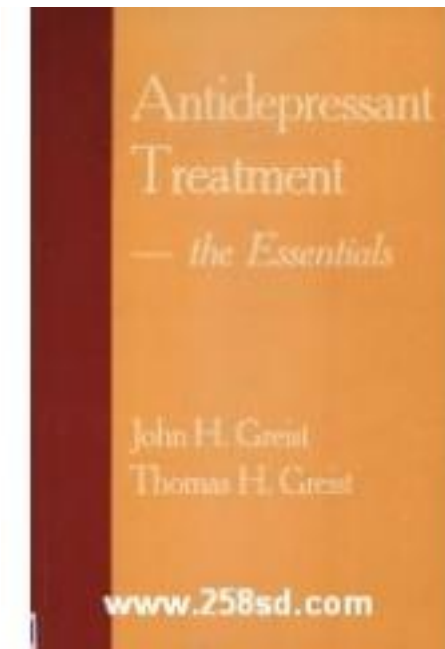


Antidepressant Treatment-The Essentials



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A campaign several years ago to educate physicians about the detection and treatment of hypertension proved so successful that last year a special Lasker Award was given to its promoters. Hypertension and depression have many similarities so it is not at all strange that in the past three years or so much the same educational campaign about depression has been directed at physicians. Hypertension is insidious in onset can produce marked morbidity and mortality and can be effectively treated in most cases. Depression is also insidious in onset although more symptomatic than hypertension. Depressed patients may not know that they are depressed but rather feel that something is seriously wrong. Depression is much more difficult to diagnose than hypertension for many symptoms provide many

diagnostic leads. Hypertension can be diagnosed by the simplest of physical examinations; depression often remains unrecognized even after a \$2000 workup. The morbidity of depression is not long delayed but immediately apparent; depressed patients are miserable and are often severely impaired. The degree and duration of impairment may rival that of many serious disorders. And depression is a potentially fatal illness—one of the few with which psychiatrists must deal. ~ \ Both hypertension and depression are well managed by drug therapy although one must confess that drug treatment of hypertension is more rewarding. One has many more points of pharmacologic attack on the pathogenesis of hypertension which is still largely unknown. Drug treatment for both disorders is unpleasant producing a variety of side effects. Thus compliance in treatment is a problem with both illnesses

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