Diabetics may have a heightened risk of suffering from depression

COLLEGE STATION, TEXAS-Diabetes can be an overwhelming disease and regimen for people to adjust to after diagnosis. Studies conducted within the past three years have found that people who have diabetes exhibit signs of susceptibility to depression for several reasons.

Diabetes is a disease that comes with new responsibilities. Adjusting to these responsibilities and changes may be difficult and result in frustration in people who are less knowledgeable about their disease. Those who are less educated about how to accept and treat their diabetic condition may be at greater risk for depression.

Kate M. Duangdao, lead researcher in a 2008 experiment, said, “Individuals who actively cope with diabetes by planning, seeking information, seeking support, learning self control, complying to medical regimens, and remain optimistic experience much better glucose control and experience lower levels of depression and anxiety.”

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Many people who suffer from diabetes also suffer from diabetes but are not aware of it. Screening for depression in those with diabetes helps when treating the patient because they know what is causing their symptoms that are not the result of diabetes.

Research about diabetes is conducted all over the world and continues to find new information and study the disease in an effort to develop or find a cure. Controlling side effects such as depression that may result from diabetes can help people better treat themselves. It is much easier to address one disease rather than two.