

Medications and recommendations to treat depression



Everyone feels sad or down at some point in their life. These sensations and feelings are normal and temporary; however, depression is totally different. It is a clinical diagnosis known as *major depressive disorder* and causes serious symptoms in the person's mood, affecting and interfering with daily activities such as: sleeping, eating, studying, or working. It is a disease that anyone can suffer, regardless of age, race, income, culture, or educational level.

Diagnosis and treatment

Diagnosing depression requires evaluation by a psychologist or psychiatrist. Part of the treatments used to treat depression are antidepressant medications. However, only doctors and psychiatrists can prescribe them and determine the type of medication and the ideal dose for each person. Some of the most well-known medications are Paxil, Wellbutrin, Prozac, Cymbalta, and Zoloft.



Antidepressant medications balance brain chemicals (neurotransmitters) that affect mood and emotions. These medications can take between 4 and 8 weeks to begin noticed the effects,

so it is important to use them for the full time indicated and do not abandon treatment. Symptoms such as concentration, loss of appetite, and trouble sleeping usually improve first, followed by mood.

Recommendations

- Talk to your doctor about the symptoms and signs you are experiencing. If you notice your mood getting worse, get help right away.
- Read the instructions for use and side effects of the medicine carefully.
- Do not alter or change the dose of medication prescribed by your doctor.
- Keep all your medical appointments. The doctor will monitor the progress of your treatment, especially during the first few weeks, and will evaluate assess any changes in medications or dosages, if necessary.
- Learn about depression.
- Keep your medicines in a safe place, away from the reach of minors.
- Never share these medicines with other people.
- Trust your therapist and share your progress or concerns about treatment.
- Attend your psychological therapies and participate in support groups.



- Integrate some type of physical activity or exercise.
- Trust that depression will get better.

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can deal with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD: 1-844-347-7804

APS Healthcare

787-641-9133

References:

Depression. (2021). Retrieved from: <https://www.nimh.nih.gov/health/publications/espanol/depression-sp>

Pharmacological treatment of depression. (2021).

Retrieved from:

<https://www.merckmanuals.com/es-pr/professional/trastornos-psiqui%C3%A1tricos/trastornos-del-estado-de-%C3%A1nimo/tratamiento-farmacol%C3%B3gico-de-the-depression%C3%B3n>

Prepared by APS Health.

Reviewed by Licensed Health Educators August 2022. ©First Medical Health Plan, Inc.