



Depression & Mood Swings

A mood swing and depression

are not the same thing. There is a difference between:

1. an emotional up and down episode, the stereotypical mood swing;
2. dealing with a life-changing event like a death, or divorce, where you are very sad for an appropriate and probably extended period of time; and
3. clinical depression where there is a chemical imbalance requiring pharmacological therapy. ^{(1) (2)}

Depression is commonly caused by an imbalance or changes of biochemical in the central nervous system. Early treatment can reduce the risk of recurrence. ⁽¹⁾

This is one of those times when you don't want to mess around avoiding doctors. If you feel that you are experiencing depression, then find a trained mental health professional. In Canada you can go to the Canadian Mental Health Association for more information. In the United States there is the National Institute of Mental Health. Both of these sites have extensive information on how to cope with the spectrum of mood disorders.

There are estimates that between 50% and 75% of menopausal women experience mood swings. And again, it is estrogen and progesterone, our hormone friends, that are fluctuating and contributing to these mood changes.

The important thing is to seek medical help and be self-aware and honest about your symptoms. There are many other symptoms impacting mood swings like lack of sleep for one example, and life stresses for another. You need to know what treatment options are available and which ones will be most effective for you.

Do not hesitate to seek the help of a healthcare professional.



How to Deal with Mood Swings

An effective way to deal with mood swings is self-awareness. **Use our symptom tracker and journal the situation or conversations that you feel contributed to the moodiness.**

Having conversations with your family members can also help all of you understand the unusual reactions you may be having.

And remember, sometimes the moodiness is just there for no reason; but it's good to be aware of that as well

For more extensive information please see our interactive education program at www.vergowoman.com



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REFERENCES

1. Thomas E.R. Brown. Menopause and Peri-Menopause. In: Jovaisas, Barbara, editor. Therapeutics (Internet). Ottawa (On): Canadian Pharmacists Association; c2015 (updated Apr 2016; cited 2016 July 02). Available <http://www.e-therapeutics.ca>
2. The North American Menopause Society (NAMS). Ohio, USA. <http://www.menopause.org> Cited February 2017.