - These symptoms may go away within a day of stopping the medications.

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| <ul style="list-style-type: none"> • Shakiness or muscle twitching • Agitation or restlessness • Confusion • Rapid heart rate and high blood pressure • Dilated pupils • Loss of muscle coordination or twitching muscles | <ul style="list-style-type: none"> • Muscle rigidity • Diarrhea • Headache • Shivering • Goose bumps |
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VERY SERIOUS SYMPTOMS

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| <ul style="list-style-type: none"> • High fever • Seizures • Irregular heartbeat | <ul style="list-style-type: none"> • Passing out • Heavy sweating • Severe muscle spasms or rigid muscles |
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When to see a doctor

- ◆ If you suspect you might have serotonin syndrome after starting a new drug or increasing the dose of a drug you're already taking, contact medical services right away.
- ◆ Do not wait until you get worse to see your provider.
- ◆ Be sure to tell your provider all the medications you are taking, including vitamins and supplements.
- ◆ If you have severe or rapidly worsening symptoms, seek immediate emergency treatment.

PATIENT SELF HELP:

SLEEP HYGIENE TIPS

- ◆ Try to get rid of or deal with things that make you worry and begin rituals that help you relax each night before bed such as a few minutes of reading.
- ◆ Get a full night’s sleep on a regular basis and get up at the same time every morning.
- ◆ Avoid taking naps if you can.
Never take a nap after 3 p.m.
- ◆ Keep a regular schedule.
Regular times for meals, medications, chores, and other activities.
- ◆ Do not have any caffeine after lunch.
- ◆ Do not go to bed hungry, but don’t eat a big meal near bedtime either.
- ◆ Avoid any tough exercise within six hours of your bedtime.



REASONS TO EXERCISE

- ◆ Reduces stress
- ◆ Makes you feel happier
- ◆ Improves sleeping patterns
- ◆ Helps prevent strokes
- ◆ Improves joint function
- ◆ Improves muscle strength
- ◆ Improves quality of life
- ◆ Strengthens your bones



- ◆ Strengthens your heart
- ◆ Improves cholesterol levels
- ◆ Lowers high blood pressure
- ◆ Lowers risk of diabetes
- ◆ Reduces feelings of depression
- ◆ Increases energy and endurance
- ◆ Improves balance and coordination