

Diabetes and Depression

Depression is a serious condition that can have a direct impact on your success as a diabetes self-manager.

“So my depression symptoms, I would come home on the days that I didn’t exercise and I would sit on my couch and just stare at the television, and I would have projects that I need to do and so much stuff that I was just like, “Yes, I know I need to do those,” but I had no desire to do them.”

Just doing day to day tasks while living with depression is difficult.

And having diabetes as well, can make it feel impossible, but having diabetes means it’s up to you to take control of your health in order to avoid long-term complications like heart disease, eye disease, kidney disease and amputation.

Making changes in several areas of your life, will help you become a good self-manager. These areas include: making healthy food choices, getting regular physical activity, taking medications if necessary, monitoring your blood glucose, and finding support in each of these areas.

But when you are depressed, you may not feel like making any changes. Depression can be a barrier between you and your ability to manage your diabetes.

For example, you may not have the desire or energy to go to healthcare appointments. You may choose comfort foods over healthier options. You may stop being physically active. And you may begin to forget to take your medications or monitor your blood glucose.

When you don’t take care of your diabetes, your blood glucose can go up, increasing the possibility of long-term complications.

Both depression and high blood glucose levels can cause fatigue, sleep problems and moodiness.

There are a variety of treatment options available for you if you are depressed. Don’t be afraid to meet with your healthcare provider to find the best treatment options for you.

When you relieve depression, you may find you are more motivated to take an active role in your diabetes self-care. You may begin to make healthy food choices, be more physically active, take your medication and monitor your blood glucose more often.

These activities can help you reach a healthy blood glucose level, helping you feel better overall and reducing your risk of long-term complications.

We know there is a relationship between diabetes and depression. Getting the treatment you need for depression can break that barrier and lead to improved diabetes self-management. You will feel better today and for the long-term.