

Hope When Treatment For Depression Fails

(NAPSA)—Imagine learning that you suffer from a mood altering illness. Then imagine getting treatment...but not getting better. This is the devastating reality for many Americans suffering with depression and manic-depression (also known as bipolar disorder) who have difficulty achieving wellness. Think of your relief in learning that you and your family are not alone—that there are people and resources that can help you regain hope for recovery.

“People don’t fail treatment... treatments fail people,” says Lydia Lewis, executive director of the National Depressive and Manic-Depressive Association (National DMDA). “The more you know about your illness and available treatment alternatives, the more likely you are to experience success.”

As many as 30 percent of the 23 million Americans with depression and bipolar disorder do not respond to the first treatment they try. People can go years, even decades, with disabling depression and bipolar disorder, struggling to accomplish even the most routine daily chores like brushing their teeth or even getting out of bed. Holding down a steady job or maintaining personal relationships can be challenging. The depths of despair and hopelessness may even cause some people to think about suicide. Some describe their illness as living in a world without color where nothing interests them. The situation can seem hopeless when they follow doctor’s orders, stick with their medication plan and attend psychotherapy, yet seemingly do not get better.

National DMDA reminds those with this experience that there are many reasons treatments may not work—and that no particular therapy works for everyone. Reasons for treatment failure can include a poor match with healthcare providers and unwillingness to follow treatment regimens. Treatment resistance is described as a lack of achieving a satisfactory response to treatment over a period of time, often after several approaches have been tried.

National DMDA, a Chicago-



For a free brochure, *Understanding Treatment Resistance and Finding Your Way to Wellness*, call 1-800-826-3632.

based not-for-profit organization, offers more than 800 support groups around the country. Among its many valuable resources is a new brochure, *Understanding Treatment Resistance and Finding Your Way to Wellness*. The brochure stresses that whatever the cause of treatment failure, it is important that the lines of communication between patients and healthcare providers stay open.

National DMDA is spreading the word that as science progresses, a greater range of new and effective medications and therapies are becoming available that may improve the chances of remission and lasting recovery from depression and bipolar disorder. The medical community is currently studying several new types of medicines, combinations of existing medications and new “alternative” therapies.

“Everyone has the right to a full recovery and people shouldn’t stop trying until they find the treatment that works for them,” advises Lewis. “Becoming an informed and active patient is necessary for treatment success.” If you or someone you know suffers from treatment resistant depression or bipolar disorder, contact National DMDA to find a nearby support group or to get a free copy of *Understanding Treatment Resistance* (mailed in a discreet envelope). You can call **National DMDA at 1-800-826-3632** or download the brochure from the Web site at www.ndmda.org.