



Depression

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Intro to Depression

- Everyday approximately 112 americans commit suicide a day and just over 3 million a year

-90% of them were diagnosed with having psychiatric disorder

- In every 4 males there is 1 female that commits suicide

-But 3 times as many females **attempt** to commit suicide

- Depression is the foundation of Suicide
- In 2012, about 16 million adults across america that had been diagnosed with at least one episode of depression

-Percentage for teens are trending to be a bit higher.

* Also a shocking fact is a little bit over 60% of children diagnosed with depression are not receiving proper treatment.

- Over 350 million people suffers from this disorder Worldwide

Story on Depression

https://youtu.be/EJ_S5Rjt_il



Most common type of depression

- The common form of depression is having anxiety disorder

-Which is the most common mental illness in America. Having an affect over at least 40 million adults

- Anxiety disorder
 - Normally expressed when being overly worried about something that doesn't require as much attention.

Symptoms

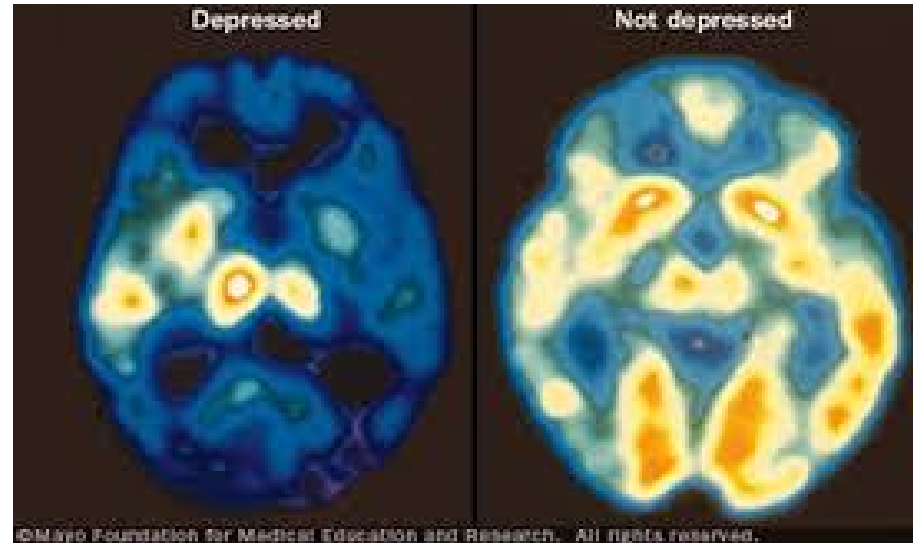
- Stress at an all time high
- Begin to panic
- Increase in heart rate
- Excessive amount of sweating



Depression destroyer



- During an episode of depression the body releases a steroid hormone known as cortisol. This hormone is released during the time of mental or physical stress. Cortisol is a powerful chemical that is supposed to save us when we are dealing with stress. There can be two moments why cortisol is high in our bodies. Which is right when we wake up or when the body is dealing with a large amount of stress.



Specific Aim

- My aim is to see what over the counter drugs or antidepressants works best at maintaining a high level of cortisol and prevent the brain from being chemically unbalanced which causes depression.



Symptoms

- Nausea
- Drowsiness
- Fatigue
- Constipation
- Dry mouth
- Not getting enough or too much sleep
- Mood swings
- Loss of interest in certain activities
- Loss of appetite
- Lacks the ability to study and focus as well



Medications

- **Cymbalta**

- Is a selective serotonin and norepinephrine reuptake inhibitor (SNRI) used for treating depression, anxiety disorder, and pain associated with diabetic peripheral neuropathy or fibromyalgia.

- **Lexapro**

- is type of antidepressant called a selective serotonin reuptake inhibitor (SSRI) used to treat anxiety in adults and major depressive disorder in adults and adolescents who are at least 12 years old

Experimental antidepressants

5-HT_{1A} receptor antagonist

5-HT₂ receptor antagonist

5-HT₃ receptor antagonist

Reference

1. http://crosswinds.org/family-counseling/in-home-family-counseling/anxiety/?gclid=CjwKCAjw0qLOBRBUEiwAMG5xMEFxZqKks_7ePPnRm5dH1ZCuApidBMeZ4hilGrVAhe0UyFFfFY1WNB0ChUoQAvD_BwE
2. <https://www.drugs.com/lexapro.html>