Questions to Ask Your Doctor

- Do I have depression?
- Are there medications I can take that would help me? Would they interact with my heart medication?
- What lifestyle changes should I make to help me feel better?
- What treatment options are best for me, and what are the risks and benefits of each treatment option?
- How soon will I start to feel better?
- What warning signs should I look for that would indicate I need help right away?
- What social support options might be best for me?

Contact Us

If you would like to receive support or need more information, please contact us at:

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What is Depression?

Most people don't realize it, but depression is fairly common in people who have had a heart event. In fact, about 1 in every 3 people who have had a heart attack report feelings of depression.

Depression is not a character flaw, and it is not something you can just "snap out of." It is a serious chronic condition that requires medical care. The good news is that most people can be treated effectively and experience at least some relief from their symptoms.

Effects of Depression

Depression can affect everything in your daily life, including recovery from your heart event. In fact, depression can make recovery more difficult because it can lead to:

- A lower desire to follow your treatment plan
- Greater likelihood to smoke and drink
- Greater risk for another heart event
- Lower desire for physical activity
- Bad eating habits
- Anxiety
- Problems at work or school
- Family and relationship problems
- Social isolation
- Suicide

You may believe you just have the blues, but if you experience these symptoms nearly every day, all day, for two or more weeks, you may have depression--especially for the first two symptoms. People who have had a heart event may have more severe symptoms, so it's important to get treatment.

Thoughts of suicide are not something to take lightly. Make an appointment with a healthcare professional or in the case of an emergency, call 911 right away. Don't hesitate to call a friend, family member or spiritual leader to talk about how you are feeling. You can speak with a trained counselor at any time (24 hours a day) by calling The National Suicide Prevention Lifeline at 1-800-273-8255. However you handle these thoughts and feelings, you don't have to go through it alone.