



DIABETES CARE

Diabetes and Depression

Depression is common when dealing with diabetes. The stress of dealing with diabetes every day may lead to depression. Diabetes might even affect your brain in a way that can lead to feeling down. If you are struggling to take charge of your diabetes, perhaps your feelings may be getting in the way.

Depression

Feeling down once in a while is normal. But some people feel a sadness that just will not go away. Life seems hopeless. Feeling this way most of the day for at least two weeks can be a sign of depression. This can get in the way of good diabetes care. You may struggle to think straight, or find it hard to eat a good diet. Of course, this will affect your blood sugar levels.



Signs of Depression

Seeing the depression is the first step. You can check for these common signs:

- **Loss of pleasure:** You no longer want to do the things you used to enjoy.
- **Change in sleeping patterns.** You have trouble falling asleep. You wake often during the night. You want to sleep more than normal, even during the day.
- **Change in feeling hungry.** You eat more or less than you used to.
- **Trouble focusing.** You find it hard to remember details or make decisions.





Signs

- **Loss of energy.** You feel tired all the time.
- **Nervousness.** You feel so anxious you cannot stay still.
- **Guilt.** You feel you “never do anything right.” You worry that you are a burden to others.
- **Suicidal thoughts.** You feel you want to die or are thinking about ways to hurt yourself.

Do you have three or more of these signs?
Or just one or two, but have been feeling bad
for two weeks or more? If the answer is
“yes” to either question, it is time to get help.

Getting help

Do not keep these feelings to yourself. Talk them over with your doctor. There are many causes of depression. If you get care for the depression, it could help you control your diabetes. Your doctor may suggest two types of treatment. One type is counseling (talking). The other is taking medicine.



1. Talking with a well-trained therapist can help you look at the problems that lead to depression. It can also help you find ways to solve the problem. You will want to feel at ease with the therapist you choose. Alliance members can call Beacon at 1-855-856-0577 to find out what counseling services you have covered.
2. Medicine may be prescribed that can help with your depression. Ask your doctor about side effects and how long it will take to feel a change. Make sure you know how it will affect your blood sugar.

Many people do well with counseling and medicine. If you think you are depressed, don't lose hope. Seek help for depression. You don't have to do it alone.

For diabetes classes and more, call Health Programs at **510-747-4577**.

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