

Depression

AND DIABETES



what are the **links?**

What is depression?

Major depressive disorder, or depression, is a serious mental illness. Depression can change and lessen your value of life.

What is diabetes?

Diabetes is the way the body uses the food we eat for energy. Most of the food we eat is broken down into a type of sugar called glucose. Glucose is a source of food for the body and the main source of food for the brain. The body also produces a hormone called insulin. Insulin helps cells throughout the body take in and hold glucose and use it for energy. Diabetes lessens or damages the body's ability to make or use insulin in the correct way. Without insulin, glucose builds up in the blood, and the body's cells are starved of energy.

How are depression and diabetes linked?

Some signs of depression may raise your risk for diabetes or make diabetes symptoms worse. Depression may also lessen the overall health of your body and mental health. Eating too much may cause weight gain, a big risk for people with diabetes. If feelings of not being good enough and being tired all the time are present, it may cause you to ignore a special diet or medication plan needed to keep your diabetes under control. This could make your diabetes symptoms worse. Studies have shown that people with diabetes and depression have worse diabetes symptoms than people who just have diabetes.

**Call the Behavioral Health Services
directly at 1.877.221.9295.**

Recovery can, will, and DOES happen.

Common Signs:

- Being sad all the time, or nervous,
- Feeling like there is no hope
- Feeling mad or uncomfortable
- Not wanting to do activities or hobbies that used to be fun, including sex
- Feeling tired all the time
- Having a hard time falling asleep or staying asleep, or sleeping all the time
- Eating too much or not feeling hungry
- Thoughts of dying and killing yourself or killing someone else
- Aches and pains, headaches, cramps, or stomach problems that do not get better with medicine

For the latest information on medications, visit the U.S. Food and Drug Administration website at fda.gov. Not everyone responds to treatment the same way. Medications can take up to several weeks to work and may need combined with other therapy. Medications may also need changed or adjusted to minimize side effects and achieve the best results.

Material source from the National Institute of Mental Health

treatment **options**

Depression is taken care of by a doctor/therapist. Taking care of depression can help you keep your diabetes under control and improve your health.

Some medication to treat depression, may cause weight gain and may not be the best depression treatment if you have diabetes.



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