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Depression Among Adults With Diabetes: Prevalence, Impact, and Treatment Options

de Groot, Mary; Kushnick, Michael; Doyle, Todd; Merrill, Jennifer; McGlynn, Mark; Shubrook, Jay; Schwartz, Frank



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Diabetes Spectrum, 23(1), 15-18.

Abstract:

Patients with type 1 or type 2 diabetes are two times more likely to experience depression than their peers without diabetes. Comorbid depression results in deleterious effects on glycemic control, worsened diabetes complications, functional disability, and premature mortality. Once identified, depression can be effectively treated with antidepressant medications, psychotherapy, or a combination of both. Patients and providers should monitor depressive symptoms to identify their recurrence and work collaboratively to address barriers to care that exist in both urban and rural areas.

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