Real Men

Real Depression

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Facts about Depression

- About 20.9 million American adults have depression.

- It can happen to anyone, no matter what age you are or where you come from.
Real Men
Real Depression

Until puberty boys and girls show similar depression risks.

- After puberty girls are 2 x more likely to become clinically depressed.
- But MEN GET DEPRESSED!
Frequency of Depression

- In the US in one year depressive illnesses affect:
  - 12% of women = 12 million women
  - 7% of men = > 6 million men
What is depression?

- A serious medical condition often accompanied by physical symptoms such as:
  - Weight loss or gain
  - Difficulty falling asleep or waking up during the night or waking up very early in the morning.
  - Decreased concentration or inability to concentrate
  - May have profound memory impairments—pseudodementia of depression
  - Feelings of guilt which may even reach psychotic proportions
  - Decreased energy—trouble getting out of bed
  - Feelings of leaden paralysis
  - Decrease in sexual interest
What is depression?

- Body, Mind and Spirit are affected
- It is more than a passing blue mood
- It is not a sign of personal weakness or a condition that can be will or wished away
- Symptoms are present nearly all day every day for at least 2 weeks.
Symptoms of Depression

- Persistent sad, anxious, or empty mood
- Feelings of helplessness, pessimism
- Feelings of guilt, worthlessness and helplessness
- Loss of interest or pleasure in hobbies and activities once enjoyed
- Decreased energy, fatigue, being “slowed down”
- Difficulty concentrating, remembering, making decisions
Symptoms of Depression

- Trouble sleeping, early-morning awakening or oversleeping
- Appetite and/or weight changes (gain or lose weight)
- Thoughts of death or suicide, or suicide attempts
- Restlessness, irritability
- Persistent physical symptoms, such as headaches, digestive disorders, in chronic pain, but do not respond to retain treatment
Facts about Depression

- A common illness
- Often begins between ages 15 and 30, but also seen in children and the elderly
- World Health statistics from 2001 state that in 2000 depression was the *leading* cause of years lived with a disability among men and women of all ages in the US and worldwide
Neuroscience of Depression

- Just as your automobile has brake fluid, antifreeze, transmission fluid, and oil - your brain runs on these neurotransmitters. Some give us energy, like those related to adrenalin, some control body movements ("dopamine" as an example), and some control mood (serotonin).
Causes of Depression

- The human brain operates, much like your automobile, on fluids called neurotransmitters.
Causes of Depression

- Serotonin is a neurotransmitter that is important in mood regulation.
Causes of Depression

- Genetics:
  - Depression seems to run in some families
  - Serotonin transporter gene: 5-HTTLPR abnormalities
Associated with Depression

- Significant stress and loss
- Other medical illnesses: heart disease, stroke, cancer, chronic pain, diabetes, HIV, Parkinson’s, etc.
- Chronic medical problems
- Traumatic events-PTSD
- Panic disorder
- Obsessive Compulsive Disorder
- Substance Abuse
Types of Depression

- **3 main types of depression**
  - **Major Depression**: variety of symptoms that severely interfere with ability to work, study, sleep, eat and enjoy life. May occur only once, but is more likely to be recurrent.
  - **Dysthymia**: less severe and not as likely to be disabling
  - **Bipolar Depression (manic-depressive illness)**: primary feature is mood instability with mood cycling between severe highs and lows.
WHO statistics

- 450 million people worldwide are affected by mental, neurological or behavioral problems at any time.
- About 873,000 people die by suicide every year
- Mental illnesses are common to all countries and cause immense suffering. People with these disorders are often subjected to social isolation, poor quality of life and increased mortality.
- One in four patients visiting a health service has at least one mental, neurological or behavioral disorder but most of these disorders are neither diagnosed nor treated.

**Global Burden of Disease**

**Table 1. Disease burden by selected illness categories in established market economies, 1990**

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent of Total DALYs*</th>
</tr>
</thead>
<tbody>
<tr>
<td>All cardiovascular conditions</td>
<td>18.6</td>
</tr>
<tr>
<td>All mental illness**</td>
<td>15.4</td>
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<tr>
<td>All malignant disease (cancer)</td>
<td>15.0</td>
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<tr>
<td>All respiratory conditions</td>
<td>4.8</td>
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<tr>
<td>All alcohol use</td>
<td>4.7</td>
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<tr>
<td>All infectious and parasitic disease</td>
<td>2.8</td>
</tr>
<tr>
<td>All drug use</td>
<td>1.5</td>
</tr>
</tbody>
</table>

*Disability-adjusted life year (DALY) is a measure that expresses years of life lost to premature death and years lived with a disability of specified severity and duration (Murray & Lopez, 1996).

**Disease burden associated with "mental illness" includes suicide."
Burden of Mental Illness

In the United States, mental disorders collectively account for more than 15 percent of the overall burden of disease from all causes and slightly more than the burden associated with all forms of cancer (Murray & Lopez, 1996).

These data underscore the importance and urgency of treating and preventing mental disorders and of promoting mental health in our society.
Scope of the Problem

- Suicide statistics from the Colorado Department of Public Health and Education 2006 data:

**Suicide is the 7th leading cause of death in Colorado**

- Suicide is the leading cause of injury death in Colorado.
- More people die of suicide than are killed in motor vehicle crashes.
- On average, 720 individuals die by suicide and 2,560 are hospitalized for attempted suicide each year.
Scope of the Problem

- Females ages 15-24 have the highest rate of suicide attempt.
- The majority of suicide deaths involve the use of a firearm (52 percent).
- The majority of hospitalizations for suicide attempt involve drug overdose (81 percent).
- > 4 times as many men as women die by suicide in the US.
Treatments for Depression

- Anti-depressants
- Psychotherapies-CBT, IPT
- Abstain from alcohol and drugs or limit intake if depressed
- ECT
- VNS
- Herbal therapy: National Center for Complementary and Alternative Medicine (http://nccam.nih.gov/)
What can you do?

Seek medical advice and evaluation

Rule out other causes of depression

Call the 24 hour hotline if you or someone you know is struggling with suicidal thoughts.

National Suicide Prevention Lifeline @ 1-800-273-TALK (1-800-273-8255)
What can you do to help yourself?

- DO NOT IGNORE DEPRESSION
- Engage in mild exercise.
- Go to a movie, a ballgame, or participate in religious, social, or other activities.
- Set realistic goals and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
What can you do to help yourself?

- Expect your mood to improve gradually, not immediately. Feeling better takes time. Often during treatment of depression, sleep and appetite will begin to improve before depressed mood lifts.

- Postpone important decisions. Before deciding to make a significant transition—change jobs, get married or divorced—discuss it with others who know you well and have a more objective view of your situation.
What can you do to help yourself?

- Do not expect to ‘snap out of’ a depression. But do expect to feel a little better day by day.
- Remember, positive thinking will replace the negative thinking as your depression responds to treatment.
- Let your family and friends help you.
- Seek the advice of a spiritual counsellor if you have one.
References and Resources

- Men and Depression:
  www.menanddepression.nimh.hin.gov/

- **Men and Depression**: A detailed booklet that describes what you need to know about depression in men: how it looks, how it feels, getting help, and getting better. (2005)