



DEPRESSION DISORDERS

Depression disorders (Major Depressive Disorder, Bipolar Disorder, etc.)

Depression disorders are characterized by persistent feelings of sadness and loss of interest in activities that were once enjoyed. Symptoms may include changes in appetite, weight, and sleep patterns, as well as thoughts of self-harm or suicide.

Depression disorders can be treated with a combination of medication and therapy. It is important to seek professional help if you are experiencing symptoms of depression.

Depression disorders hurt heart health

Depression disorders can increase the risk of heart disease and stroke. This is because depression can lead to unhealthy lifestyle choices, such as poor diet, lack of exercise, and smoking.

- Poor diet and lack of exercise
- Smoking and drinking alcohol
- Stress and anxiety
- Inflammation in the body

Restless legs syndrome

Restless legs syndrome (RLS) is a neurological disorder that causes an irresistible urge to move the legs, often at night. It can be caused by a variety of factors, including iron deficiency, kidney disease, and certain medications.

RLS can be treated with medication and lifestyle changes. It is important to consult with a healthcare provider if you are experiencing symptoms of RLS.

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- Iron deficiency
- Kidney disease
- Certain medications
- Family history

What to do now

If you are experiencing symptoms of depression or RLS, it is important to seek professional help. A healthcare provider can help you determine the cause of your symptoms and recommend the best treatment options.

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