

Singer/Songwriter Goes “Beyond the Music” With Her Battle With Depression

(NAPSA)—For three-time Grammy award-winner Shawn Colvin, “the blues” is more than just a musical genre. Best known for her #1 hit “Sunny Came Home,” Shawn has suffered from major depressive disorder on and off for more than 20 years.

“During the worst times, I shut the world out, refusing to get out of bed. Even the smallest tasks were overwhelming,” Shawn said. However, with the help of her doctor, Shawn learned that major depressive disorder is a medical illness and not a personal failure that she should be able to fix on her own.

Shawn is sharing her experience as part of a national education campaign called “Beyond the Music: Shawn Colvin Speaks Out About Depression,” sponsored by GlaxoSmithKline, to help raise awareness about the symptoms of depression and to motivate those who may be suffering from depressive symptoms to seek medical help.

Major depressive disorder, commonly referred to as depression, is a debilitating medical condition that can severely disrupt one’s daily life, work and relationships. Approximately 14 million adults in the U.S. are affected in any given year.

The good news is that depression is treatable. In fact, approximately 80 percent of people can be effectively treated.

Symptoms of a major depressive episode may include: depressed mood, markedly diminished interest or pleasure in usual activities, significant change in weight and/or appetite, difficulty sleeping or sleeping too much, psychomotor agitation or retardation, increased fatigue or loss of energy, feelings of guilt or worthlessness, slowed thinking



Shawn Colvin goes public with her depression to encourage others who may be suffering to get medical help. More information is available at www.depression.com.

or impaired concentration, and suicide attempt or suicidal thoughts.

People who think they may be experiencing symptoms of depression should talk with their physician and together determine the appropriate therapy. Treatment options may include counseling and/or antidepressant medications. People can learn more about depression and treatment options by visiting www.depression.com.

“Over the years, my doctor prescribed different antidepressants,” said Shawn. “I started taking Wellbutrin® tablets (bupropion hydrochloride) nine years ago, and it has effectively treated my depression, and I have fewer sexual side effects. Now I’m taking Wellbutrin XL® (bupropion hydrochloride extended-release tablets), which I only have to take once a day.”

“Because medications can only help if you take them consistently as your doctor prescribes, it is important for people to talk to their

doctor about concerns they may have about potential side effects, or about their preferences, such as dosing schedules, in order to find a treatment that is right for them,” said Dr. Norman Sussman, Professor of Psychiatry, New York University School of Medicine.

“Since seeking help and getting appropriate treatment for my depression, I have felt more engaged with and closer to family and friends, and have been able to fully capture my creativity,” emphasized Shawn.

Important Safety Information About Wellbutrin XL

Wellbutrin XL is not for everyone. There is a risk of seizure when taking Wellbutrin XL, so don’t use if you’ve had a seizure or eating disorder, or if you abruptly stop using alcohol or sedatives. Don’t take with MAOIs, or medicines that contain bupropion. When used with a nicotine patch or alone, there is a risk of increased blood pressure, sometimes severe. To reduce risk of serious side effects, tell your doctor if you have liver or kidney problems. Other side effects may include weight loss, dry mouth, nausea, difficulty sleeping, dizziness, or sore throat.

Wellbutrin XL is approved only for adults 18 years and over. In some children and teens, antidepressants increase suicidal thoughts or actions. Whether or not you are taking antidepressants, you or your family should call the doctor right away if you have worsening depression, thoughts of suicide, or sudden or severe changes in mood or behavior, especially at the beginning of treatment or after a change in dose (see Patient Information: *What is important information I should know and share with my family about taking antidepressants?* available at www.wellbutrin-xl.com).