



Harvard Medical School Understanding Depression

Michael Craig Miller M.D.

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Sadness touches all of our lives at different times, but depression can have enormous depth and staying power. It is more than a passing bout of sadness or dejection, or feeling down in the dumps. It can leave you feeling continuously burdened and can sap the joy out of once pleasurable activities. Thankfully, effective treatment is available. One study found that those who stuck with treatment, depression lifted completely in seven out of 10 people. Effective treatment can lighten your mood, strengthen your connections with loved ones, allow you to find satisfaction in interests and hobbies, and make you feel more like yourself again. Today's scientific discoveries are paving the way for even better treatment. Not only are new drugs being studied and developed, but genetic discoveries and a better understanding of the biology of depression will one day make more targeted, personalized treatment possible. In the meantime, this report can help you work with your doctor to find a treatment that restores your mood and brings joy into your life. This special health report provides in-depth information on depression and bipolar disorder, including treatment options such as medication, therapy, exercise, and newer approaches like transcranial magnetic stimulation. You'll also learn about the biology of depression and bipolar disorder, and will find a special section with practical tips for overcoming treatment hurdles and getting the best treatment.

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