DIABETES AND DEPRESSION

Are You At Risk?

Depression occurs
more often in people
with diabetes than
in people without
diabetes. If you have
one or more of
these signs or
symptoms of
depression for a
week or more and
don't know why,
call your doctor:
Don't wait. Medical
treatment can help!



1. Often sad or irritable



- 2. Lose interest in things quickly
- 3. Sudden change in weight or appetite



4. Feel guilty or worthless

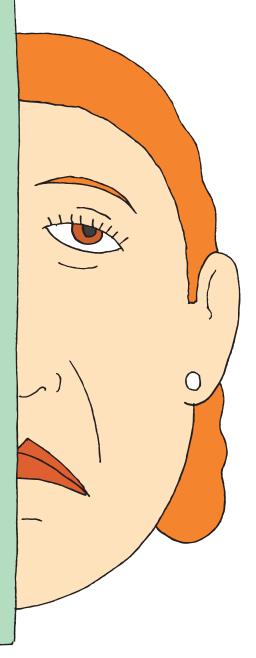


- 5. Change in sleeping habits
 - 6. Can't concentrate, remember things, or make decisions
- 7. Fatigue or loss of energy



- 8. Often restless
- 9. Thoughts of death or suicide







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