



HEALTH AWARENESS

Understanding The Link Between Physical Pain And Depression

(NAPSA)—Physician and advocacy groups are sponsoring a public service campaign to educate Americans about the link between physical pain and depression.

Tens of millions of people have had chronic pain. More than 19 million adults in the U.S. suffer from depression. While many can suffer from pain without depression, and depression without physical pain, there is a link between the two and many people suffer both.

In addition, pain is often a presenting sign of depression, and studies show that 80 percent of people who ultimately are diagnosed with depression first visit the doctor complaining of physical symptoms such as aches, fatigue, and insomnia, which improve when depression is treated.

“It is critical that people understand the relationship between pain and depression so that if they are suffering, they could talk to their physician about both their mood and their painful physical symptoms. This will give them the best chance for getting effective treatment,” said Rollin “Mac” Gallagher, MD, MPH, Professor of Psychiatry, Anesthesiology and Public Health at the Medical College of Pennsylvania, and member of the executive committee of the board of The National Pain Foundation.

A new public service effort is under way now to educate people about the link. The campaign, “*Your Body May Know You’re Depressed Before You Do*,” is sponsored by the American Psychiatric Foundation, The National Pain Foundation, and Freedom From Fear, and underwritten by an unrestricted grant from Eli Lilly and Company.



Chronic pain can be both a cause and an effect of depression.

For the most effective treatment, your physician needs the full picture—even things you do not think are important to bring up. Here are some signs and symptoms:

- You are often restless and irritable.
- You have irregular sleep patterns, either too much or not enough.
- You don’t enjoy hobbies, friends, family or leisure activities any more.
- You are having trouble managing diabetes, hypertension or another chronic illness.
- You have nagging aches and pains that do not get better, such as digestive problems, headache or backache, vague joint or muscle pains or dizziness.
- You have trouble concentrating or making simple decisions.
- Others have commented on your mood or attitude lately.
- Your weight has changed a considerable amount in a short time.

For more information visit www.paindepressionlink.com.