

Being sad in sunset years

Age depression

Generally speaking age depression is a special form of depression which manifests itself in a sad, depressed status of resentment at the age of 60.

Concerning cause and symptoms there are of course some differences compared to other forms of depression: in addition to a sad prevailing mood many patients complain about disturbance of memory and a lack of concentration. They feel weak, unmotivated and joyless; this often results in cogitations of absurdness and even suicide! Apart from possible other diseases which are hidden behind age depression – e.g. thyroid disorders, the Parkinson's disease or special vitamin deficiencies – other causes can be responsible for it: loneliness after the death of the partner, a feeling of having no live perspectives, fear of the future, a feeling of being isolated and under circumstances being torn out of the usual environments

through the removal to a nursing home.

Often depressive symptoms are similar with those of the Alzheimer's disease! However, three differences have to be pointed out:

- Compared to the Alzheimer's disease ("creeping process") age depression commences rapidly.
- Patients of the Alzheimer's disease are at first mostly disturbed and confused.
- With modern antidepressants like Sertralin* age depressions can be successfully treated!

*registered as TRESLEEN

Get more information:

0664 / 341 12 51

Dr. Alexander Bernhaut
specialist for psychiatry and neurology
Canisiusgasse 6/17
1090 Vienna
Tel. & Fax: 01 / 319 69 90