



# CCM Newsletter

## Depression

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### REMINDER:

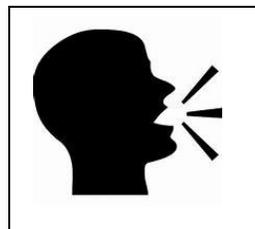
As a member of CCM, the special Chronic Care Management phone number is available for your personal use.

## Depression

### WHAT IS IT?

Depression is a mood disorder that causes a persistent feeling of sadness. It is the most common mental health problem. Depression can affect all aspects of your life. Everyone is different, but if you have had **one or some** of the following symptoms for **at least 2 weeks**, you may have depression:

- **P**ersistent sadness and/or anxious feelings
- **L**oss of interest or pleasure in hobbies or activities
- **G**uilt, irritability, hopelessness, or worthlessness
- **F**eeling restless, difficulty concentrating or making decisions, trouble remembering things
- **S**leep problems: too much or too little
- **A**ppetite decrease or increase, with possible weight changes
- **D**ecreased energy, moving or talking slowly
- **T**houghts of death or suicide
- **A**ches, pains, headaches, cramps or digestive problems without a clear cause



**Treatment of Depression:** is most effective when many different approaches are used. The first step is to **TELL YOUR PROVIDER!**

- **COUNSELING** gives people **“tools”** to use to help combat depression, even after counseling ends
- **MEDICATIONS** are **individualized** based on evaluation and a person’s needs
- **LIFESTYLE** along with counseling, medications, and making **positive changes** may help to alleviate depression and any anxiety symptoms

## Counseling

- Benefits of counseling continue, even after active treatment ends
- Helps people develop new coping skills
- Helps people achieve more adaptive ways of thinking about life's problems
- Provides support when crisis, a difficult period, or a chronic problem impairs functioning
- Can increase family cooperation in helping with treatment
- Types of therapy are individualized for people and what they need and can be done in different formats
  - ◆ Individual ◆ Couples ◆ Family ◆ Group

*A special word to the men reading this:* Many men are stoic and deny or do not like to discuss personal issues, such as depression. Because of that, they decline suggestions for counseling. Many times, just talking to and sharing your innermost thoughts with a trained counselor can relieve your stressors, improve your outlook on life, and vastly improve your relationship with your spouse and family.

## Lifestyle

- **DIET**

- Eat foods like fresh fruit (in moderation), fresh green vegetables, leafy vegetables, low-fat dairy items, whole grain breads, rice and pastas instead of white bread, white rice or regular pasta
- Minimize sweet drinks, foods, and processed flours

- **EXERCISE**

- Exercise has an *especially* positive effect on depression
- Resistance training by pushing or pulling
  - Resistance bands, light 1- to 2-pound weights, or even soup cans can be used
  - Repetition is key, does not have to be fast
    - Start at 10 repetitions each side/arm/leg, performing 2 sets of 10 repetitions per day
    - Work up to 5 sets per day, 5 times per week
  - Aerobic exercise (walking, swimming, or cycling)
    - Brisk, non-stop walk on a stable, even surface or by treadmill
    - Gradually work up to a *goal* of: at least 5 times per week, 30 minutes per day

- **RELAXATION**

- Progressive muscle relaxation
  - Practice tensing (five seconds) and relaxing (10 seconds) different muscle groups (forehead, mouth, fingers, arm

