



Depression and Physical Health

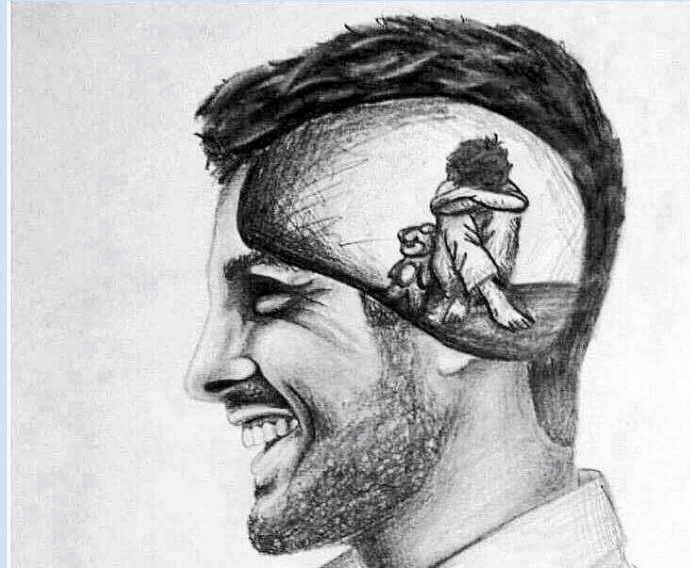
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Objectives

1. Define Depression.
2. Discuss the causes of depression and the age group it mostly effects.
3. Describe the impact of depression on the body.
4. Identify eating disorders associated with depression .
5. Outline the diagnosis of clinical depression and how it may be treated.

What is Depression?

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feeling of sadness and loss of interest in activities you once enjoyed.



Causes of Depression

- **Poor nutrition:** A poor diet can contribute to symptoms of depression in many ways such as low vitamin B3 cause mental and physical slowness , vitamin B5 cause fatigue and insomnia and low vitamin D puts patient at higher risk of development of depression



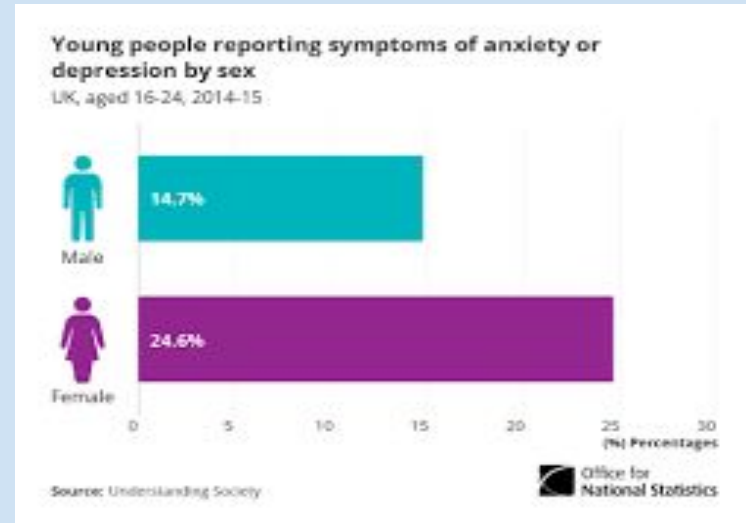
- **Genetics:** Its proven that patients with previous depressed family members puts them at higher risk of developing depression. It is suggested that 40% of depression is determined by genes.

- **Stress:** Stressful life events overwhelm a person's ability to cope, it is suspected that high levels of the hormone cortisol which are secreted at stressful times may affect serotonin and contribute to depression.



Causes of Depression

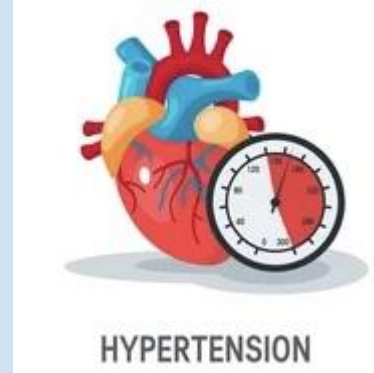
- **Brain chemistry imbalances:** Imbalance Neurotransmitters such as Serotonin , Norepinephrine and Dopamine which play an important role in mood regulations. Neurotransmitters are chemical substances that help areas of the brain communicate with each other, so when the neurotransmitters are in short supply it can lead to symptoms of clinical depression.
- **Female sex hormones :** It is proven that women experience depression twice as much as men. Women are especially prone to depression when there is an influx in hormones such as during times of their menstrual cycle ,pregnancy and childbirth.



The impact of depression on the body



Weakened
immune system



HYPERTENSION



Nausea



Eating disorders associated with depression

Obesity :

- The link between depression and obesity is that people who are depressed are more likely to be obese, and those who are obese have a higher risk of being depressed.
- “It’s not simple as it may appear” meaning being obese isn’t as simple as I’m depressed and don’t want to exercise I just want to eat and therefore gain weight.
- One of the clinical symptoms of depression is loss of interest and pleasure in activities due to imbalances in the brain, and when that happens we seek comfort in food to feel the pleasure we once had.



Anorexia:

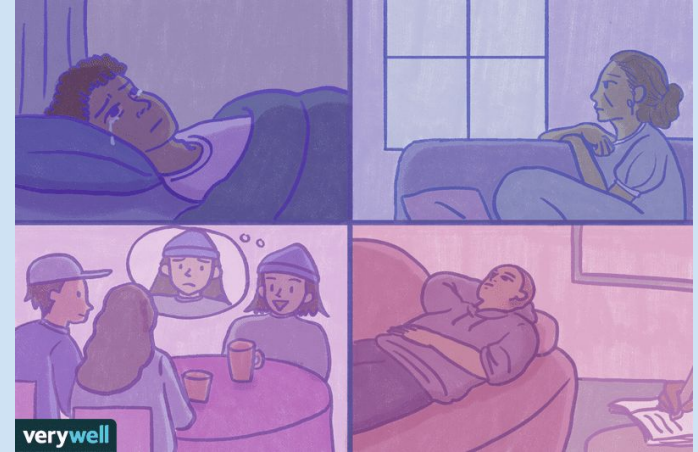
- In rare but severe cases of depression it may lead to anorexia where patients feel that “they aren’t deserving of the food”.



Diagnosis of Clinical Depression

5 of 9 symptoms must be present throughout an everyday life for a patient to be diagnosed:

- Depressed mood
- Diminished interest
- Significant weight loss or gain
- Psychomotor agitation (like pacing)
- Inability to sleep (Insomnia) or oversleeping
- Fatigue
- Feeling of worthlessness and guilt
- Lower ability to think or concentrate
- Recurrent thought of death or suicide



Treatment of Clinical Depression

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graph TD; A[Treatment of Clinical Depression] --> B[Non-pharmacological (no medication)]; A --> C[Pharmacological]; B --> B1[Physical activity (release of endorphins)]; B --> B2[Diet (antioxidants reduce stress)]; B --> B3[Psychotherapy]; B --> B4[Staying connected with others]; C --> C1[Antidepressants of the group selective serotonin reuptake inhibitors (SSRIs)]; C --> C2[The antidepressant may worsen the condition];
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Non-pharmacological (no medication)

- Physical activity (release of endorphins)
- Diet (antioxidants reduce stress)
- Psychotherapy
- Staying connected with others

Pharmacological

- Antidepressants of the group selective serotonin reuptake inhibitors (SSRIs)
- The antidepressant may worsen the condition



**“You are allowed to feel
messed up and inside out.
It doesn't mean you're
defective—it just means
you're human.”**

**—DAVID MITCHELL
CLOUD ATLAS**



References

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THANK YOU!