

# DIABETES AND DEPRESSION

## Are You At Risk?

Depression occurs more often in people with diabetes than in people without diabetes. If you have one or more of these signs or symptoms of depression for a week or more and don't know why, call your doctor. Don't wait. Medical treatment can help!

### Common Signs of Depression

1. Often sad or irritable



2. Lose interest in things quickly

3. Sudden change in weight or appetite



4. Feel guilty or worthless



5. Change in sleeping habits

6. Can't concentrate, remember things, or make decisions

7. Fatigue or loss of energy



8. Often restless

9. Thoughts of death or suicide

