

# **DEPRESSION IN THE ELDERLY**

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What is  
Geriatric  
Depression?

**Geriatric  
Depression is a  
mood disorder that  
can cause a  
persistent loss of  
interest and  
feelings of sadness.**

## GERIATRIC DEPRESSION

# STATISTICS:

Lifetime prevalence - around 15%

Female:male – 2:1

It is estimated that every year in the US, more than 7 million adults aged 65+ experience depression

# GERIATRIC DEPRESSION

## **SYMPTOMS:**

(continued on next slide)

Too much or too  
little sleep

Unexplained  
aches or pains

Lack of interest in  
activities that were  
once enjoyed

Feeling helpless  
and/or hopeless

Difficulty thinking,  
concentrating, or  
making decisions

Social isolation

# GERIATRIC DEPRESSION

## **SYMPTOMS:**

(continued from previous slide)

Low or sad mood

Fatigue or loss of energy

Digestive issues

Change in appetite

Restlessness

Suicidal thoughts or attempts

Irritability

# GERIATRIC DEPRESSION

## CAUSES:

### GENETICS

People with a family history are 2-3 times more likely to have geriatric depression

### CHRONIC MEDICAL CONDITIONS

### STRESSFUL LIFE EVENTS

Losing a loved one; divorce;  
lack of social support; family stress

### SUBSTANCE ABUSE

### BRAIN CHEMISTRY (NEUROTRANSMITTERS)

# DIAGNOSING

## GERIATRIC DEPRESSION

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Signs and symptoms must be present for at least 2 weeks

Symptoms cause significant distress or impairment in social, occupational, or other important areas of functioning

# DIAGNOSING

## GERIATRIC DEPRESSION

(continued from previous slide)

History and physical  
examination

Laboratory  
evaluation

Geriatric depression  
scale



# GERIATRIC DEPRESSION TREATMENT

THERAPY: SUPPORTIVE

THERAPY: COGNITIVE BEHAVIORAL

THERAPY: INTERPERSONAL

MEDICATIONS

ELECTROCONVULSIVE TREATMENT



# QUESTIONS AND ANSWERS

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