

Diabetes and depression

As many as 1 out of 3 people with type 2 diabetes may have symptoms of depression

Depression is more than just feeling sad once in a while and then feeling better. You may have depression if you have some of the signs listed below that last most of the day for at least 2 weeks.



Do you have symptoms of depression?

Yes

No

Do you always feel sad, anxious, or down?

Do you have no hope and think things will not get better?

Do you feel guilty, helpless, or like you are not worth anything?

Do you have no interest in hobbies or things you like to do, including sex?

Do you have less energy? Do you feel tired or slowed down?

Do you find it hard to think, remember, or decide?

Do you have a hard time sleeping, wake up early, or sleep too late?

Do you eat differently, or has your weight changed?

Do you think of death or killing yourself?

Do you feel restless or irritable?

Do you have 5 or more of these signs every day for at least 2 weeks? Do they make it hard to do regular daily activities? If you think you may have depression, talk to your doctor.

Depression can be treated

Depression can make it harder for you to take care of your diabetes.

The good news is that depression can be treated with medicines and counseling.

Your doctor can help you decide what to do if you have depression.

Your doctor may prescribe medicines to help you with your depression. If you take a medicine for depression, make sure you tell all your doctors. Always talk to your doctor before stopping or changing any of your medicines.

Remember, you can get help if you have depression!