



What is depression?

- Depression is a serious medical illness that can negatively affect how you feel, the way you think and how you act
- It can be caused by medical problems, stress, or even medication side effects
- It is very common in people with kidney disease
- Symptoms are similar to kidney disease—talk with your doctor for the best treatment

How depression affects your health

- Is strongly linked to heart disease—the leading cause of death for kidney patients
- If you are depressed, you may not be able to follow your treatment plan, take pills, go to appointments, etc.
- Affects more than mood—can impact your sleep, energy, weight, concentration and decision making

Is this sadness or depression?

- Sadness lasts a few hours to a few days and may feel like this:
 - I feel down today
 - I don't feel like anything matters today but I like myself
 - I hope things get better
 - I feel tired
- Depression lasts longer than a few days and may feel like this:
 - I feel down most days
 - I feel nothing
 - I feel worthless, like I'm no good to anybody
 - I can't imagine caring about anything else again
 - I don't care if I feel tired, I just want to stay in bed all day and pass time

Think you have depression? Get help!

- The good news is, depression is treatable
- Medications can help improve symptoms
- Counseling can help you get back on track
- Regular exercise and other self care steps can help improve your mood and energy—your social worker has self care tips
- Talk to your doctor, nurse, or social worker to assist