

September 5, 2023

Depression

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Disclosures

- None

The Talk...

- Are we sure it's depression?
- What is depression?
- What are some ways to manage depression?



What is this feeling?

Differentials, no not math!

- The 3 “D’s” (especially true of elderly)
 - Depression, dementia, delirium
- Depression
 - MDD, post-partum, dysthymia, grief/bereavement, adjustment issues
- Bipolar
- DMDD (kids)
- Anxiety
- SUD
- Medical/medicine (e.g. thyroid, vitamin D?, propranolol)
- Catatonia



Narrowing the field

Making a list and crossing things out...

- #1 by far = a good history
- Labs
 - Examples: blood count (anemia?), thyroid (hypothy), vitamin D (deficiency), electrolytes (hyponatremia? Kidney?), urine drug screen (SUD)
- Med review
- Imaging (not really useful unless associated symptoms)



“I don’t feel like myself”

When we say “depression”...

- Major Depressive Disorder

The fine print...

- Per DSM-5:

- Either/both: depressed mood and/or anhedonia (loss of interest/pleasure), can be irritability in children
- At least 4 other symptoms over same 2-week period
 - Weight loss (not due to dieting) or gain (5% over a month, e.g.) OR inc/dec appetite
 - Insomnia/hypersomnia
 - Psychomotor agitation/retardation (as observed by others)
 - Fatigue/loss of energy
 - Worthlessness/inappropriate guilt
 - Diminished ability to think/concentrate
 - Thoughts of death/SI/suicide attempt
- Significant distress/impairment in social, occupational, etc
- Not attributable to another condition or substance

The fine print...2

- Per DSM-5:
 - 12-month prevalence in the U.S. = 7%
 - Peak onset in the 20s
 - Recovery begins within 3 months for 2 in 5 individuals and within 1 year for 4 in 5 individuals with MDD
 - F > M (1.5-3 x in general pop; = in clinical)



Why me?

At the end of the day...

- Not one consistent answer/theory
 - E.g. monoamine (serotonin, dopamine, norepinephrine)
 - E.g. “depression circuit” (amygdala and prefrontal cortex)
 - E.g. cortisol
 - E.g. psychological (cognitive, psychodynamic, personality, etc)
 - E.g. genetics



Now what?

Informed Consent...

- Lots of possible treatment options:
 - Nothing (always an option)
 - Psychotherapy
 - Medication
 - ECT
 - TMS
 - Exercise
 - Other life modifications/behavioral activation

If you were me, what would you do?

- Evidence still supports:
 - Psychotherapy + Meds as superior to either alone

I need to lay on a sofa...?

- Psychotherapy
 - Many modalities
 - CBT, ACT, etc
 - Interpersonal psychotherapy
 - Psychodynamic psychotherapy
 - Radical acceptance
 - Others

Medication (briefly)

- SSRI (e.g. fluoxetine)
- SNRI (e.g. venlafaxine)
- TCA (e.g. amitriptyline)
- MAOI (e.g. phenelzine)
- Odd balls (e.g. bupropion, mirtazapine)
- Add ons (e.g. buspirone, antipsychotics)
- Mood “stabilizers” (e.g. lamotrigine)
- Thyroid (e.g. Cytomel)
- Ketamine

Ok, that didn't work

- ECT
- TMS

Questions? Discussion?

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