

## WHAT HAPPENED TO HARRY?

Harry did go to see his doctor. The doctor asked him some important questions, did a physical exam, and based on all of the information diagnosed Harry with depression, right in the office. The doctor talked about medications and lifestyle changes that could help Harry. He followed the doctor's prescription and began to feel like his old self again. He still had times when life made him sad, but it didn't take over his life. He went back to walking, gardening, visiting friends and family, enjoying movies. He even started going to the nearby senior center.



**YOU DON'T  
HAVE TO LIVE  
WITH DEPRESSION.  
SEE YOUR DOCTOR.**

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## WHAT'S WRONG WITH

# HARRY?



## THE WARNING SIGNS OF DEPRESSION

DEPRESSION IN OLDER ADULTS IS COMMON, BUT IT IS NOT A NORMAL PART OF AGING. KNOW THE WARNING SIGNS AND DISCUSS THEM WITH YOUR DOCTOR.

## WHAT'S WRONG WITH HARRY?

It was a beautiful sunny spring day. Harry thought that maybe today he would go for a walk or work in his flower garden. It had been weeks since he'd left the house or even felt like having company.

"What's wrong with me?" Harry wondered. His daughter said he was depressed.

"Depressed?" Harry asked himself. "Maybe a little down, maybe a little blue, but that is to be expected. After all, my life is changing so fast. I don't work anymore, my best friend Ernie has died and I can no longer drive at night."

Just thinking about leaving the house made Harry feel tired. So, in spite of the beautiful spring day, he laid back down instead.

## IS IT DEPRESSION?

We all feel sad, blue or down at times. But when that feeling hangs around for two weeks or more and we have other signs like tiredness, loss of interest in life activities, inability to feel pleasure or enjoyment, or changes in weight, sleep, energy or our thinking, it could be depression. Only your doctor can help you know for sure.

## DEPRESSION AS WE MATURE

Depression in older adults is common, but it is not a normal part of aging. Depression is a serious condition that affects our feelings, thoughts and bodies. It can change our overall health, and make treating other conditions like high blood pressure, diabetes and heart disease more difficult. Therefore it is important to know the warning signs and tell your doctor, if any of them are present.

## WARNING SIGNS OF DEPRESSION

**IF YOU EXPERIENCE A DEPRESSED OR SAD MOOD LASTING TWO WEEKS OR MORE, CONTACT YOUR DOCTOR. WATCH FOR THE FOLLOWING SIGNS OF DEPRESSION, AND DISCUSS THEM WITH YOUR DOCTOR.**

- Sadness lasting most of the day or nearly everyday
- Loss of interest or pleasure in all or almost all activities
- Changes in weight (loss or gain) or changes in appetite
- Changes in sleep (more or less)
- Irritability, agitation, restlessness or being slowed down
- Feelings of guilt, worthlessness
- Difficulty thinking, focusing or concentrating
- Repeated thoughts of death, or suicidal thoughts\*

**\*IF YOU ARE HAVING THOUGHTS OF KILLING YOURSELF, CALL YOUR DOCTOR RIGHT AWAY. IF YOUR DOCTOR IS NOT AVAILABLE, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM.**