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# Depression And Its Treatments

When a person is suffering from chronic depression, most possibly, he or she may need to be prescribed depression medication as soon as possible. If you have any of the classical systems of depression, persisting for more than a month, you may need to visit your physician without fail. You can assist your physician diagnose and help you, by providing as much details as possible about your problems of depression. But remember that if your problem is severe enough to demand extra help, you will need to take a family member or friend along on your first visit, to see that you are helped in a proper way.

The first thing to know about depression is that it is **not** just in your head. Depression is, in fact, a whole body disease that affects multiple systems.

In addition to feeling sad, hopeless, or helpless, a person may suffer from extreme fatigue, decreased motor (muscle) coordination, changes in appetite and weight, and a loss of interest in activities that are usually pleasurable--just to name a few of the more common symptoms.

### **Depression Medication**

For those who face depression, every day of their lives may seem like a struggle. A struggle to get up, a struggle to face the day and the people involved and it can be a struggle to make the most of the day. It just seems simpler to crawl back into bed and forget about it all. But, the world needs us, we need the world too. So, we get up and deal with the depression. But, there may be a way or a place in which the depression you feel is similar to the depression that others feel and are dealing with as well.

Based on the intensity of the disease condition, depression medication is classified in two main categories: Acute medication and Continuation medication. These depression medications are used to treat any one of the three types of depression symptoms, like severe depression, moderate depression and mild depression. For each type of those symptoms, there is a defined treatment or medication, which works better with a clinical efficiency.

### **Depression and Its Treatments**

One in five Americans suffer from depression in their lifetime. It affects more than 17 million Americans each year. According to a statistic from the National Institute of Health, the estimated cost of depression to the U.S. is between 33 and 44 billion dollars a year. Depression is linked to the more than 30,000 suicides a year. (Ainsworth 3-5) The depression being discussed is not merely a day of feeling blue but a clinical diagnosis, also known as Major Depressive Disorder, or MDD (Clinical Practice Guidelines).

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