

newsletter

LiveLife
Pharmacy



Today we discuss... Depression

Everyone feels sad sometimes, particularly when faced with loss of grief, but depression is more than low mood and sadness at a loss. It is a serious medical condition.

It is the result of chemical imbalances in the brain. A person with depression feels extremely sad, dejected and unmotivated.

Depression is common

One in five women and one in eight men will experience depression at some time in their life.

The good news is that just like a physical illness, depression is treatable and effective treatments are available.

Symptoms of depression

You may have depression if, for more than two weeks, you have felt sad, down and miserable most of the time, or have lost interest in most of your usual activities.

Behavioural symptoms of depression

a person with depression may:

- have stopped going out
- be withdrawing from family / friends

Feelings caused by depression

a person with depression may feel:

- overwhelmed

- not getting things done
- stop their usual enjoyable activities

- irritable

- guilty
- frustrated
- unhappy
- sad

Physical symptoms of depression

a person may experience:

- fatigue
- feeling sick and 'run down'
- sleep problems
- significant weight loss or gain

Causes of depression

Generally, depression does not result from one single event, but from a mix of recent events and other longer-term or personal factors, which cause chemical imbalances in the brain.

Seek help for symptoms of depression

If you experience some or most of the symptoms of depression, seek the advice from your doctor.

Talk to our pharmacists about our Prescription Management Service



*Keep your prescriptions safely on file with us to have them dispensed at your convenience via a **phone call or SMS** so they are always ready on time for you!

*We can also remind you via SMS when your next repeat is due, to save you time and ensure you always have your medicines when you need them.

Anich's Mossman Pharmacy	(07) 40981282	LiveLife Pharmacy Port Douglas	(07) 4099 5651	LiveLife Pharmacy Coolum Beach	(07) 54461462
LiveLife Pharmacy Mossman	(07) 4098 1242	The Habitat Port Douglas	(07) 40991633	LiveLife Pharmacy Noosa Junction	(07) 5447 3478
LiveLife Pharmacy Byron West	(02) 66807725	Macrossan St Pharmacy Port Douglas	(07) 40995223	LiveLife Pharmacy Noosa Fair	(07) 5447 4044
LiveLife Pharmacy Byron Bay	(02) 6685 6274	Airlie Beach Day & Night Pharmacy	(07) 49467000	Noosa Heads Pharmacy	(07) 5447 3298
LiveLife Pharmacy Airlie Beach	(07) 4946 6156	LiveLife Pharmacy Peregian Springs	(07) 5471 2011	LiveLife Pharmacy Goodchap Street	(07) 5449 4444
LiveLife Pharmacy Keppel Plaza	(07) 4939 1680	LiveLife Pharmacy Mission Beach	(07) 4068 8211	LiveLife Pharmacy Coolum Park	(07) 5446 3100
LiveLife Pharmacy Lawrie Street	(07) 4933 3654	LiveLife Pharmacy Yeppoon Central	(07) 4925 0088	Gracemere Shoppingworld	(07) 4933 1261