

**Medical Edge Radio from Mayo Clinic**

**Major Depression**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	IT'S ONE OF THE MOST COMMON AND COSTLY ILLNESSES. BUT IT'S NOT HEART DISEASE, CANCER OR DIABETES... IT'S MAJOR DEPRESSION. DR. DAVID MRAZEK, A PSYCHIATRIST AT MAYO CLINIC, SAYS IT'S ONE OF THE LEADING CAUSES OF DISABILITY.
<b>David Mrazek, M.D. Track 5 (3:02)</b>	"EVERYONE HAS A BAD DAY. BUT WHEN YOU HAVE MAJOR DEPRESSIVE DISORDER, YOU HAVE A BAD MONTH OR A BAD YEAR."
	YOU MAY FEEL SAD, HOPELESS AND HELPLESS. AND YOU DON'T

	<p>JUST “SNAP OUT OF IT.”</p> <p>DEPRESSION IS A MEDICAL ILLNESS THAT REQUIRES PROPER TREATMENT. DR. MRAZEK SAYS THE RIGHT MEDICATIONS AND PSYCHOTHERAPY CAN BE EXTREMELY EFFECTIVE.</p>
<p><b>Dr. Mrazek</b> <b>Track 5 (1:08)</b></p>	<p>“THE MAJORITY OF PATIENTS WILL HAVE A COMPLETE REMISSION.”</p>
	<p>EVEN FOR PATIENTS WHO DON'T RESPOND TO MEDICATIONS, THERE ARE OTHER OPTIONS AND NEW, PROMISING TECHNIQUES ARE ON THE HORIZON.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>