



DEPRESSION AS WE AGE

Late-life depression often goes undetected and can have an adverse impact on quality of life, the outcome of medical problems, use of our health care and ultimately life outcomes. Older adults with depression present to primary care as different somatic/physical complaints. Depression is not a normal consequence of aging. Healthy, independent seniors have a lower rate of depression than the general population; however, depression rates do increase with ongoing and serious medical problems.

Minor depression is more common than the major depressions in the aging population and responds well to support and medical therapies. Your health care provider can help to separate the serious, minor, and cognitive/thinking deficits; including Alzheimer disease. Of some concern, is the rising suicide rates in our elderly population, especially in men over 85.

Diagnosing depression can be challenging, but new tools assist our providers to help identify patients needing further evaluation and treatment. All of Ogden Clinic clinicians are aware of these tools and available therapies. Approaches to therapies may depend on clinical setting and best treatment options offered by your medical provider.

Courtesy: Up To Date – Dr. Randall Espinosa, Dr. Jurden Unutur

Resources:

National Library of Medicine (www.nlm.nih.gov/medlineplus/healthtopics.html)

Foundation for Depressive Illness (www.depression.org)

National Mental Health Association (www.nmha.org)

Weber and Davis County Public and Mental Health