

Suffering from Depression, you are not alone By Dr Gautam Arora Neurologist

There is hope for those who have chronic depression By Dr Gautam Arora Neurologist.



New Delhi, Delhi Oct 21, 2022 ([Issuewire.com](https://www.issuewire.com)) - NPMC is rated as one of the most trustworthy neuro clinics in Delhi. Patients are treated her like a family. No longer need to suffer from chronic depression, Hope is there. Dr Gautam Arora Neurologist

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called a major depressive disorder or clinical depression, it affects how you feel, think and behave and can lead to a variety of emotional and physical problems. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

More than just a bout of the blues, depression isn't a weakness and you can't simply "snap out" of it. Depression may require long-term treatment. But don't get discouraged. Most people with depression feel better with medication, psychotherapy, or both.

What are the symptoms of depression?

Depression can affect your emotions, mind, and body. Depression symptoms include:

- Feeling very sad, hopeless, or worried.
- Not enjoying things that used to give you joy.
- Being easily irritated or frustrated.
- Eating too much or too little.
- Changes in how much you sleep.
- Having a difficult time concentrating or remembering things.
- Experiencing physical problems like [headache](#), [stomachache](#), or [sexual dysfunction](#).
- Thinking about hurting or killing yourself.

What are the types of depression?

Healthcare providers name depression types according to symptoms and causes. These episodes often have no obvious cause. In some people, they can linger much longer than in others for no clear reason.

Types of depression include:

- **Major depressive disorder (MDD):** Major depression (clinical depression) has intense or overwhelming symptoms that last longer than two weeks.
- **Bipolar depression:** People with [bipolar disorder](#) have alternating periods of low mood and extremely high-energy (manic) periods.
- **Perinatal and postpartum depression:** "Perinatal" means around birth. Many people refer to this type as postpartum depression. [Perinatal depression](#) can occur during pregnancy and up to one year after having a baby.
- **Persistent depressive disorder (PDD):** PDD is also known as dysthymia. Symptoms of PDD are less severe than major depression.
- **Premenstrual dysphoric disorder (PMDD):** [Premenstrual dysphoric disorder](#) is a severe form of the premenstrual disorder (PMS).
- **Psychotic depression:** People with psychotic depression have severe depressive symptoms and delusions or hallucinations.
- **Seasonal affective disorder (SAD):** [Seasonal depression](#), or seasonal affective disorder, usually starts in late fall and early winter.

Treatment for depression

You may successfully manage symptoms with one form of treatment, or you may find that a combination of treatments works best.

It's common to combine medical treatments and lifestyle therapies, including the following:

Medications

Your healthcare professional may prescribe:

Selective serotonin reuptake inhibitors (SSRIs)

[SSRIs](#) are the [most commonly](#) prescribed antidepressant medications and tend to have few side effects. They treat depression by increasing the availability of the neurotransmitter serotonin in your brain.

People who are pregnant should talk to their healthcare professionals about the risks of taking SSRIs during pregnancy. Examples of SSRIs include citalopram, escitalopram, fluvoxamine, paroxetine, and sertraline

Serotonin and norepinephrine reuptake inhibitors (SNRIs)

SNRIs treat depression by increasing the amount of the neurotransmitters serotonin and norepinephrine in your brain.

Examples of SNRIs include desvenlafaxine, duloxetine, and venlafaxine.

Tricyclic and tetracyclic antidepressants

Tricyclic antidepressants (TCAs) and tetracyclic antidepressants (TECAs) treat depression by increasing the amount of the neurotransmitters serotonin and norepinephrine in your brain.

Examples of tricyclic antidepressants include amitriptyline, doxepin, imipramine, desipramine, nortriptyline

Atypical antidepressants Noradrenaline and dopamine reuptake inhibitors (NDRIs)

These drugs can treat depression by increasing the levels of dopamine and noradrenaline in your brain.

Examples of NDRIs include bupropion (Wellbutrin).

Psychotherapy

Psychotherapy is a general term for treating depression by talking about your condition and related issues with a mental health professional. Psychotherapy is also known as talk therapy or psychological therapy

Other treatment options

For some people, other procedures, sometimes called brain stimulation therapies, may be suggested:

- **Electroconvulsive therapy (ECT).** In ECT, electrical currents are passed through the brain to impact the function and effect of neurotransmitters in your brain to relieve depression.
- **Transcranial magnetic stimulation (TMS).** TMS may be an option for those who haven't responded to antidepressants.

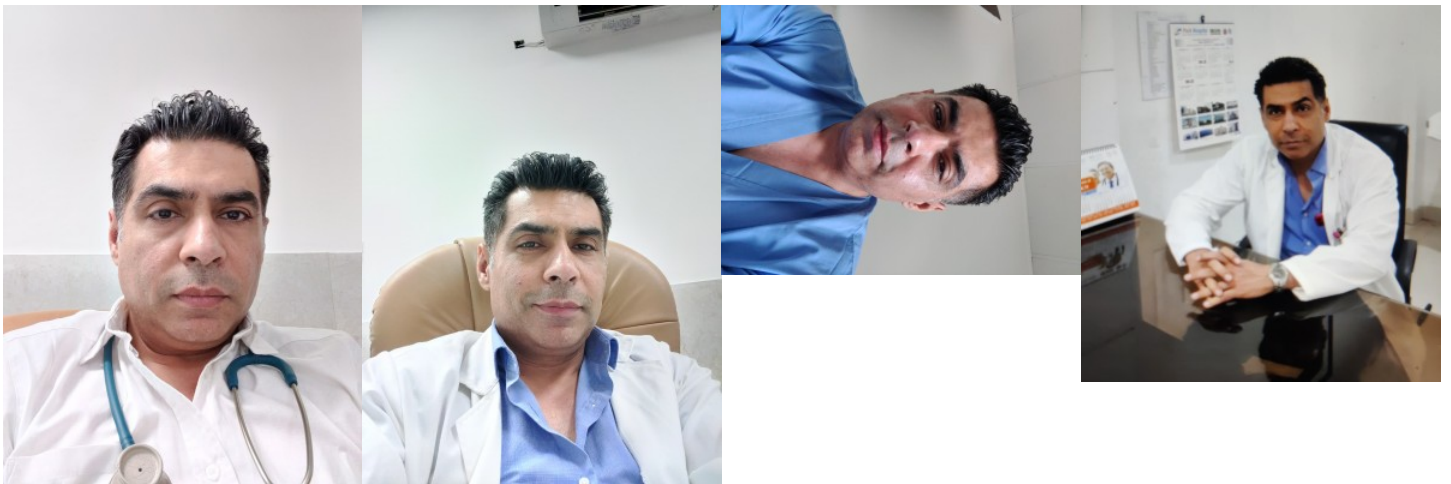
If you or someone you know has thoughts of hurting themselves, please call the National Suicide Prevention Lifeline. Or call your doctor right away.

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