



What You Should Know About Depression

Depression is very common in kidney patients and is nothing to be ashamed of. Your life changes when you go on dialysis. It is a lot to deal with in a short amount of time. Knowing the signs of depression and ways to improve it will help you feel better.

People sometimes mistake sadness for being depressed, but they are not the same. Sadness is a normal feeling that does not last long when dealing with daily problems and often happens because of a certain event. Losing

your job, the death of a family member, or being told you have to start dialysis may cause sadness, but that feeling leaves after time and you are able to return to feeling normal.

You may be depressed when these feelings last for a long time such as weeks or months.



Signs of Depression

- Feeling like nothing will ever get better and there is nothing you can do to make your life better
- No interest in the things you used to do such as sports, being with family and friends, and other hobbies
- Eating more or not eating as much as you have in the past
- Sleeping too much or not being able to sleep
- Feeling stressed, angry, or everything and everyone gets on your nerves
- Feeling tired and drained



How Depression Affects Dialysis

Depression is common in dialysis patients. About one in every five patients is depressed. There are health issues for dialysis patients that are linked to untreated depression such as:

- A higher number of deaths
- More hospital stays than those who are treating their depression
- Missing or shortening dialysis treatments which can cause early death
- Not taking your medications as ordered by your doctor

If you think you are depressed, talk your social worker or kidney doctor at your dialysis unit to work with you to decide the best treatment choice for you.



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To file a grievance please contact Network 8 at 877-936-9260, info@nw8.esrd.net, 775 Woodlands Pkwy, Suite 310, Ridgeland, Mississippi, 39157, and www.esrdnetwork8.org.

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