



UNITED
BEHAVIORAL HEALTH

Wellness Monthly

Healthy matters to keep in mind.

June 2007

Depression

Is it Different for Men?

Depression affects millions of people each year, but men account for only about one in 10 diagnosed cases. In recent years it's become clear that the reason depression appears to be relatively rare among men is because they're less likely to recognize their symptoms as depression and seek help. Untreated depression disrupts relationships, interferes with daily activities, is a cause of missed work and poor performance, and is a significant risk factor for suicide.

Is depression different for men?

Common symptoms of depression include persistent sadness or emptiness, loss of interest in usually pleasurable activities,

fatigue, changes in appetite or sleep, difficulties with thought or concentration, and in some cases recurrent thoughts of death or suicide. Research has shown that men are less likely than women to acknowledge sadness or emptiness, and that they are less likely to recognize that loss of interest, fatigue, or problems with sleep or appetite are signs of depression. Also, men are more likely than women to use alcohol or drugs to try to cope with depression.

Shared dangers, shared symptoms

Depression can lead to other health problems. In addition to causing physical symptoms including muscle aches, fatigue, digestion problems and sleep difficulties, depression also heightens the risk for medical conditions such as diabetes, heart disease and cancer.

What to do

Clinical depression can be effectively treated with antidepressant medications or therapy. And research shows that treating depression actually helps reduce physical symptoms and prevent further health problems.

Talk with your doctor if you think you are depressed. Your doctor will examine you to determine if your signs are those of depression or another medical condition. Your doctor will also educate you about depression, and advise you about your treatment options.

Upcoming Articles

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Helping Kids Surf Safely

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What to watch for



It's perfectly understandable for people to feel down or sad from time to time. It doesn't necessarily mean they are actually suffering from clinical depression. If you or someone you know is experiencing several of these symptoms for two weeks or longer, or if it begins to interfere with day-to-day life, see a doctor or mental health professional.

Keep in mind that there is no single sign for depression. Common warning signs to watch out for include:

- A lack of interest in activities previously enjoyed
- Appetite and weight changes
- Sleep problems (insomnia, oversleeping or early-morning waking)
- Irritability
- Withdrawing from friends and family
- A lack of energy or sense of fatigue
- Recurring aches and pains that seem to have no physical cause
- Feelings of worthlessness and helplessness
- Difficulty concentrating, remembering and making decisions
- Talking about death or suicide ■



Resources

United Behavioral Health

Ask your HR representative for your access code and toll-free number.
www.liveandworkwell.com

Visit the Depression Mental Health Condition Center (the link is on the home page) for additional information and resources regarding this condition.

The information and therapeutic approaches in this article are provided for educational purposes only and are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans. Check your health plan regarding your coverage of services.