

# Facts on Aging & Depression

## Common Symptoms of Late-Life Depression

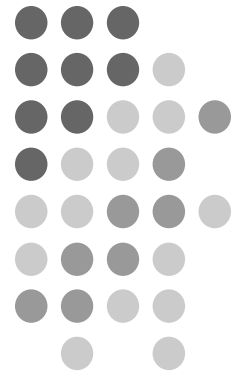
- Persistent sadness (lasting two weeks or more) and frequent tearfulness.
- Feeling worthless, helpless, or slowed down.
- Excessive worries about finances and health problems.
- Difficulty sleeping. Weight changes. Loss of energy.
- Difficulty concentrating. Pacing and fidgeting.
- Diminished interest or pleasure in all/most activities.
- Physical symptoms such as pain or gastrointestinal problems.

## Treatment of Depression

- Supportive and behavioral talk therapies.
- Exercise regimen approved by physician.
- Various antidepressant medications may be prescribed by your physician.
- Combination of talk therapy and antidepressant medication.
- Electroconvulsive Therapy (ECT) is a fast-acting and effective treatment for severe depression. Also for those who don't respond to or can't tolerate antidepressants. Little or no interaction with other medicines.

## Associations with Late-Life Depression

- Cancer
- Parkinson's Disease
- Heart Disease
- Stroke
- Alzheimer's Disease
- Life Changes (retirement, moving, etc.)



### **Depression Can Happen to Anyone.**

As the brain and body age, many bio-chemical changes begin to take place. Changes as the result of aging, medical illnesses or genetics may put the older adult at a greater risk for developing depression.

**Untreated depression increases the risk of suicide.**

#### **For More Information Contact:**

##### **Lynn Tadda, LCSW**

Franklin-Williamson Human Services, Inc.  
618.937.6483 ext. 7504

##### **Linda Warner, EdM, QMHP**

Heartland Human Services  
217.347.7179 ext. 1046

##### **Juanita Suro, MA, LCPC**

Southeastern Illinois Counseling Centers Inc.  
618.395.4309 ext. 230