

## **Depression: Addressing An Extra Diabetes Burden**

As many as half of all people living with diabetes are believed to be affected by anxiety or depression but despite the large numbers, it's an issue that can be taboo.

With 'Depression: Let's Talk' the focus of World Health Day 2017 on April 7, it's an opportunity to shine a light on the matter and urge those dealing with it to seek out support for themselves.

While many live well with diabetes, for those that do experience sustained emotional distress or sadness stemming from their diagnosis and ongoing need to manage the condition, the impact can be devastating – including not being able to take care of their health on a daily basis, putting them at risk of extra health complications linked to their diabetes.

Suffering diabetes-related depression can stop people from making healthy choices such as eating well and exercising, and it can also lead to risky behaviour like drinking too much alcohol – all of which can affect blood sugar levels.

There's also the issue that diabetes which isn't being controlled well can create symptoms that 'show up' like depression due to high or low blood glucose levels.

Whatever the case may be, if you or a friend or family member with diabetes are feeling sad or down for long periods, it's crucial it's addressed.

Depression can be successfully treated and turning the situation around starts with having a confidential chat with your GP, specialist or diabetes educator. Even talking to a trusted friend, colleague or family member is a good first step to getting help.

If you need further information, head to <https://www.ndss.com.au/diabetes-and-depression>.

We are also doing what we can to fund research into this issue, including looking for ways to identify those with diabetes who are most at risk of mental health issues.

For details about this work, go here:

[https://www.diabetesresearchwa.com.au/index.php/download\\_file/213/144/](https://www.diabetesresearchwa.com.au/index.php/download_file/213/144/)

Together, we can address the complex link between diabetes and depression and help people live healthier lives.

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