Diabetes with a Side of Depression

**How can diabetes lead to depression?**

Diabetes is a complicated disease that brings change to the lives of those who are affected by it. There are side affects that accompany diabetes that may cause people to be scared, think it is unfair that they suffer from this and others do not, have to adjust to the daily tasks that a diabetic has to complete to stay healthy, and the idea that they are different people now that they have diabetes.

**Why do people with diabetes get depressed?**

Depression is thought to be a result of being diagnosed with diabetes. It may be the lack of knowledge about their diabetes that can cause depression. They feel as if they are constantly failing at maintaining their health because they are not aware of how to take care of themselves.

Some people with diabetes suffer from depression and are not diagnosed. In this case, they have all of the symptoms of being diabetic with the depressive symptoms but are unaware that they have two conditions to treat. Without the diagnosis of depression, the depression goes untreated and the person’s condition can worsen in time.

**How can you avoid depression?**

When a person is diagnosed with diabetes, it is important to take certain steps to avoid getting depression. Below are some of the things that may decrease the chances of developing depression and ways to identify depression in diabetics:

- Screen for depression immediately following your diagnosis of diabetes and continue screens for one year.
- Read educational material and study diabetes and ways to cope with the disease.
- Talk to your doctor if you have questions about diabetes.
- Talk openly with your family and friends about your frustration and questions about diabetes.

The more a person with diabetes knows about their condition, the more prepared they are to deal with the complications that are associated with it. They may experience less frustration because they understand their condition and how it may affect their body. They also may better understand what kind of diet will be more accommodating to a diabetic diet which may result in fewer complications, helping them avoid getting depression. Coping techniques are an important part of adjusting to these disorders. People who chose to accept their conditions and use education as a means of treatment seem to have an easier time adjusting to their disorders.

Source: Carnell Knowledge by Chris Arnell.
Those who chose to avoid the idea that they have diabetes after being diagnosed may have a much more difficult time adjusting because they ignore all of their symptoms and they may go untreated using this technique. Being aware of what their body is experiencing and knowing what to do when they feel certain ways may make things much easier to treat making them less frustrated.

Source: Diabetes Education Fund (DEF).

What should I do to get better?

People with diabetes who think they may suffer from depression or want to avoid depression should consult their doctor on a consistent basis. Patients with diabetes should be tested for depression so it is not overlooked. They should look for signs and symptoms that are not typical of diabetes and ask their doctor about them on the phone or at doctor’s visits. Studying diabetes and learning what they can do to control their sugar levels and a healthy diet that will adhere to diabetes may also make their condition easier to regulate. Acceptance is also important for diabetic patients, if they accept their condition, they may be more willing to learn about it and implement the practices necessary to be healthy mentally and physically.

References


