

DEPRESSION

Diagnosis:

To reach a diagnosis of major depression, at least five of the following symptoms, including depressed mood or diminished interest or pleasure in usual activities, must be present nearly every day for two weeks or longer without an alternative physical cause.¹



Not sleeping or sleeping too much



Restlessness or slowness observable by others



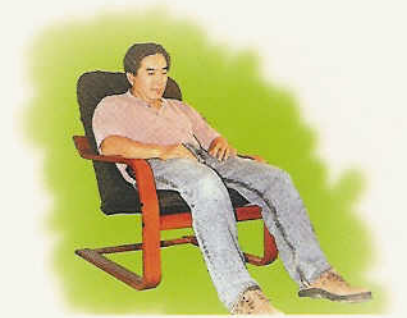
Can't make decisions and can't concentrate



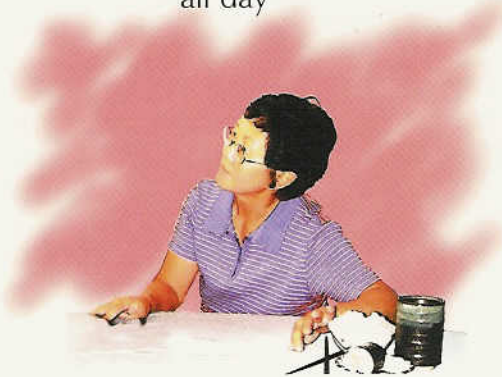
Feeling down all day



Blaming yourself too much and feeling worthless



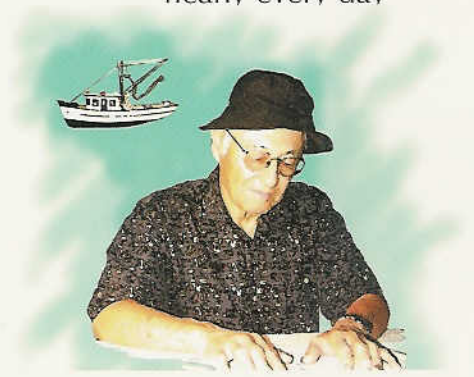
Fatigue or loss of energy nearly every day



Significant change in weight or appetite



Thinking about death frequently



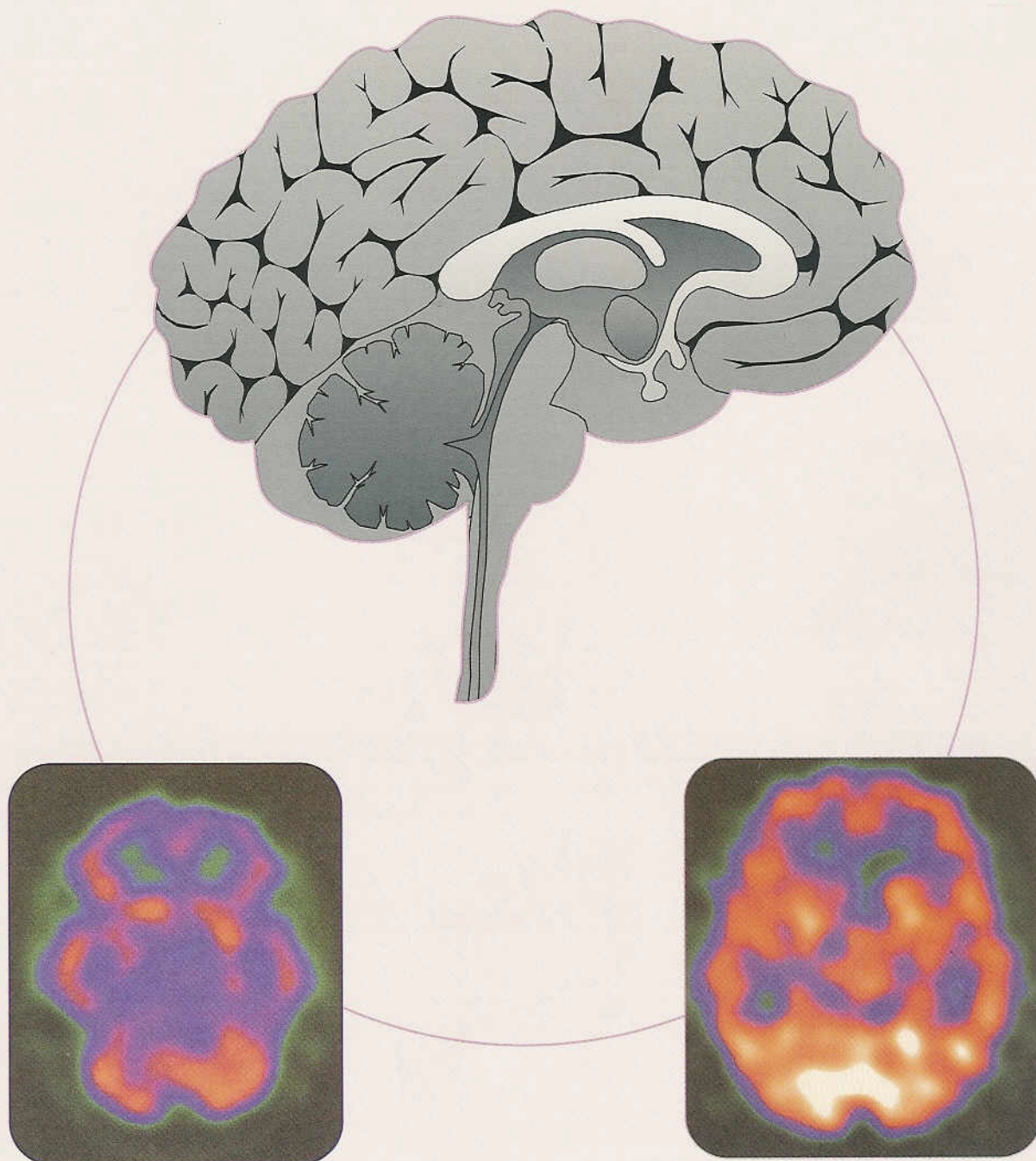
No longer interested in favorite activities

PEOPLE DO GET BETTER!



DEPRESSION

Genetics, family history, personality factors, environmental stress, and biochemical disturbances all may play a role in the onset of depression. Medical research indicates that depression may be linked to imbalances of the brain's chemical messengers, called neurotransmitters. In some Asian cultures, mental health disorders can be attributed to an imbalance within the human body.



Brain function by SPECT scan
in person with depression.

Brain function by
SPECT scan in healthy brain.