



Is Depression a Natural Part of Growing Older?

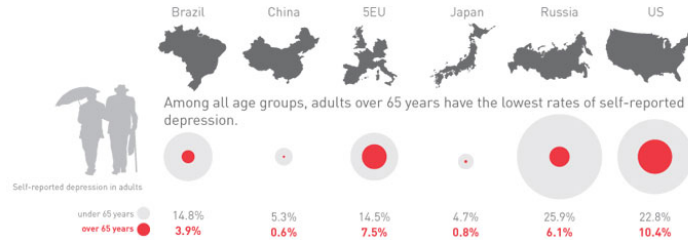
by NEWLIFEOUTLOOK TEAM

Depression and the Elderly Patient

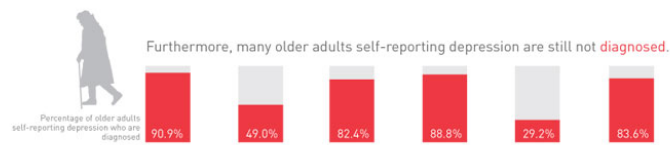
Chronic conditions and pain that are prevalent in older populations can cause depression. Learn to identify the symptoms of depression in elderly patients, including: inability to get out of bed due to lack of energy, feeling sad or empty, lack of interest in previously enjoyable activities, weight loss without dieting or weight gain, inability to sleep, feeling worthless, idealizing death (especially suicide with a specific plan). A major depressive episode is characterized as having 5 or more of these symptoms and can be difficult to identify by an external person without having the individual with depression reporting them. Asking questions about how a person is feeling and what the person did that day can be helpful to figure out if there's something physical preventing the person from enjoying life or if it's something mental.

Depression and the Elderly Patient: Not a Normal Part of Growing Older

Depression affects over 350 million people worldwide, according to the World Health Organization, including adults 65 years and older¹. The development of chronic conditions and pain, which are more common in older adults, can also lead to depression². Awareness and treatment are key to managing depression, as it is a highly treatable condition. When left untreated depression can impair daily activities as well as mental quality of life.

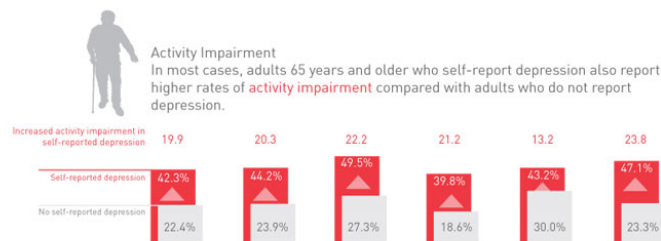
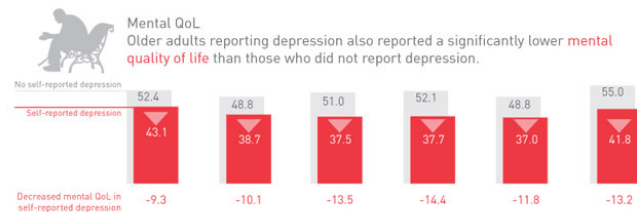
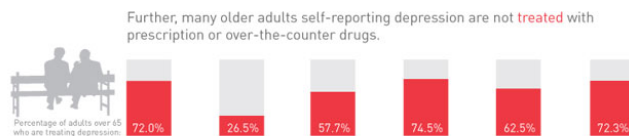


Although self-reported depression is low in older adults, it may go unnoticed and undiagnosed, as patients may not be experiencing sadness as the main symptom, and also may not be willing to discuss their feelings with their doctors.



In China and Russia, less than half of older adults self-reporting depression are diagnosed.

This signals the need for increased awareness and diagnosis of depression.



Awareness, diagnosis and proper treatment are key to healthy living for older adults with depression – it's never too late to make a change.



¹WHO. <http://report.com/whodepression>
²National Institute of Mental Health. <http://report.com/depression/1004>
³Kantar Health. 2010. 2012 (Brazil, China, Japan, US, Pakistan, NZ)
⁴Kantar Health. 2010. 2012 (Germany, France, NZ)
⁵Kantar Health. 2010. 2012 (India, Pakistan, NZ)
⁶Self-reported depression vs. no self-reported depression