

HHT & DEPRESSION



IN COLLABORATION WITH
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It's essential to recognize and treat clinical depression because it can be a debilitating and even life-threatening illness. Depression can affect your energy level, your thinking and memory, and your ability to carry out usual activities and take care of your health.

FACTSHEET
FS

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SOME IMPORTANT FACTS TO REMEMBER ABOUT HHT ARE:

HHT does not cause depression, but some physical symptoms of and stress of living with HHT can contribute to feeling depressed.

In an emergency do NOT wait to get treatment, go to the hospital or call 911 for help.

Most people suffering from clinical depression are able to treat it successfully.



The Cornerstone of
the HHT Community

HHT Foundation International Inc.
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HHT & DEPRESSION:

Depression is a fairly common disorder; people with HHT can develop depression that is unrelated to HHT. Some risk factors of depression include having a parent with depression, having a previous depressive episode, and the death of a close family member.

HHT does not cause depression. But some physical symptoms of HHT, such as anemia, low oxygen or migraine headaches, can contribute to feeling depressed, and depression is more common after a stroke. The stress of living with disability or serious complications can also contribute to feeling sad, and sometimes a health crisis precipitates clinical depression. Depression is a fairly common disorder; people with HHT can develop depression that is unrelated to HHT. Some risk factors for depression include having a parent with depression, having a previous depressive episode, and the death of a close family member.

It's essential to recognize and treat clinical depression because it can be a debilitating and even life-threatening illness. Depression can affect your energy level, your thinking and memory, and your ability to carry out usual activities and take care of your health.

IN AN EMERGENCY: If you (or a loved one) are distraught or suicidal, do NOT wait to get treatment; go to a hospital emergency room, or call 911 for help. If you are worried that a loved one may kill or harm himself, but he won't seek help, you can ask 911 or the local police to check on him.

While many people feel sad or upset due to health problems, people with clinical depression feel sad or depressed most of the time over a period of two weeks or more, and have several of the other symptoms listed below:

- › Low energy and/or sleeping much more than usual
- › Irritability, anxiety or worry
- › Frequent crying
- › Loss of appetite or over-eating
- › Feelings of hopelessness or worthlessness
- › Excessive guilt feelings or self-criticism
- › Poor concentration and difficulty making decisions
- › Thoughts of death or suicide

If you or a loved one has these symptoms, consult a doctor or mental health professional. The good news is that depression is very responsive to treatment. Some of the treatments that can help are:

- › Psychotherapy (talking therapy)
- › Antidepressant medications
- › Combining psychotherapy with medications (the most effective approach for serious depression)



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