

*Medical Edge Radio from Mayo Clinic*

*Seniors & Depression*

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	IT COULD BE THE LOSS OF A LOVED ONE... MAYBE DECLINING HEALTH OR HAVING TO RETIRE FROM A JOB YOU LOVE. EACH COULD BE A TRIGGER FOR DEPRESSION. AND WHILE WE DON'T NORMALLY THINK OF DEPRESSION IN TERMS OF THE SENIOR POPULATION, IT'S A....
<b>Eric Tanaglos, M.D. Track 3 (:14)</b>	"VERY, VERY REAL ISSUE."
	AND MAYO CLINIC DR. ERIC TANGALOS SEE'S IT A LOT. TWO OF THE HALLMARK SIGNS ARE A SAD, HELPLESS OR HOPELESS FEELING, AND A LOSS OF

	<p>INTEREST IN ACTIVITIES. THERE ARE ALSO PHYSICAL SIGNS, SUCH AS SLEEPLESSNESS, FATIGUE OR MEMORY PROBLEMS.</p>
<p><b>Dr. Tangalos</b> <b>Track 3 (1:15)</b></p>	<p>“SOME OF THOSE THINGS ARE HAPPENING IN SENIORS ANYWAY, AND WE HAVE TO BE VERY CAREFUL TO SEPARATE OUT SOME OF THE BODILY FUNCTIONS FROM WHAT SENIORS WOULD RATHER DESCRIBE AS A DEPRESSION.”</p>
	<p>DR. TANGALOS SAYS WE’RE LUCKY TODAY IN THAT DEPRESSION IS NO LONGER A HIDDEN DISCUSSION. IT’S EASILY TALKED ABOUT, AND TREATMENTS ARE VASTLY IMPROVED.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>
