

Health Awareness

Understanding Depression

(NAPSA)—Pondering six important points can help you answer the question “Are you depressed” about yourself or someone you care about.

According to Healthline.com, one in 10 Americans experience depression at some point in their lives yet only about 20 percent seek professional medical help—even though the malady is completely treatable.

“May is National Mental Health Month,” says Dr. Paul Corona, author of the book series “Healing



the Mind & Body: The Trilogy.” “Why not take this month to reflect on your own mental health by answering a few simple questions?

Dr. Corona

Your answers may surprise you.”

- Have you lost interest in doing things you used to enjoy?
- Are you more sad or crying more than usual?
- Do you have low energy, motivation and drive?
- Are you sleeping more or less than usual?
- Do you feel hopeless, helpless and worthless?
- Do you have suicidal thoughts or recurring thoughts of death?

“If you answered ‘yes’ to any of the above questions, you may be suffering from depression,” says Dr. Corona. While, he points out, depression is not your fault, you can still do something about it. There is hope, he says, adding, “My advice is that you schedule an appointment with your preferred M.D., who can best diagnose you and offer a variety of solutions ranging from antidepressants to therapy.”

Based in Laguna Niguel, Calif., Dr. Paul Corona has helped tens of thousands of patients achieve the happiness they desire, and now he has written a series of three books called “Healing the Mind & Body: The Trilogy” to serve as a comprehensive reference guide for those seeking help.

For more information, visit <http://drpaulcoronamd.com>.