



WORLD HEALTH DAY : 7<sup>th</sup> April, 2017  
THEME OF THIS YEAR'S WORLD HEALTH DAY : **DEPRESSION : Let's Talk**

When emotions such as hopelessness, helplessness and despair take hold and don't go away it is Depression. It is more common among women than men.

**Symptoms of Depression :**

1. Persistent Sadness, Anxious	4. Loss of Interest in hobbies and activities	7. Difficulty Sleeping	10. Suicidal attempts
2. Feelings of Hopelessness, Pessimism	5. Decreased energy	8. Early morning awakening	11. Persistent physical symptoms
3. Feeling of guilt, helplessness	6. Difficulty concentrating, remembering, deciding	9. Weight changes	

**Factors which play role in Depression :**

Genetics, Chemistry, Hormonal, Life Events, Trauma, Psycho social factors eg. loss of love object, stress, substance abuse (Barbiturates, Benzodiazepines, Isotretinoin, Corticosteroids, Opioids, Anticholinergics). It can occur as co-morbidity with Diabetes, Cancer, Heart Disease, Parkinson's disease, HIV/AIDS, Multiple Sclerosis.

**Types of Depression :**

- **Major Depression** : Seasonal episodes of severe symptoms are common.
- **Persistent Depressive Disorder** : Episode of major depression with period of less severe depression. It usually lasts for 2 years.
- **Psychotic Depression** : Severe depression with some form of psychosis such as delusions or hallucinations.
- **Postpartum depression** : Occurs after giving birth
- **Seasonal affective disorder** : Occurs during winter when there is less sunlight.

**Differential Diagnosis:** Hypothyroidism, viral infections.

**Treatment of Depression :**

**Medications** : Antidepressants take 3-4 weeks for noticeable effect. Patient is advised not to stop taking them abruptly. They exert Neurotrophic effects.

1. Selective serotonin reuptake inhibitors (SSRI) –Escitalopram, Fluoxetine, Fluvoxamine, Paroxetine, Sertraline
2. Serotonin and norepinephrine reuptake inhibitors (SNRI)
3. Tricyclic antidepressants (TCA)
4. Monoamine oxidase inhibitors (MAOI)
5. Mirtazapine, Bupropion and Duloxetine

SSRI are safer than TCA, MAOI.

**Side effects of Antidepressants** : Teenagers, young adults on antidepressants may have increase in suicidal thoughts especially in first few weeks of starting of treatment. Weight gain, Diarrhea, Sleepiness, Vomiting, Blurred Vision, bleeding from gut, risk of bone fracture in adults. During pregnancy risk of taking SSRI against risk of not treating depression should be weighed.

Patient taking antidepressants should be watched closely during first few weeks of treatment. Antidepressants should not be stopped suddenly.

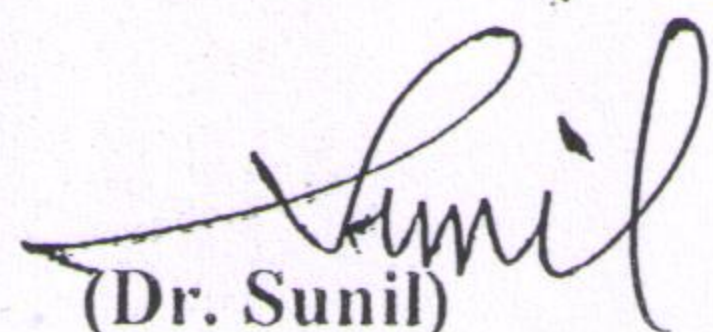
**Psychotherapy** : It is best option for mild to moderate depression.

**Cognitive-behavioural Therapy** : It helps interpreting the environment, interactions in a positive, realistic way.

**Interpersonal Therapy** : It helps to understand and work through troubled relationships.

**Problem Solving Therapy**: By using step by step process problems are identified and realistic solutions arrived.

**Computer and/or internet based therapies.**

  
(Dr. Sunil)  
Chief Medical Officer

Copy to : Hon'ble Vice Chancellor, Pro-Vice-Chancellor, Director South Campus, Dean (Colleges), Treasurer, Proctor, Registrar, Chairman – ICH, W.U.S. Health Centres, Finance Officer, Librarian, all Faculties/Departments/Colleges, W.U.S. Health Centre (South, East, West).

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