

Education

Depression describes a variety of emotional states that can commonly occur in patients with multiple sclerosis. It can range from feeling down for a few hours of the day to a clinical depression that goes on for months. Depression has been shown to occur more often in MS patients in comparison to the general population. Depression should not be a source of shame or embarrassment. It is important to share your concerns with your health care provider should you experience symptoms of depression. Your provider can help by presenting options for treatment that will reduce the burden of these symptoms.

Signs and Symptoms of Depression

- Sadness
- Sleep Disturbances
- Agitation
- Feelings of worthlessness
- Loss of interest in everyday activities
- Loss of appetite or increase in appetite
- Fatigue (feelings of tiredness)
- Persistent thoughts of death or suicide
- If you suspect you have any of the signs and symptoms above, contact your health care provider immediately. There are medications available to help treat your condition and prevent further progression.

How Your Health Professional Can Help

Only a mental health professional can diagnose clinical depression. They are able to determine if the symptoms represent depression, or if they are a normal part natural grieving and life events. There are a number of therapies established to treat clinical depression. Support groups can be beneficial in mild depression. For more severe depression, psychotherapy and antidepressant medications are available. It is important to seek the counsel of your health care provider as soon as you feel you are at risk for depression. Early treatment can prevent the condition from progressing to a more severe state. Talking openly with your health care professionals about your symptoms will help them to serve you better, and improve your quality of life.

For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.