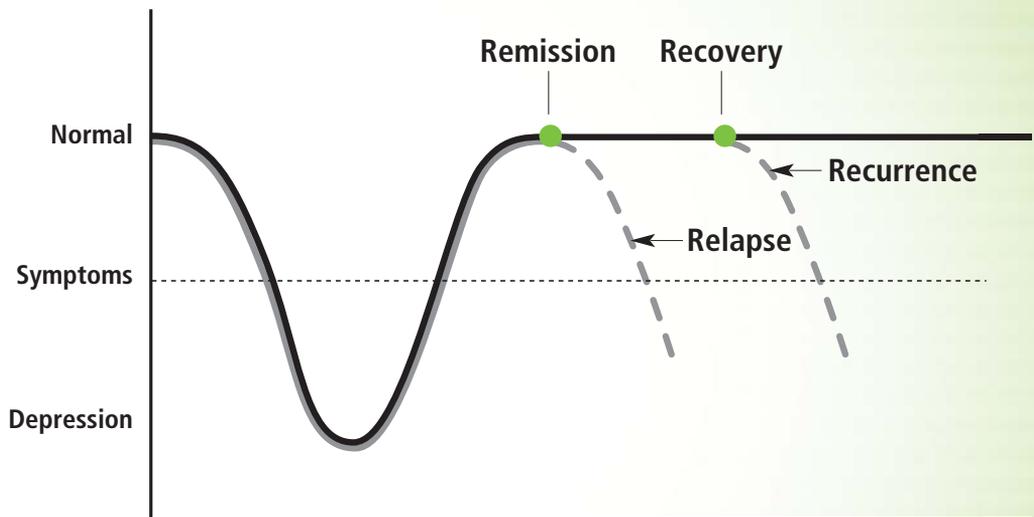


Let's talk about depression treatment goals

Let's talk about depression

It's not uncommon for symptoms to return and interfere with your life again, even if you've sought treatment in the past

- **Relapse**—a return or worsening of symptoms after you've started feeling better
- **Recurrence**—another episode of depression after you've recovered



Adapted from Kupfer DJ. Long-term treatment of depression. *J Clin Psychiatry*. 1991;52(5, suppl):28-34.

When depression is left untreated or uncontrolled on therapy, the chance of recurrence increases from approximately **50%** after one episode to roughly **70%** after 2 episodes, and about **90%** after 3 episodes.

The goal of treatment is to eliminate your symptoms and keep them from coming back

Let's talk about long-term depression treatment

Taking your prescription antidepressant medication as indicated may help keep your depression symptoms from coming back

Experts on depression break treatment into 3 phases:

Phase 1:

During the first 2 months of therapy, the goal is to achieve remission, becoming virtually **symptom free**.

Phase 2:

During months 3 through 6, the goal is to maintain remission and prevent a return of symptoms, also known as a **relapse**.

Phase 3:

After 6 months, your doctor may decide to continue your treatment to prevent a new episode of depression, also known as a **recurrence**.

You've taken the first step by talking with your doctor about your symptoms. Take the next step toward relieving your symptoms and keeping them from coming back by continuing therapy as prescribed by your doctor.

Tips for successful depression treatment

- Remember that depression is a medical illness and is not a sign of weakness or failure
- Take an active role in your treatment and communicate openly with your doctor
- Try to set reasonable goals and stay involved with your favorite activities
- Tell your doctor about any side effects you may be experiencing so your doctor can help you manage your therapy
- Continue to take your medication as directed by your doctor, even though you might be feeling better
- Ask your doctor about any education or support material that may be available — **YOU** can make a difference in your treatment

Patient information

Make a list of any questions or concerns you may want to share with your doctor on your next visit:

Wyeth[®]

© 2005, Wyeth Pharmaceuticals Inc., Philadelphia, PA 19101 115543-01 September 2005

Brought to you as an educational service
by Wyeth Pharmaceuticals

