

**Mayo Clinic Medical Edge**  
**Depression is Brain Disease**

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.  |
|   | "GET OVER IT" OR "SNAP OUT OF IT" ARE ALL TOO COMMON RESPONSES FOR PEOPLE WHO ARE SUFFERING FROM DEPRESSION.   |
| <b>Shirline Sampson, M.D.</b><br><b>Track 2 (13:20)</b> | "A LOT OF PEOPLE THINK THAT PSYCHIATRIC ILLNESS IS A BLACK BOX, BUT IT'S A BRAIN DISEASE... A BRAIN PROBLEM."  |
|   | BECAUSE DEPRESSION SHOWS ITSELF IN BEHAVIOR AS OPPOSED TO SOMETHING MORE OBJECTIVE - LIKE A BLOOD PRESSURE OR A TUMOR - MAYO CLINIC DR. SHIRLINE SAMPSON SAYS MANY |

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|  | PEOPLE DON'T SEE IT AS A SERIOUS DISEASE. YET FOR MANY PATIENTS WITH SEVERE DEPRESSION, THERE IS A SERIOUS RISK OF SUICIDE...                           |
| <b>Dr. Sampson</b><br><b>Track 2 (15:45)</b> | “PEOPLE WHO HAVE THESE ILLNESSES ARE NEVER GIVEN THE DEGREE OF UNDERSTANDING AND COMPASSION THAT THEY REALLY OUGHT TO BE GIVEN.”                        |
|  | THAT’S WHY DR SAMPSON SAYS IT IS IMPERATIVE THAT WE RECOGNIZE THE SERIOUSNESS OF THIS DISEASE, THAT IT IS PHYSIOLOGICAL AND NOT JUST “ALL IN YOUR HEAD” |
|  | FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.   |
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