

Depression is more than just low mood.

To feel, think
and do better,
Talk to your
doctor.



Understanding Depression

Depression is more than just low mood and can affect a person emotionally, cognitively and physically, that is, the way you feel and think, and how your body responds.¹ A common health problem,¹ depression can be triggered by life challenges such as problems with relationships, work or death of a loved one. For some people, depression may become severe enough to interfere with their normal daily activities and affect their overall quality of life.¹⁻⁴ Some people have a single episode of depression, others have recurring episodes.⁴

Get help today.

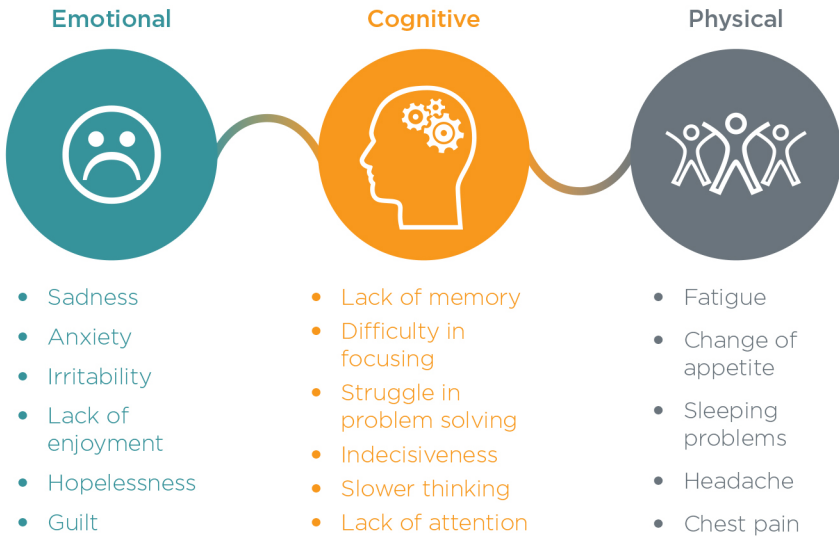
Your doctors can be your source of advice and help.

“ Depression is more than just low mood and can affect a person emotionally, cognitively and physically. ”



Identifying Symptoms of Depression

The symptoms of depression fall into three main categories: emotional, cognitive and physical. A person with depression can have multiple symptoms or just a few. The presentation below summarises the leading symptoms.



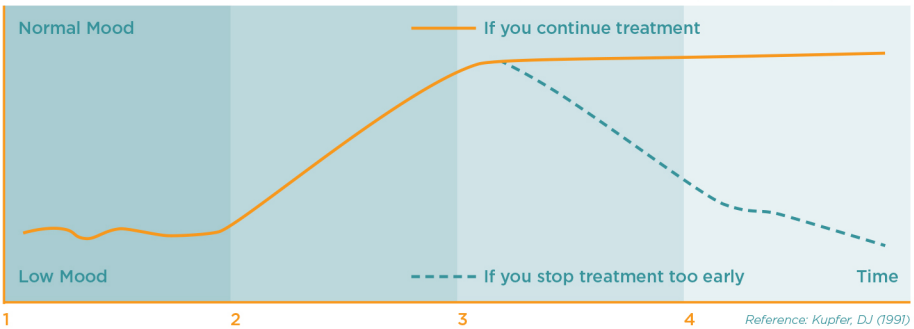
Are You Experiencing Cognitive Symptoms?

Talk to your doctor if you've been experiencing cognitive symptoms almost everyday for the past 7 days, such as:

- Trouble in organising things
- Difficulty in concentrating on routine things, e.g. watching TV or reading a book
- Inability to remember dates unless you look them up
- Lapse of memory, e.g. forgetting what've you talked about after hanging up the phone
- Feeling of having your mind gone blank

Recovery from Depression

While depression can be triggered by life challenges, it is thought to be caused when the delicate chemical balance in a person's brain is disrupted, resulting in reduced levels of certain neurotransmitters. The medicine (anti-depressant) that your doctor prescribes is to help restore the chemical balance in your brain. Take it as recommended; it is the most effective way forward in managing your depression.



1

Getting Started

After starting your medicine you will not feel better immediately, as all medicines for depression take some time to work. In the early stages of treatment, you may experience side effects. Please ask your doctor or pharmacist for advice.

2

Turning the Corner

This phase takes place after a few weeks when most people will begin to feel calmer, happier and have more energy. It might be tempting to stop taking your antidepressant at this point, but remember, it is very important to continue with your treatment so that you make a full recovery.

3

Don't Stop

In order to ensure that your treatment is as effective as possible, please continue taking your antidepressant for the full amount of time agreed upon by yourself and your doctor. If you stop your treatment early, the risk of symptoms returning is greater than if you had kept going with your medicine.

4

Feeling Good - Returning to Yourself

During this final phase of treatment you should feel back to yourself again - you find enjoyment in activities you could not take pleasure in before, you are positive about life, and your worries and fears no longer stand in your way.



Depression can be managed.

Recover with
doctor's help.



References

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2. Hammar A, Ardal G. *Front Hum Neurosci.* 2009; 3: 26.
3. Greer TL et al. *CNS Drugs.* 2010; 24(4): 267-284.
4. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V).* 2013.

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