

# New Connections

HELPING YOU CARE FOR A LOVED ONE DURING TREATMENT



Issue 13



## Caregiver Corner: Take our stress and depression quiz.

When caregivers don't attend to their own needs and allow pressures to take over, they may become depressed and lose the ability to continue to care for their loved one.

Spotting depression as soon as possible can stop a downward spiral of sadness and inability to function. Many successful ways of treating depression are now available to help people regain joy, hope and the ability to cope. But first, you need to know the signs and symptoms of depression. Take our quiz to find out if you're at risk.

Check yes or no in answer to each question.

Yes No

Do you feel empty almost every day for most of the day?

Do your days bring little or no pleasure?

Are you either too restless or slowed down most of the time?

Do you have trouble making decisions or problems concentrating?

Have you lost interest in eating or are you overeating? Have you gained or lost weight without dieting?

Do you have trouble sleeping, wake up early, or find yourself oversleeping?

Do you feel many aches and pains that don't go away?

Have you lost interest in sex?

Do you cry often?

Do you feel tired or have a lack of energy almost every day?

Have you ever attempted suicide?

---

**Total "yes" answers**

Zero – four “yes” answers: You may be at risk for becoming depressed. Therefore, you may want more information about managing caregiver responsibilities, including how to talk about cancer and how to find a support group. It may help you to visit the American Cancer Society Cancer Survivors Network<sup>®</sup> at [www.cancer.org](http://www.cancer.org) where you can trade

information and experiences with other patients and caregivers.

Five or more “yes” answers: You may have some signs of depression. If these symptoms last for two weeks or longer, or are severe enough to interfere with normal day-to-day life, it may be wise to see a doctor or mental health professional to be checked for depression. Please seek immediate medical attention if you have thoughts of suicide.

**For more cancer information, call 1-800-ACS-2345  
or visit [www.cancer.org](http://www.cancer.org), anytime, day or night.**

[Contact Us](#) | [New Connections Home Page](#) | [Legal & Privacy Information](#)

This information is for informational purposes only. This information is not a substitute for professional medical advice. Do not use this information to diagnose or treat a health problem or disease without consulting a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition. Use of this online service is subject to the disclaimer and the terms and conditions.

Copyright 2006 © American Cancer Society  
National Home Office, 1599 Clifton Road NE, Atlanta, Georgia 30329