

Your Health Checklist: Diabetes and Depression

Diabetes comes with a lot of different emotions; guilt, frustration, anger, resentment....and depression.

If you have Diabetes, you are at an increased risk of developing Depression.

And Depression can make managing your Diabetes more difficult.

Follow this checklist to help identify depression and get the treatment you need before it affects the day to day management of your diabetes and your overall health.

Do: Talk to your healthcare provider about ways to handle the stress of managing your diabetes, and your life.

Do: Get help if you experience any of these symptoms nearly every day for at least two weeks: feelings of sadness or emptiness, poor concentration, irritability, sleeping too little or too much, an increase or decrease in appetite, fatigue, not caring about your appearance or things you used to care about and enjoy, or obsessive thoughts about death and dying.

Do: Follow your healthcare provider's instructions on a treatment plan.

Do: Take all of your medications exactly as prescribed.

Do: Make healthy food choices, get regular physical activity and get a good night's sleep every night. These actions can go a long way to managing both your diabetes and depression.

Do Not: Ignore any of your symptoms. Some people, especially men, might not want to admit that they need help.

Do Not: Assume your Depression will go away on its own. Depression is a serious illness that often goes untreated.

There are many causes of depression and a variety of treatment options so don't be afraid to get the help you need. If you think you may be depressed, meet with your healthcare provider to find the best treatment options for you.