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Ask the Geriatrician

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Depression in Elders

with Jason Schillerstrom MD, UTHSCSA School of Medicine



Depression

1. Depressed Mood
2. Sleep Changes
3. Loss of Interest
4. Guilt
5. Decreased Energy
6. Decreased Concentration
7. Appetite Changes
8. Decreased Psycho Motor Activity
9. Suicidal Thoughts

Suicidal

1. Is it wonderful to be alive now?
2. Is life still worth living?
3. Do you have thoughts of wanting to die?
4. Do you have thoughts of wanting to take your life?
5. Do you have a plan?

Causes

1. Psychosocial

2. Medical

- » Stroke
- » Thyroid
- » Metabolic Changes
- » Anemia

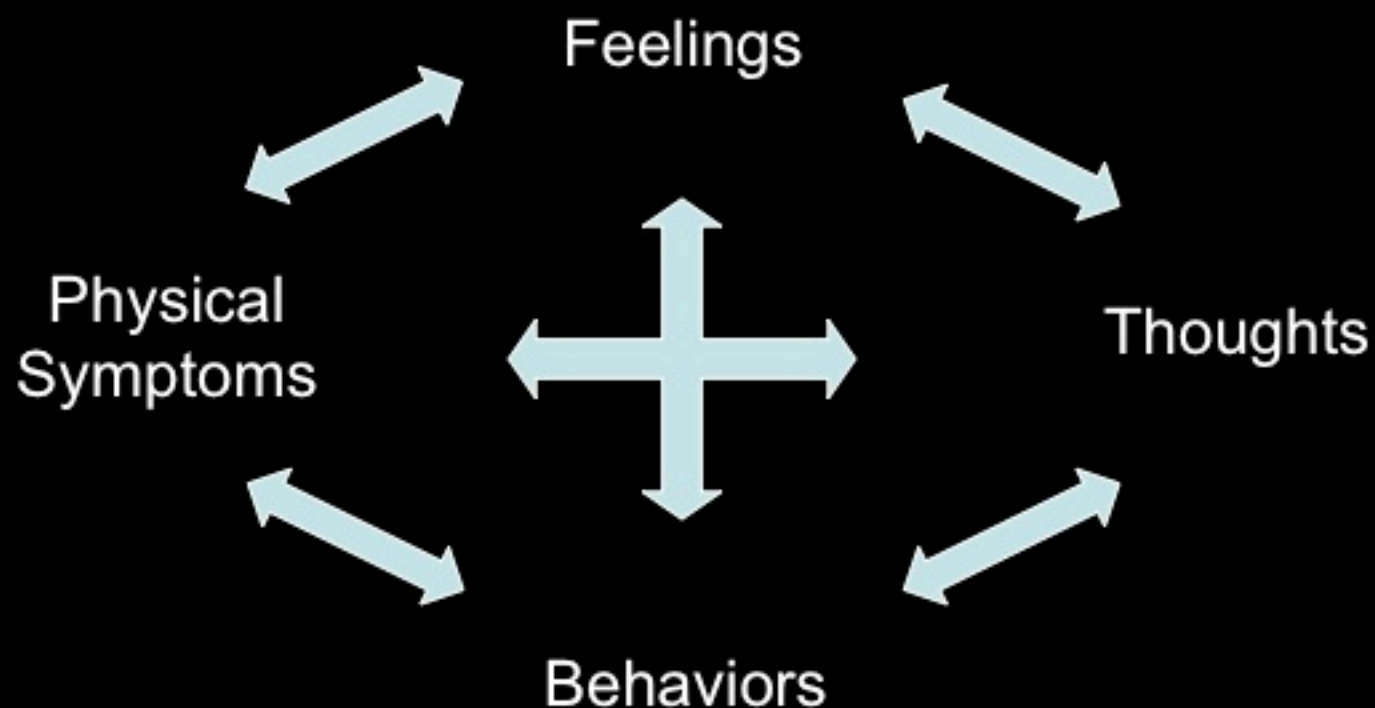
Physiological Changes

1. Heart Rate Variable
2. Inflammatory Changes
3. Hormone Changes (Cortisol)

Treatments

1. Psychological Treatments
2. Pharmacological Treatments

Psychological Treatments



Pharmacological Treatments

- Sertraline
- Citalopram
- Mirtazapine
- Venlafaxine
- Duloxetine

Q&A

Session



Appreciation is extended to:

- Baptist Health Foundation
- Methodist Healthcare Ministries Foundation
- The South, West, & Central Consortium Geriatric Education Center of Texas (SWAC-C GEC)
- Golden Manor Jewish Senior Services in San Antonio, Texas
- Prior Trust
- Many other individuals and organizations who support the mission of mmLearn.org

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