

Mental Health Minute

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“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”

- Maria Robinson

Heart Disease and Depression

People who develop cancer, diabetes, or, in particular, heart disease are at higher risk for developing depression as well. Depression’s link to cardiac medication and post-cardiac surgery has been the topic of many articles in healthcare journals. Approximately 40 to 65 percent of post-cardiac surgery patients suffer from depression (*source: NIMH*).

There are many reasons why depression goes undetected in people with cardiac conditions. Most people—including patients and their doctors – expect a person who has had a heart attack to be sad or depressed. **So depression is often dismissed as a natural reaction to illness.**

Another reason why depression is often missed is because **some cardiac medications have side effects** that can make people lose their appetite, have trouble sleeping, or feel run down. Therefore, it’s hard to determine what a medication side-effect is and what a depressive symptom is.



Be on the lookout for symptoms of depression:

- Feelings of sadness and helplessness
- Worried, restless and anxious
- Lack of energy
- Difficulty concentrating
- Sleeping too little or too much
- Loss of interest in activities that were once enjoyed
- Thoughts of death or suicide

If you feel you have any of these symptoms, ask your doctor for a depression screening. For the most part, depression is effectively treated with medication and counseling.

Geriatric
Behavioral
Medicine Center
626-300-7300

San Gabriel Valley
Medical Center
www.sqvmc.com

Mental Health Facts

Did you know that **1 in 4 American adults struggle with a treatable mental health condition** each year? That’s almost 70 million people!

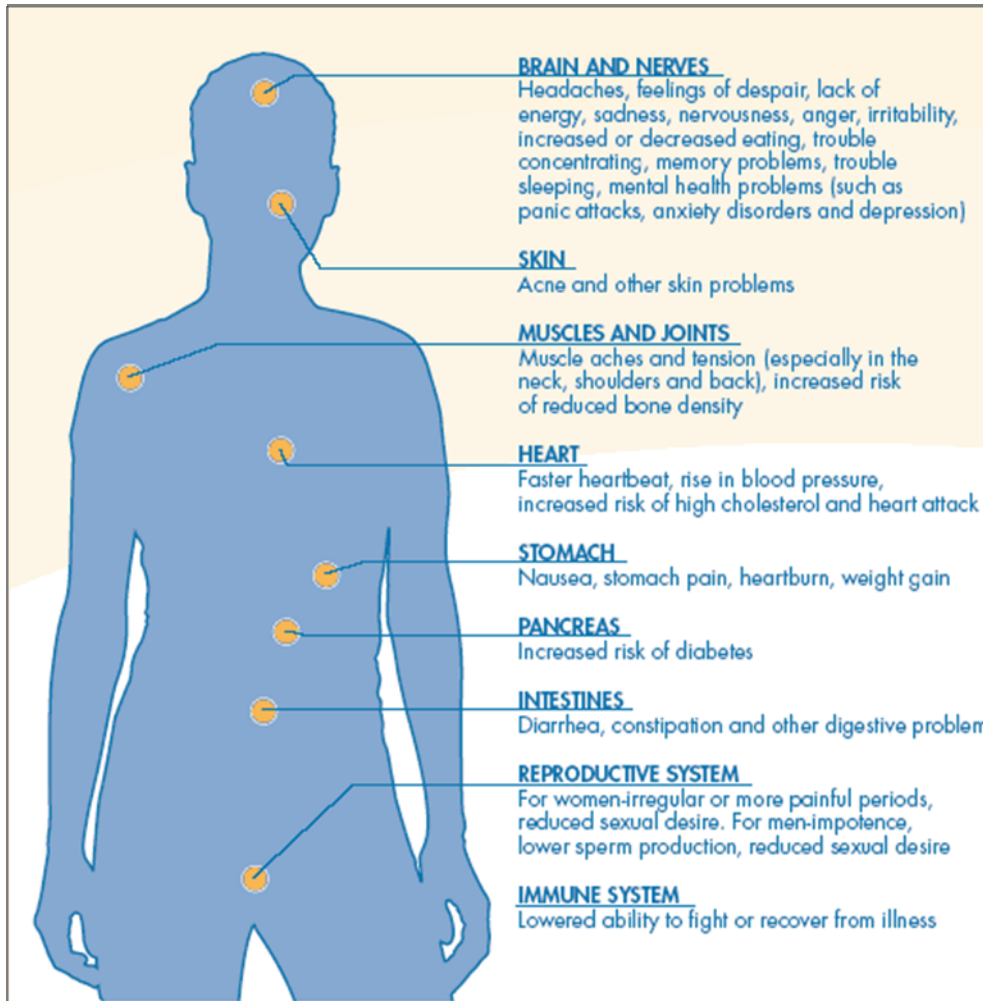
Who is your 1 in 4? Do you know a family member, friend, veteran, or colleague quietly struggling with depression, ADHD, post-traumatic stress disorder, substance abuse, or some other mental health issue?

Get the facts today and get the help you need for yourself or a loved one. For more information, go to www.mentalhealthamerica.net

Staying Well When Stressed

Knowing the **SIGNS** of **STRESS**

We all go through stressful times. In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or stress that lasts for a long time can take its toll on your whole body.



Healthy steps you can take to stay well when you're stressed include the following:

- Connect to people close to you
- Stay positive
- Eat well
- Get enough sleep
- Get physically active
- Create joy and satisfaction
- Take care of your spirit
- Deal better with hard times
- Get professional help if you need it

If you feel overwhelmed, unable to cope or feel as though your stress is affecting how you function every day, it could be something more, like depression or anxiety. Don't let it go unchecked. Contact your health care provider. Help is just around the corner. Learn more at www.liveyourlifewell.org



Knowing the Signs: www.mentalhealthamerica.net

? Did you know

A survey of Americans found that one-third of people are living with extreme stress.

Mental Health Minute: enriching lives one step at a time

The information in this newsletter is intended to be general information and should not be constructed as medical advice or instruction. Readers should consult with their physician on any matter related to their individual health and well-being.