



HEALTH AWARENESS

Would You Recognize These Symptoms?

(NAPSA)—Fatigue or digestive problems, shoulder and joint pain; did you know that these symptoms can be a part of depression?

Most people already know that depression includes emotional symptoms such as sadness and hopelessness, but many don't realize that it can also include physical symptoms, such as lack of energy, changes in appetite, bodily aches and pains. In fact, in one study only about three out of 10 patients diagnosed with major depressive disorder (MDD) presented only emotional symptoms as their chief complaint. Pain is present in approximately 45 to 75 percent of patients with MDD, and can include headache, back, shoulder and abdominal pain. This can make depression difficult to recognize, and may contribute to many people living with the illness undiagnosed.

"Education is a crucial part of the puzzle when treating depression and it's important to help keep the information flowing," says Mary Guardino, founder and executive director of Freedom From Fear, a national not-for-profit mental health advocacy association. "The first step to getting help is knowing what's wrong, but recognizing the symptoms of depression can be tough when the illness looks different in everyone. Learning about all of depression's symptoms and getting help from a health care professional is the best thing a person with the illness can do."

Up to 19 million people have depressive disorders, including major depression and, just like heart disease or diabetes, it can be treated. In fact, between 80 and 90 percent of people treated for



Bodily aches and pains, digestive problems and fatigue can all be signs of depression in addition to the emotional symptoms.

depression respond to treatment and can experience some relief of their symptoms.

Dr. Rakesh Jain, a clinical professor from the University of Texas-Houston, treats many patients with depression. "Recovering from depression is possible but people need to be aware of *all* their symptoms and share everything they are feeling with their doctor—the changes in mood and the strange backaches or pains that won't go away—so they can get the treatment that's right for them."

To help educate people about the emotional and physical symptoms of depression, Eli Lilly and Company has created the Depression Hurts awareness campaign. The campaign shows everyday images of the impact of depression, seeking to help people recognize the illness more easily in themselves or a loved one.

For more information about depression and some interactive self-assessment tools, log on to www.DepressionHurts.com or call 1-888-538-8988 for details.