

Springtime depression. Prevention and Road Safety

According to data gathered in the study 'Mental Health Strategy in the National Health System', Spain is the European country with the highest rate of depressive symptoms in the elderly, and this affects nearly 5 percent of the population, including twice as many women as men. Depression imposes a significant cost on companies and their production, as well as affecting family relationships and finances. Because this set of symptoms is quite common, we could easily fail to notice it, but we all should really take a good look at ourselves so that we can get help if we need it, rather than making the problem worse.

Symptoms

Generalized **fatigue**

Desire to **overeat**, or lack of appetite

Sleep problems (insomnia or excessive sleep)

Social **isolation** and loss of interest

Reduced sex drive

Even **thoughts of suicide**

Some preventive measures

- 1 Engage in physical exercise, minimize time spent sitting and, if possible, spend time in the fresh air and sunlight to enhance the production of serotonin and melatonin.
- 2 Pay attention to your diet, minimizing fats and hydrates while giving priority to foods rich in Omega 3 and 6 fatty acids, vegetables, vitamins C, nuts, etc.
- 3 Practice good sleep hygiene. Sleep for 7 to 8 hours per night, in a well-ventilated room and at a proper temperature. This can go a long way toward avoiding bad moods and fatigue.
- 4 Spend some time every day enjoying activities that bring you personal enjoyment, to promote optimism.

6 recommendations on antidepressants for the doctor and the patient



The doctor should always monitor the patient during treatment

With period visits (every 2-3 weeks), report on all possible adverse reactions to the medications.



Monitoring of depressed patients

Is essential for preventing impaired driving, due either to the illness or to the recommended treatment.



Any administration of antidepressant drugs

Must be done with the full knowledge and consent of the patient: the doctor must inform the patient and the patient must agree.



A patient being treated with antidepressants may not drive until specifically authorized to do so.

If you are the doctor, inform your patient of this; if you are the patient, remember this.



If you suffer from depression, continue with the treatment

It has been determined that 2 of every 3 patients stop taking medication within a month of having begun treatment. It is essential to encourage compliance with treatment.



Do not hide any medications that you are taking

Illnesses or conditions of any type, so that your doctor can prescribe the right treatment. Some antidepressants are incompatible with heart disease or other conditions.