

May

Mental Health Depression



One of the most common mental disorders in the US is depression.

Depression can be linked to various factors such as genetic, environmental, biological, or psychological.



Symptoms include persistent sadness, feelings of hopelessness, irritability, decreased energy, changes in sleep, and appetite/weight changes.

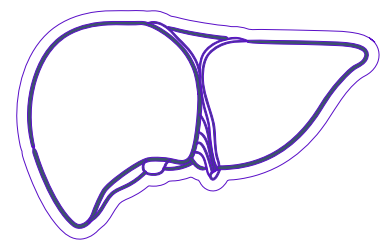
Treatments for depression include medications and psychotherapy.



Untreated depression can lead to drug and/or alcohol addiction and even suicide.

Mental Health And Your Liver

Young adults with chronic liver disease are more likely to suffer from anxiety and/or depression compared with the general population.



Doctor's Tip

Depression is under-diagnosed and under-treated, especially in the elderly population. Talk to your primary care provider or mental health specialist if you or a loved one may suffer from depression.

- Dr. Bianca Chang, University of Chicago



Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at <http://www.LiverFoundation.org/GreatLakes>