

Can Depression Be A Sign Of Something More?

(NAPSA)—Have you taken more than one antidepressant but are still feeling depressed? Are you frustrated that your depression keeps coming back? You are not alone. Many people are first told that they have depression or anxiety when, in fact, they actually have a different medical condition. Of these people, one in two will first be told they have depression, one in four will be told they have anxiety.

Why Does Your Depression Keep Coming Back?

There are a number of reasons why symptoms of depression may persist despite taking medication. One of these reasons may be because patients don't always remember to tell their doctors about all the symptoms they're experiencing. For example, patients may talk to their doctors when they feel down or depressed and are looking for relief. They may not talk about the times when they've felt really good or energetic. In fact, patients often think about these times as their "good times" or "normal times." This is important information that can help your doctor make a correct diagnosis and provide treatment that may help you feel better.

Help Your Doctor Help You

Getting a correct diagnosis is the first step to finding a treatment that is right for you. Bipolar depression is a form of depression that requires a different kind of treatment. If you have questions about bipolar depression, be sure to talk with your doctor. Several treatments, including some new medications, along with support from your doctor, can help people manage their symptoms over time.

What Is Bipolar Depression?

Bipolar depression is one part of bipolar disorder, a chronic—but

Questions to Help You and Your Doctor Understand Your Symptoms:

- Have you ever been told by your health care provider that you have anxiety?
- Do you sometimes feel that people are acting unfriendly toward you?
- Have you been diagnosed with depression within the past five years?
- Has anyone in your family ever been diagnosed with bipolar disorder?
- Have you ever had any legal problems (minor or major)?

Go to www.sayhowyoufeel.com for more information about bipolar depression and to download the questionnaire to bring to your doctor.



treatable—illness. Sufferers usually have episodes of depression ("lows") and episodes of increased energy, racing thoughts or anxiety ("highs"). Untreated bipolar depression can affect an individual's ability to function at work, participate in social activities and maintain relationships. Getting an accurate diagnosis and the correct treatment can help patients with bipolar depression manage their symptoms and lead productive lives.

If you're feeling frustrated because your depression keeps coming back despite the use of medication, visit www.sayhowyoufeel.com and download a questionnaire that can help you and your doctor determine if you have bipolar depression.

Remember: Your doctor needs you to say how you've been feeling; to talk about the times when you've been "high" and when you've been "low." This will help make it easier for a correct diagnosis.