

Recognizing and Handling Depression for People with Diabetes

認識和治療糖尿病患者的憂鬱症

Toolkit No. 15 健康手冊（十五）

What does depression have to do with diabetes?

為什麼憂鬱症會跟糖尿病有關？

Serious depression is common in people with diabetes. In fact, diabetes doubles the risk for depression. As many as one of every three people with diabetes experiences symptoms of depression. It's especially common in women. Men experience it too but may be less likely to seek treatment. **The good news is that treatment can help.**

糖尿病患者常會有嚴重的憂鬱症。事實上，糖尿病會讓憂鬱症的風險倍增。每三位糖尿病患者中，就有一位有憂鬱症的症狀。這尤其好發於婦女。雖然男性也會有憂鬱症，但可能較少尋求治療。所幸，這可藉由治療來緩解。

What are the symptoms of depression?

憂鬱症有哪些症狀？

Depression is a medical condition that's more than just feeling sad, stressed, or irritable once in a while. Most people with depression will have several of the following symptoms for most of the day, almost every day, for at least 2 weeks:

憂鬱症是一種病症，不只是偶爾才會感到難過、緊張或煩躁不安。對於大部分的憂鬱症患者，幾乎每天在多數時間內都會有下列症狀，情況至少長達 2 週：

- feeling down and depressed
 - losing interest in their usual activities
 - feeling that things that used to make them happy no longer bring pleasure
 - experiencing weight loss or gain
 - having trouble sleeping (insomnia) or sleeping too much
 - feeling agitated and nervous or feeling sluggish, like they're moving slowly
 - having crying spells or being very emotional
 - feeling very tired and having no energy
 - having trouble focusing or making decisions
 - thinking about death or suicide
-
- 心情低落沮喪
 - 對平常的活動失去興趣
 - 覺得過去感到快樂的事，現在已沒有那種感受
 - 體重減輕或增加
 - 無法入眠（失眠）或睡太多
 - 容易激動和緊張，或一點都不想動，感覺行動遲緩
 - 會突然大哭，或非常情緒化

- 感到非常疲倦，沒有動力
- 無法集中注意力或做決定
- 想死或自殺

Symptoms like these are normal after major losses, such as the death of a loved one, diagnosis of a new medical problem, or losing a job, but people should start feeling better after a few weeks. People with depression can't trace their symptoms directly to medications, medical conditions, or loss of a loved one.

這類症狀通常會出現在重大事件發生之後，例如親人過世、診斷出有病或失業，但一般在數週後就會恢復正常。但憂鬱症患者的症狀跟藥物、疾病或失去親人，找不出有直接的關係。



When you have depression, talking with a friend or family member can be a comfort.

感到憂鬱時，跟朋友或家人談談，可讓自己覺得舒坦些。

Contrary to what many people used to believe, depression is not a sign of personal weakness or failure. Telling someone “Pull yourself out of it!” can't cure depression.

多數人都認為憂鬱症是個人的缺陷或問題，但事實正好相反。所以要人「自己快點好起來」，是沒有辦法治癒憂鬱症的。

What causes depression? 導致憂鬱症的原因是什麼？

Researchers believe that depression is caused by a combination of physical, psychological, and genetic factors. Differences in how the brain works, how a person reacts to stressful events such as chronic illness or divorce, and a history of depression in the family can all make someone more likely to get depression.

研究人員認為，憂鬱症是因生理、心理及基因等多項因素所致。大腦的活動變化、面對壓力的反應(例如罹患慢性病或離婚)以及家族憂鬱症病史，都可能是患上憂鬱症的原因。

It isn't clear whether diabetes causes depression or exactly how depression is related to diabetes. But we do know that diabetes can cause people to feel overwhelmed by the demands of day-to-day care. It's common for people with diabetes to worry about possible long-term complications, the cost of diabetes care, and the effects of diabetes on family and work life. As with any chronic illness, people wonder, “Why did I have to be the one to get diabetes?”

目前並不清楚糖尿病是否確實會引發憂鬱症，或到底為什麼憂鬱症會與糖尿病有關。但是，糖尿病必須長期照護，的確會讓人感到負擔過重而不知所措。糖尿病患者常會擔心長期併發症、治療糖尿病的費用，以及糖尿病對家庭和工作的影響。就跟其他慢性病患者一樣，糖尿病患者也會想：「為什麼是我得了糖尿病？」

How does depression affect diabetes? 憂鬱症對糖尿病有什麼影響？

Depression can make it hard for you to focus on taking care of yourself. You might feel that it's too much trouble to check your blood glucose (sugar) or try to choose healthy foods. Things can seem hopeless. When you don't take care of yourself, blood glucose levels can rise. Frequent high blood glucose levels over time raise your risk for diabetes-related complications. Studies have shown that depression can even make aches and pains seem worse.

憂鬱症會讓您難以盡全心來照顧自己。您可能覺得要測量血糖太麻煩，也不想花力氣選擇健康食物。接著就成了惡性循環。當您不好好照顧自己時，血糖濃度就會升高。如果血糖濃度經常很高，長期下來，會增加糖尿病併發症的風險。有研究指出，憂鬱症甚至會讓疼痛加劇。

What should I do if I think I have depression?

如果覺得自己有憂鬱症，該怎麼辦？

If you have symptoms of depression, it's important to get help as soon as you can. The sooner you get treatment, the sooner you'll feel better. Make an appointment to see your health care provider. Explain how you've been feeling and ask whether you might have serious depression. After asking about your symptoms and doing other checks as needed, your health care provider will discuss treatment options with you, such as starting treatment right away or seeing a specialist.

如果您有憂鬱症的症狀，最好能儘速就醫。愈快獲得治療，就能愈快放鬆心情。請跟醫師約診，然後向醫師說明自己過去以來的感覺，詢問是否有嚴重的憂鬱症。醫師在詢問完症狀並做了其他必要檢查後，會

與您討論治療選擇，例如要立刻開始治療或需要看專科醫師。

What is the treatment for depression?

如何治療憂鬱症？

Depression is treated with medication and counseling (also called psychotherapy). Some people use both treatments; others find that either medication or counseling alone helps them. Your health care provider can explain both kinds of treatments to help you choose what to do.

憂鬱症的治療方法包括藥物和諮商（也稱為心理治療）。有些人會兩者並行，有些人則覺得光靠藥物或諮商即有效。醫師會向您解釋這兩種治療方式，幫助您做選擇。

Antidepressant medications help change the way your brain works. There are several different types of medications. Your health care provider can prescribe the best type of medication for you. You'll want to keep in mind that some antidepressants take several weeks to improve your mood. But eventually medication can help you feel back to normal and can restore your sense of well-being.

抗憂鬱症藥物會改變大腦的運作狀態。這類藥物有好幾種。醫師會為您開立最適合您的藥物。但必須注意的是，有些抗憂鬱藥物需要數週的時間才能緩解心情。不過，藥物最終還是會幫助您恢復正常心情，重拾健康。

Counseling can teach you the skills you need to cope with the stresses in your life.

Sometimes it helps to talk about problems with someone who is objective. A counselor can offer a fresh perspective on what's going on in your life.

藉由諮商的方式，可指導您如何面對生活中的壓力。有時，跟客觀的第三人談論問題會有幫助。諮商顧問可從全新的觀點來探討您在生活中發生的問題。

Other ways to cope with depression 其他治療憂鬱症的方法

Many people find that having the support of family and friends can be a comfort. Find someone to talk with about what's going on. Or if it's hard for you to talk about your feelings, sometimes just spending time with family and friends can help you feel better.

很多人發現，有家人和朋友的支持，能讓自己寬慰許多。因此不妨找個人聊聊。如果您很難跟他人討論自己的感覺，有時候光是跟家人或朋友相處，也能讓自己好過許多。

Physical activity can also help you feel better both when you're depressed and once you're feeling better. Take a walk every day, play with the kids, or find another activity you enjoy, like dancing, walking, or swimming. Activity can lift your spirits and provide other health benefits as well.

運動也是個好方法，當您感到憂鬱或好起來之後，都可以試試。不妨每天散散步、跟孩子們玩或找出自己喜歡的運動，像是跳舞、走路或游泳。運動可振奮心情，對健康大有助益。

Remember your risk for depression 謹記自己有憂鬱症的風險

Depression can come and go throughout life, especially if you have diabetes and are at

high risk for depression. Knowing the symptoms and taking action to get help when depression occurs will help you return to "your old self" as soon as possible.

憂鬱症的症狀會不時出現，尤其是糖尿病患者有高憂鬱症風險。因此，如能認識憂鬱症的症狀，並在症狀出現時對症下藥，將可讓您儘速回復正常的生活。



American Diabetes Association 1-800-DIABETES
(342-2383) www.diabetes.org
©2004 by the American Diabetes Association, Inc. 03/04