

HEALTH ALERT!

What Women Should Know About Depression

(NAPSA)—Are women at a higher risk for depression? Taking a short quiz about depression may help you feel better about yourself—and get help if you need it.

Depression is a medical illness that can be treated with medication, therapy, or a combination of the two. Researchers now believe that depression may be caused by a chemical imbalance in the brain.

According to the American Psychiatric Association, up to 20 percent of women develop major depression at some time in their lives, compared with up to 10 percent of men.

The quiz, which was composed by experts at Pfizer Women's Health, may help you determine if you have symptoms of depression. Rate the following symptoms by "not at all," "several days," "more than half the days," or "nearly every day" over the past two weeks:

- a. Little interest or pleasure in doing things
- b. Feeling down, depressed, or hopeless
- c. Trouble falling or staying asleep, or sleeping too much
- d. Feeling tired or having little energy
- e. Poor appetite or overeating
- f. Feeling bad about yourself, or feeling that you are a failure or have let yourself or your family down
- g. Trouble concentrating on such things as reading the newspaper or watching television



Stressful life events, such as divorce, are a risk factor for depression in women.

h. Moving or speaking so slowly that other people notice, or being unusually fidgety or restless

i. Thinking you would be better off dead or wanting to hurt yourself in some way

If you checked "several days or more for a) or b) and four or more problems, discuss your answers with a doctor. Only a healthcare professional can make a diagnosis of depression. Also, talk to your doctor if you checked "several days" or more for i) thinking you would be better off dead or wanting to hurt yourself. Having repeated thoughts of death or suicide is the most serious symptom of depression. If you are thinking of harming yourself, get help immediately.

For more information on depression and other women's health issues, visit www.pfizer.com/womenshealth.com.