

What is Depression?

Presentation

- Heterogeneous
- Nonspecific
- SOMATIC
 - Fatigue
 - Abdominal pain
 - Weight issues
 - Sleep disturbances
 - HA
 - Pain, pain, and more pain

What is Depression?

- Common
- Expensive
- Variable in presentation
- Hard to diagnose
- Variable in response to treatment
- Relapsing
- Dangerous

Risk factors

- Personal hx or FH
- Chronic medical illness
- Female
- Low income, support, or self-esteem
- Stressful life events (death, divorce, DV)
- TRAUMA
- Substance abuse

45 billion

Screening

The Patient Health Questionnaire-2 (PHQ-2)

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at All	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3



The Bluebird of Happiness long absent from his life, Ned is visited by the Chicken of Depression.

Differential

- Bipolar
- Adjustment disorder
- Grief
- PTSD
- SAD
- Dysthymia
- Hypothyroid or Cushing's

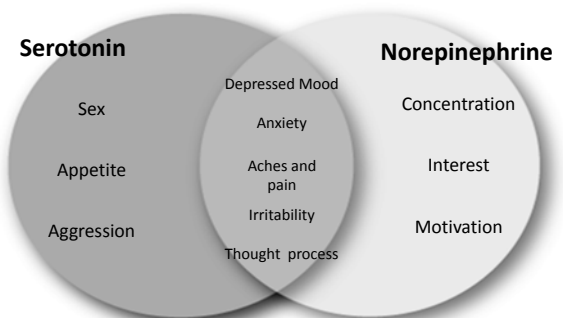
Causes

- Neurotransmitter deficits
- Inflammatory and oxidative stress hypothesis

Diagnosis

- Depressed mood OR anhedonia PLUS
 - Change in weight or appetite
 - Change in sleep
 - Agitation or retardation
 - Fatigue, decreased energy
 - Worthlessness, excess guilt
 - Decreased concentration
 - Thoughts of death or suicide

Functional Domains of Serotonin and Norepinephrine



Treatment

- Medication
- Therapy
- Exercise
- Acupuncture
- ECT

Conclusions

- Depression is many things
- It is often hard to treat
- Meds are worth trying for most depressed patients
- All 2nd generation meds are equal
- Exercise for everyone

Side effects

- GI: N/V, diarrhea and bleeding
- Sexual
- Weight gain
- Dizziness
- Fatigue
- QT prolongation
- Increased suicidality

Bibliography

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When meds don't work

- Confirm diagnosis
- Confirm med adherence
- Optimize dose of med
- Augmenting with therapy
- Change meds
- Augment meds