

ARE DEPRESSION & DIABETES RELATED?

Diabetes Awareness Month

Researchers estimate that people with diabetes are three to four times more likely to have depression than the average person. The good news is that diabetes and depression can be treated together. Effectively managing one can have a positive effect on the other! **Take charge of your diabetes and mental health by calling HMC HealthWorks at 866.269.7357.**



HOW THEY'RE RELATED

- The rigors of managing diabetes can be stressful and lead to symptoms of depression.
- Diabetes can cause complications and health problems that may worsen symptoms of depression.
- Depression can lead to poor lifestyle decisions, such as unhealthy eating, less exercise, smoking and weight gain — all of which are risk factors for diabetes.



MANAGING THE TWO CONDITIONS TOGETHER

Diabetes Self-Management Programs

Participate in programs that focus on helping people improve their food choices, increase fitness levels, manage weight loss and cardiovascular disease risk factors.

Psychotherapy

Participants in psychotherapy have reported improvements in depression, which have resulted in better diabetes management.

Medications & Lifestyle Changes

Medications for both diabetes and depression, along lifestyle changes and therapy can improve both conditions.

