

Mayo Clinic Medical Edge
Depression and Chronic Pain

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT'S NOT UNCOMMON FOR SOMEONE WHO HAS SUFFERED A HEART ATTACK OR STROKE TO ALSO DEVELOP DEPRESSION. RESEARCH HAS ALSO FOUND A STRONG LINK BETWEEN DEPRESSION AND CHRONIC PAIN.
Michael Hooten, M.D.	"WE SEE IT GO BOTH WAYS... PEOPLE WITH DEPRESSION DEVELOPING CHRONIC PAIN AND OF COURSE, PATIENTS WITH CHRONIC PAIN DEVELOPING DEPRESSION."
	DR. MICHAEL HOOTEN, A PAIN SPECIALIST AT MAYO CLINIC SAYS

	<p>THE AREAS OF THE BRAIN THAT PROCESS EMOTIONS, INCLUDING FEELINGS OF DEPRESSION AND ANXIETY, ARE ALSO PROCESSING PAIN STIMULI.</p>
<p>Dr. Hooten</p>	<p>“SO WE HAVE IMPORTANT AREAS OF THE BRAIN THAT ARE PROCESSING BOTH EMOTION AND PAIN STIMULI. SO THEY ARE BEING MIXED UP, IF YOU WILL, IN THE BRAIN.”</p>
	<p>WHEN IT COMES TO TREATMENT, DR. HOOTEN SAYS IT’S VITAL TO ADDRESS BOTH ISSUES AT THE SAME TIME. FOCUSING ON ONE LIMITS THE EFFECTIVENESS OF TREATING THE OTHER AND LEAVES THE DOOR OPEN FOR THE CYCLE TO REPEAT ITSELF.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
