DEFY DEMENTIA™

Educating and empowering you to reduce your dementia risk

GETTING OUT FROM UNDER DEPRESSION

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Baycrest

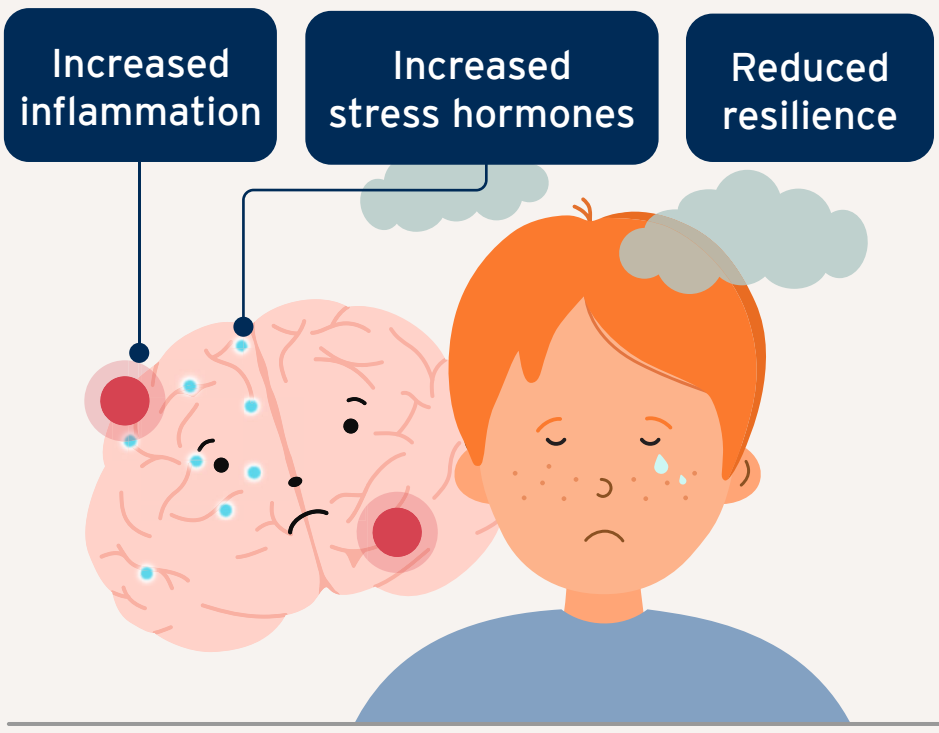
HOW DEPRESSION AFFECTS BRAIN HEALTH

⚠ Major depression is a risk factor for dementia

Depression is a medical condition, not a personal weakness or choice

Ongoing or repeated depressive episodes can lead to changes in the brain, including:

- Increased inflammation
- Increased stress hormones
- Reduced resilience



Many people improve significantly with the right combination of care, including:

- Evidence-based therapy
- Medication
- Lifestyle and social support

The longer depression goes untreated, the harder it can be to manage

HOW CAN YOU TAKE ACTION?

Support others without judgment



- Listen with empathy
- Don't minimize their experience (e.g., "just snap out of it")
- Encourage them to seek professional help

Support and understanding are key for recovery

A healthcare professional can:



- Provide an **accurate diagnosis**
- Recommend evidence-based **treatment options**
- **Monitor progress** and **adjust care** as needed

Don't try to manage depression alone

Caring for your mind today, protects your brain tomorrow, and reduces your dementia risk

For more information, visit defydementia.org

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