



# ASSURE<sup>®</sup> BRILLIANCE

COMPREHENSIVE SERVICE & SUPPORT PROGRAM

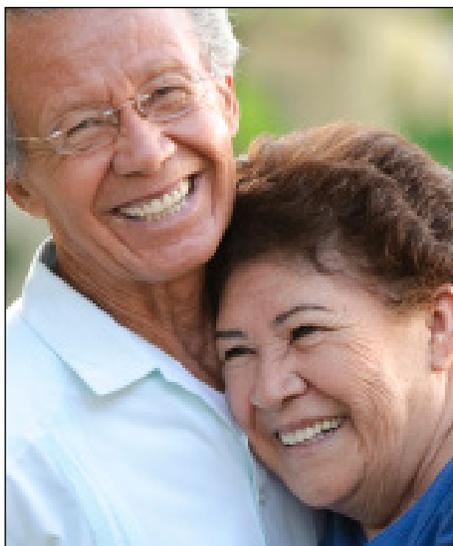
## *Diabetes and Depression*

**Research indicates diabetes and depression can negatively affect each other, making management of each disease even more difficult.**

Fifteen to 20 percent of individuals with Type 1 or Type 2 diabetes are affected by depression compared to only 3 to 5 percent of the general population. Also, there is evidence that depression increases one's risk for developing Type 2 diabetes.

Diabetes management can be stressful and time-consuming, and the dietary restrictions can make life seem less enjoyable. Depression can develop as a result of the lifestyle adjustments made to control diabetes. The mind-body connection is undeniable in that physical illness quite often affects our emotional well-being and mood. It is also important to recognize that unstable blood sugars can mimic depression. The side effects of medication, higher stress levels from the pressures of diabetes, and associated thyroid conditions can all trigger depression episodes.

Individuals with diabetes and a history of depression are at greater risk for developing diabetic complications than people with diabetes who do not have depression. Symptoms of depression include lack of effort to manage one's lifestyle, which is key to managing diabetes. But other symptoms of depression also play a role in diabetes complications, such as



poor appetite, which could potentially lead to hypoglycemia in a diabetic. It is important to recognize symptoms of depression so that the depression can be controlled alongside the diabetes. Some of the symptoms linked to depression include the following:

- Feelings of hopelessness
- Difficulty concentrating
- Prolonged periods of sadness
- Fatigue or lack of energy
- Difficulty sleeping
- Increased or decreased appetite
- Poor memory

The good news is that depression is often treatable. Depression in people with diabetes is usually treated the same way as depression in non-diabetics. A combination of antidepressants, psychotherapy and behavior modifications, including eating well and exercising, can produce positive results on both mood and glycemic control. Keep in mind that with any medication, the type and dosing may periodically need adjusting and that anti-depressants can take up to several weeks to take full effect. Recovery from a depressive episode can take time, which makes it especially important to receive ongoing treatment from a mental health professional that closely coordinates care with the healthcare provider who is treating an individual's diabetes.

Therefore, keeping both the depression and diabetes stable are beneficial to a person's overall health. Establishing that there is a relationship between these two difficult-to-manage diseases may feel even more overwhelming, but effectively managing one can have a positive effect on the other.

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## References

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