

Louisiana Pharmacists Association

450 Laurel Street, Suite 1400, Baton Rouge, LA 70801

FOR IMMEDIATE RELEASE

Contact: Julie Fuselier / Crystal Carter

Phone: 225/346-6883

FAX: 225/344-1132

**Louisiana Pharmacists Association Educates Consumers about Signs of
Depression**

Depression is a common debilitating disease that turns deadly without proper care and support. Depression affects approximately 10% of the adult population in America and up to 15% in Louisiana per year as reported by the Centers for Disease Control and Prevention (CDC).³ It affects adults, teenagers and to a lesser extent children. Impairment related to depression can lead to reduced social and professional functioning, harm to one's self, and harm to others. Below is a list of some common signs of depression in adults and teenagers.

Signs of Depression

- Feeling of intense sadness
- Insomnia or excessive sleeping
- Loss of pleasure or interest in activities including hobbies
- Loss of sexual desire
- Feelings of worthlessness, hopelessness or self-loathing
- Feelings of helplessness or pessimistic feelings and guilt
- Loss or increase of appetite, usually accompanied by changes in weight
- Feelings of anxiousness and restlessness
- Irritability and increased anger

- Decreased energy level and fatigue
- Inability to think clearly, slowed thinking, memory loss
- Crying for no apparent reason
- Isolation or withdrawal from family and friends
- Thoughts of suicide or death
- Substance abuse, gambling addiction or other self-destructive activities⁴

Signs of Depression in Teenagers

- Sudden drop in grades or school performance
- Unusual anxiety, anger or withdrawal from friends
- Changes in sleep patterns, loss of sleep
- Increase in physical complaints, stomach aches etc.
- Increase in risk taking behavior such as dangerous driving, alcohol or drug abuse or promiscuous encounters.
- Extreme boredom⁴

If you suspect that you or someone you know is suffering from depression, it is important to identify resources available in your community to provide help. Footnotes one and two below are links to a list of crisis intervention hotlines in Louisiana as well as a national listing of mental health help groups tailored to meet the needs of very specific patient populations suffering with depression around the U.S. These groups include support for those with Alzheimer's, anxiety, gambling addictions, eating disorders and more.

As a trusted source of information, pharmacists can work with patients and prescribers to find appropriate care for this debilitating disease. The single most important element associated with treatment success is persistence. Many patients who start drug or cognitive therapy end up stopping treatment before the planned endpoint. Pharmacists are often a key player in monitoring both the adherence of therapy and the early detection of adverse reactions that often lead to abandonment of treatment. Furthermore, payment systems that encourage these monitoring services will significantly improve depression care outcomes among all patient populations.

1. <http://www.suicidehotlines.com/louisiana.html>

2. http://www.mentalhealthamerica.net/go/find_support_group
3. <http://www.cdc.gov/features/dsdepression/index.html>
4. <http://www.thesignsofdepression.org/>

Authors:

Jonn C. Bailey, Pharm.D. Candidate 2013

William R. Kirchain, PharmD, CDE

Wilbur and Mildred Robichaux Endowed Professorship

Xavier University of Louisiana College of Pharmacy

The Louisiana Pharmacists Association, established in 1882, strives to promote the interests of all pharmacists of the State of Louisiana. For more information about the LPA and its benefits, contact Julie Fuselier or Phyllis Perron, LPA Co-Executive Directors at 225/346-6883 or visit our website at www.louisianapharmacists.com.

###