

**HOPE FOR DEPRESSION**  
RESEARCH FOUNDATION

- Lecture: *"Depression is Both a Symptom and a Disorder"*
- Event: HDRF Inaugural Seminar & Luncheon  
New York - October 22<sup>nd</sup>, 2008
- Speaker: Steven Roose, M.D.  
Professor of Clinical Psychiatry  
College of Physicians & Surgeons,  
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Director of the Neuropsychiatry Research Clinic,  
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## DEPRESSION IS BOTH

a symptom  
and  
a disorder

## SYMPTOMS OF DEPRESSION

- Q Depressed mood, sad or empty, most of the day, nearly every day
- Q Anhedonia – lack of interest or pleasure
- Q Sleep – insomnia/hypersomnia
- Q Appetite or weight change
- Q Fatigue or loss of energy
- Q Agitation/retardation
- Q Diminished ability to think or concentrate
- Q Low self-esteem or inappropriate guilt
- Q Recurrent thoughts of death or suicidal ideation



## FACES OF DEPRESSION



## FACES OF DEPRESSION



### SYMPTOMS

- Q Irritable
- Q School phobia

## FACES OF DEPRESSION



### SYMPTOMS

- Q Drama
- Q Smoking
- Q Drug and Alcohol Abuse

## FACES OF DEPRESSION



### SYMPTOMS

- Q Anxiety
- Q Crying
- Q Pregnancy and post-partum

## FACES OF DEPRESSION



### SYMPTOMS

- Q Depression without sadness
- Q Pain
- Q Sleep disruption
- Q Fatigue

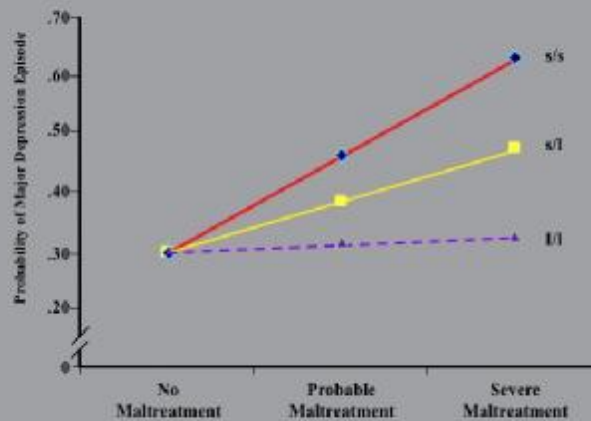
## WHO GETS DEPRESSION?

- Q All races, ages, socioeconomic levels worldwide
- Q Rates differ within each population

## WHY DO PEOPLE GET DEPRESSION?

- Q Genetic Vulnerability
- Q Environment
- Q Life Experiences

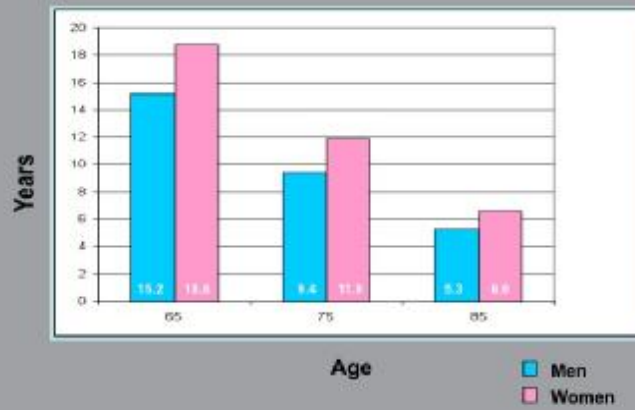
## 5HTT POLYMORPHISM AND MDD



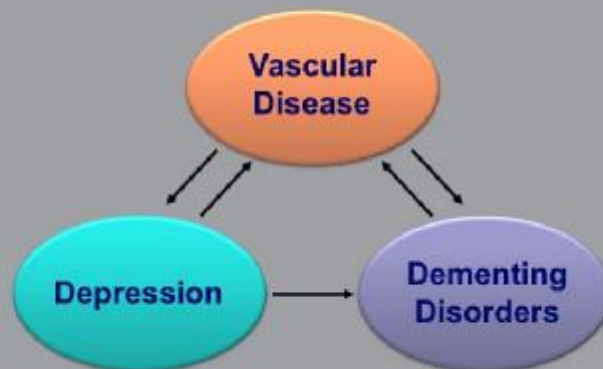
## POPULATION AGED ≥ 65 YEARS: UNITED STATES 1960-2050



## LIFE EXPECTANCY AGES 65, 75 & 85



## THE AXIS OF EVIL IN LATE-LIFE



## **CARDIOVASCULAR RISK FACTORS**

- Q Family History
- Q High Blood Pressure
- Q High cholesterol and triglycerides
- Q Exercise
- Q Smoking
- Q Obesity

## **CONSEQUENCES OF CARDIOVASCULAR RISKS**

Increased risk of

- Q Heart Attack
- Q Stroke
- Q Dementia

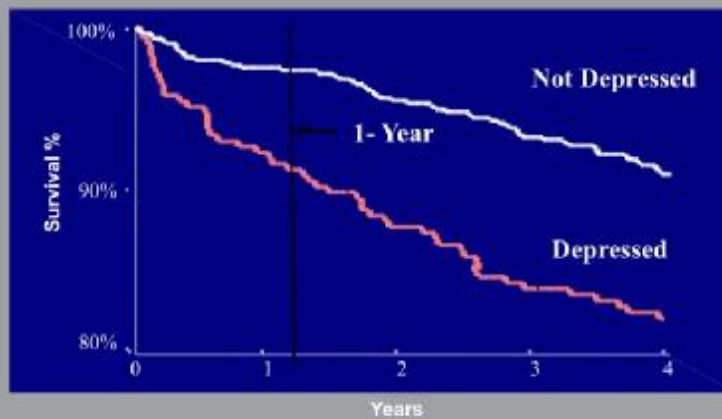
## **VASCULAR DISEASE AND DEPRESSION**

- Q Depression early in life (20-40) increases risk of Heart Attack and Stroke 2 to 4 times (based on over 20 studies)
- Q Depression in patients with Heart Attack & Stroke increases the risk of death

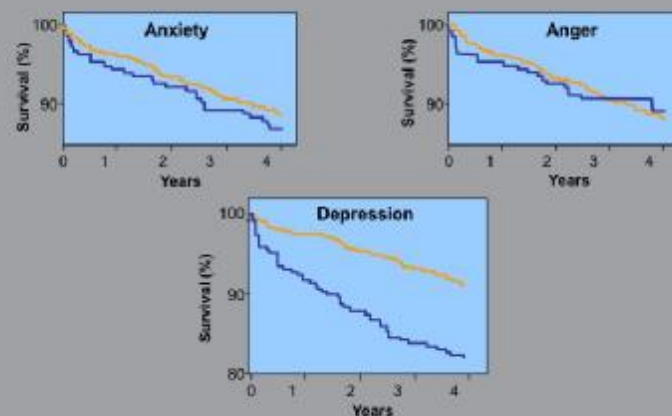
## VASCULAR DISEASE, DEPRESSION AND WOMEN

- Q Depression increases the risk of heart attack equally for men and women
- Q Depression occurs twice as often in women
- Q Heart Disease is the leading cause of mortality in women

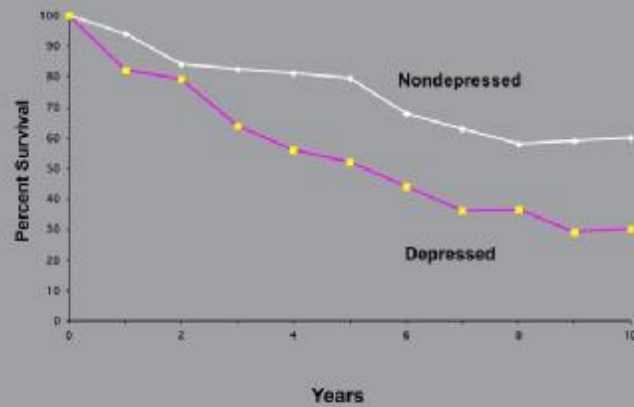
## DEPRESSION INCREASES THE RISK OF DEATH AFTER HEART ATTACK



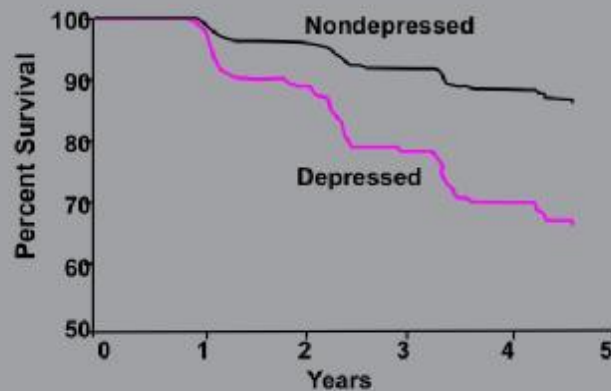
## ONLY DEPRESSION INCREASES THE RISK OF DEATH AFTER A HEART ATTACK



## DEPRESSION INCREASES THE RISK OF DEATH AFTER STROKE



## DEPRESSION IS ASSOCIATED WITH AN INCREASED RISK FOR DEVELOPING DEMENTIA



## HOW DO WE DEVELOP NEW AND BETTER TREATMENTS?

1. We must develop treatments based on a deeper understanding of the illness
2. Research must focus on understanding the experience (the mind) and the biology (the brain) as they occur simultaneously



## SCORECARD ON CURRENT TREATMENTS

- Q Delay in onset of action: 3-4 weeks
- Q Mostly "me too" drugs
- Q Goal is good response or remission
- Q Response – must have 50% improvement (on Becks, Hamilton Scale)
  - Average response is 30% of patients
- Q Remission – absence of symptoms
  - Real world remission is only 15 – 35%
- Q **ANSWER: New research for new treatments**