

Epidemiology, causes and symptoms of depression among geriatrics.

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Abstract

Generally, bipolar disorder should be diagnosed before the age of 60. However, 50, 55 or 65 is the maximum age accepted by some institutions. Patients over the age of 50 should be included in the study of bipolar disorder in adults, according to the Gerontologists of the International Bipolar Society. Older people with early mood disorders and those with late mood disorders may have senile bipolar disorder. Instead of "bipolar disorder of the elderly", the International Bipolar Society Task Force calls it "bipolar disorder of the elderly"

Keywords: Bipolar disorder, Gerontologists, Epidemiology, Geriatric, Depression.

Introduction

Data describing bipolar disorder in the elderly are scarce, especially regarding occupational status. This comparative observational study evaluated the psychosocial functioning of 33 normothermymic adults with bipolar disorder compared to 30 healthy controls. Furthermore, we evaluated the relationship between clinical variables and functional decline in our patient population. The average age of the group is 68.70 years [1]. Independence, work performance, cognitive performance, financial and social problems.

Unlike younger patients, the elderly with depression often have concurrent health and cognitive deficits. Depression in the elderly is often not diagnosed or treated properly. Antidepressants are the best-studied treatment options, but psychotherapy, exercise and electroconvulsive therapy are also effective. Psychotherapy is recommended for people with mild or moderate depression. Most elderly patients require the same dose of antidepressants as younger patients. Antidepressants are effective in treating depression in the elderly, but many comorbidities and drug interactions increase the risk of adverse effects in polypharmacy.

Causes of geriatric depression

There is no single cause of depression in every generation [2]. Some studies show that the disease may have a genetic link. However, biological, social and psychological factors cause depression in the elderly. Research shows that the following factors can contribute to depression:

Low levels of chemical neurotransmitters (such as serotonin and norepinephrine) in the brain
Family history of depression. A traumatic life event such as violence or the death of a loved one

Symptoms of geriatric depression

The symptoms of depression are the same for all ages. They can include:

- Sadness
- feelings of worthlessness
- Hypersensitivity
- Fatigue
- not interested
- Sleep problems

Epidemiology

Depression is not a normal part of aging. Grief and grief are normal reactions to life events associated with aging [3]. Adapting to changes in social conditions related to retirement or loss of income. Transition from independent living to assisted living or hospice care. Physical, social, or intellectual loss due to illness.

Despite these losses, healthy, independent, community-dwelling adults in the United States have lower rates of depression than adults in general [4]. Treatment for depression includes medication, psychotherapy or counselling, or electroconvulsive therapy or other new forms of brain stimulation (such as repetitive Tran's cranial magnetic stimulation or rTMS).

Treatment

Anti-depressants: Selective serotonin reuptake inhibitors (SSRIs) such as citalopram (Celexa), citalopram (Lexapro), fluoxetine (Prozac), paroxetine (Paxil) and sertraline (Zoloft). Serotonin and norepinephrine reuptake inhibitors (SNRIs) such as desvenlafaxine (Pristiq), duloxetine (Cymbalta)

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and venlafaxine (Effexor) [5]. Serotonin modulators and enhancers (SMS) include vilazodone (Vibrio) and vortioxetine (Trintellix). Rare antidepressants, such as bupropion (Aplenzin, Wellbutrin), mirtazapine (Remeron) and trazodone (Oleptro ER).

Conclusion

Psychotherapy is especially useful for those who have gone through a period of severe stress (such as the death of friends and family, moving home and health problems) or those who choose not to take medication and have only mild and mild symptoms. It is also useful for those who cannot take medicine because of side effects, interactions with other medicines, or other diseases.

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