

Health NEWS & NOTES

Taking A Holiday From Depression

(NAPSA)—Unable to get into the holiday spirit? Not in the mood to shop for gifts? Feel like skipping upcoming holiday parties? It's normal to feel a little "blue" during the holiday season. But mental health experts say that if you are experiencing five or more of the following symptoms during a two-week period, you might be suffering from depression.

Depression symptoms may include:

- a persistent sad mood;
- loss of interest or pleasure in activities that were once enjoyed;
- significant change in appetite or body weight;
- difficulty sleeping or oversleeping; physical slowing or agitation;
- loss of energy;
- feelings of worthlessness or inappropriate guilt;
- difficulty thinking or concentrating;



- and repeated thoughts of death or suicide.

There is no need to suffer from depression in silence. Effective treatments are available, and eighty percent of those who seek professional help show improvement. The FDA recently approved a new antidepressant called Lexapro. For more information on how to treat depression, visit www.lexapro.com.