



# Are You Depressed



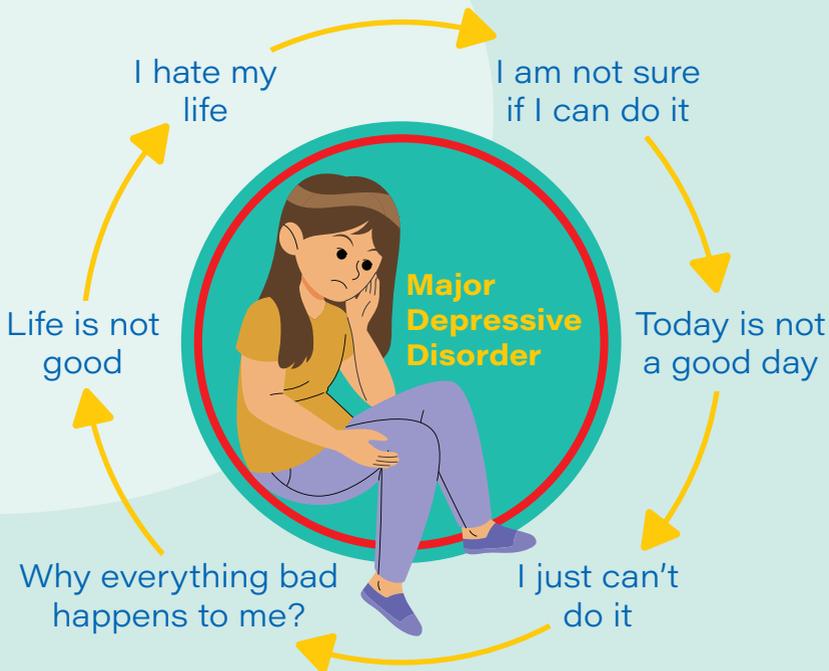
## Introduction

The word Depression is wrongly used as just another word for feeling SAD.

Depression is not just about sadness. It is a mental health disorder and termed as Major Depressive Disorder.

It can cause symptoms which are mild to severe that can affect how you feel, think and handle daily activities

## How do you know you have Depression ?



If the above symptoms last for more than 2 weeks and affects your social, academic, occupational or functional life, you might have Depression

## Struggle of people living with depression

- ▶ I feel **hopeless**, helpless & worthless
- ▶ I do not have interest in friends, activities and things I earlier used to enjoy
- ▶ There is **no energy** in my body. I cannot work or think
- ▶ I **cannot sleep** well & do not like to eat food
- ▶ I am not able to concentrate in office or home
- ▶ I **forget things** easily
- ▶ Only **negative thoughts** come to my mind as if everyone and everything is against me
- ▶ I am more **irritable** & short tempered than usual
- ▶ I am consuming more tobacco, cigarettes & alcohol
- ▶ Nobody loves or likes me
- ▶ **Suicidal thoughts** "I wish I could die"

## Depression doesn't have a universal appearance



Overeating



Sleeping Long Hours



Mood temporarily brightens after a positive event

## Depression can be Physical too!



Acidity, Constipation & Indigestion



Headache



Fatigue or Tiredness



Joint Pains



Backache



Chest Pain

## What cause Depression?

- Environmental** : Negative events around you
- Familial** : Marital Disharmony, Parental Pressure, Sibling Rivalries, Relationship Problems
- Biological** : Dysregulation of Neurotransmitters like Dopamine, Serotonin, Norepinephrin, BDNF
- Genetics** : People with family history of depression has twice the chance of having it as compared to others
- Addiction** : Smoking, Alcohol, Tobacco & Drugs cause brain Damage which leads to depression

## Facts about Depression

- ▶ World over, **350** million people suffer from MDD
- ▶ **1** in **4** young adults will suffer an episode of MDD before the age of **24**
- ▶ Women are **2** times more likely to suffer from Depression than Men
- ▶ People who are Depressed are more prone to other illnesses like Flu, Cardiac disorders, Diabetes, Thyroid Disorders, Joint Pains, Low Immunity, etc
- ▶ About **30%** of people with untreated MDD attempt suicide

**Dr. Vidhi Patel Vaishnav**  
Psychiatrist  
Happiness Consultant

**HEALTH1 - Shilaj**

Near Swati Clover, Shilaj Circle,

S. P. Ring Road, Thaltej, Ahmedabad - 380059, Gujarat.

☎ : 079 6999 6999 | ✉ : info@health1.co.in | 🌐 : www.health1.co.in

