



nimbagosendagoz

Diabetes and Depression: Are You At Risk?

People with diabetes are more likely to have depression than people without diabetes. Call your provider if you have been feeling sad or down in the dumps for several days, and have any of these symptoms:

- Loss of pleasure in doing things you used to enjoy
- Change in sleeping habits
- Sudden change in weight or appetite
- Trouble paying attention
- Loss of energy
- Often restless
- Feeling guilty or worthless
- Thoughts of death or suicide



Treatment is available for depression. Let your healthcare provider know how you have been feeling. You can feel better in time.