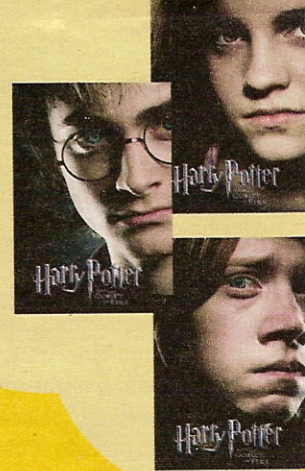


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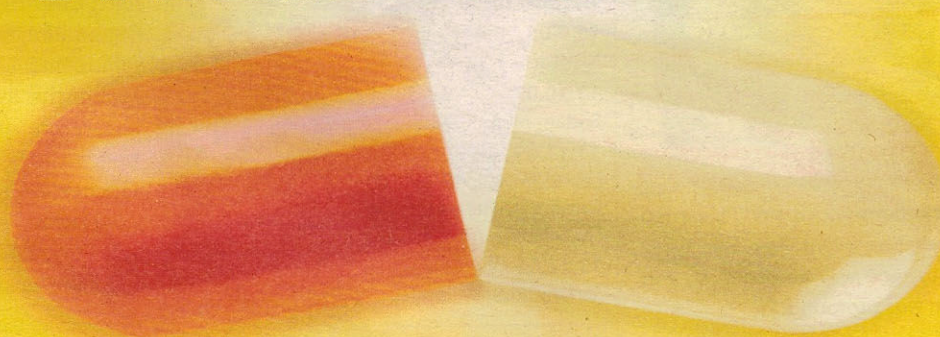
NOVEMBER 4-6, 2005
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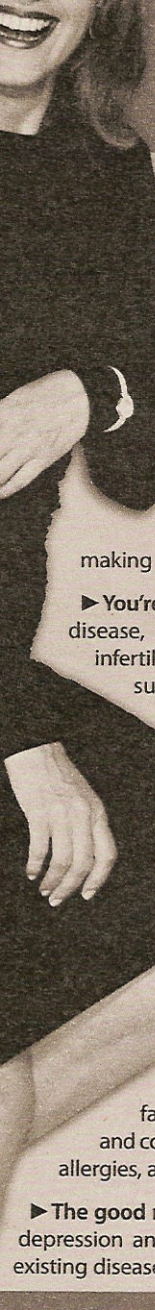
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GOOD MEDICINE



Five revolutionary
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DEPRESSION OFTEN ACCOMPANIES OTHER ILLNESSES

If you have a serious illness, you also may be depressed — not the natural “blue” feelings that come with loss of function, but true clinical depression. This has everything to do with brain biochemistry and nothing to do with weakness, says women’s health expert Donnica Moore, M.D.

Many scientific studies reveal that depression and disease often co-exist, each making the other worse.

► **You’re at risk if you have:** Alzheimer’s disease, cancer, heart disease, stroke, infertility or chronic pain syndromes such as fibromyalgia, chronic fatigue and low back pain.

► **Some medications raise your risk, too.**

A few examples: beta blockers (for migraines and for heart problems like high blood pressure and chest pain that’s caused by angina); calcium-channel blockers (for chest pain, congestive heart failure and high blood pressure); and corticosteroids (for skin disorders, allergies, asthma and lupus).

► **The good news:** Treatment can help your depression and your recovery from the co-existing disease.

— Susan T. Lennon