

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Depression and Heart Disease

- ❖ Depression and Heart Disease are both very common diseases, and often occur together in the same person
- ❖ About 1 in 5 who have a heart attack are found to have depression soon after the heart attack

Psychological Impact of a heart attack

- ❖ Attitude and mood
- ❖ Sense of certainty about the future
- ❖ Confidence about one's ability to fulfill the roles of a productive employee, mother, father, daughter, or son
- ❖ Feelings of guilt about previous habits that might have increased the person's heart attack risk
- ❖ Embarrassment and self-doubt over diminished physical capabilities



Recovery and support

- ❖ Cardiac Rehabilitation is not only helpful in getting your heart back into shape, but returning to normal activities and working together with others recovering from a heart attack can help with your mood and confidence
- ❖ Spending time with friends and family gives social support that you will need during difficult times
- ❖ Don't be afraid to seek medical help if you feel depressed
- ❖ Heart disease and depression often carry overlapping symptoms such as fatigue, low energy, and difficulty in sleeping and carrying on the daily rhythms of life
- ❖ Having a positive attitude about your health and future will help with your recovery and treatment!!



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https://www.hopkinsmedicine.org/heart_vascular_institute/clinical_services/centers_excellence/womens_cardiovascular_health_center/patient_information/health_topics/depression_heart_disease.html

At Pequot Health Care, we are dedicated to maintaining your good health!



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