



# SAD HEARTS



## DEPRESSION IS COMMON IN PATIENTS WITH HEART PROBLEMS

Depression is **3 TIMES** more common in **heart patients** than in people who don't have heart disease



Heart patients may struggle with depression for up to **one year** after being in the hospital for a heart problem



Depression is **2 times** more common in **women** than men

## DEPRESSION MAY OCCUR IN PATIENTS WITH MANY KINDS OF HEART PROBLEMS

**1 in 3**

patients who have had a **heart attack**

**1/2**

of patients with **heart rhythm problems**

**4 in 10**

patients with **heart failure**

**1/2**

of patients with **congenital** (present from birth) **heart defects**

Having depression is a **risk** for both **developing** heart disease and for **not doing as well** once you have it.

### COMPARED TO PEOPLE WITHOUT DEPRESSION:



You have **double to triple** the risk of developing **blocked heart arteries**



If you do have blocked heart arteries, there is **double** the **risk of dying**



If you have depression after a heart attack, **you don't have as good a recovery**



In fact, having a diagnosis of depression any time after we find out that you have blocked heart arteries creates the **strongest risk for dying**

**EVEN STRONGER THAN SMOKING!**

### WHAT ARE THE OTHER COSTS OF DEPRESSION?



**Less enjoyment and satisfaction** in life



**Less likely** to be able to **stick to your treatments** and **lifestyle changes**



## WE'RE HERE TO HELP!

We need to know if you're feeling **sad, down** or **depressed!**

Your family doctor or other health professional may ask you about your mood. This is routine, because we can't help if we don't know about it.



Please try to be **open and honest** if you're asked about your mood - there is no shame in feeling this way, and there are things we can recommend to help with it.

Feel free to let your doctor or other health professional know you're feeling **sad or down** - even before we ask!

## A PATH TOWARDS FEELING BETTER

### STEP 1

Your doctor or nurse may ask you about your mood, or possibly ask you to complete a short questionnaire.

### STEP 2

If your answers show that you may be depressed, they will probably dig a little deeper into this with you, by asking more questions.

### STEP 3

If you do have depression, they will recommend steps to take, such as community or online resources you can use yourself. Medication may be suggested. If you are extremely depressed, they may refer you to a mental health specialist.

### STEP 4

Your doctor or nurse may arrange to see you regularly to see how your mood is.

