Asthma & Depression

I HAVE ASTHMA, BUT WHAT IS DEPRESSION?
Depression is a condition where you feel sad for a long time. It can affect your physical and mental health.

HOW DO I KNOW IF I HAVE DEPRESSION?
People are depressed when they have lost interest in things they normally enjoy doing. You may feel sad, down, hopeless or miserable most of the day, almost every day for more than 2 weeks.

Common symptoms:
• Losing or gaining weight
• Sleeping too much or too little
• Losing interest in enjoyable activities
• Feeling worthless, helpless, or guilty
• Having trouble staying asleep or falling asleep
• Thinking about death or suicide

HOW DOES ASTHMA RELATE TO DEPRESSION?
• People with chronic conditions, like asthma, are more likely to also have depression.
• Uncontrolled asthma can prevent people from engaging in physical activities or enjoying the outdoors.
• Side effects of certain medications for asthma can also affect mood and cause depression.
  o Leukotriene modifiers like Montelukast (Singular)
  o Oral Steroids like Prednisone or Methylprednisolone
• Emotional factors like depression, stress, and anxiety can also trigger asthma symptoms.

WHAT DO I DO IF I HAVE ASTHMA AND DEPRESSION?
First, see your Primary Care Provider (PCP)
Your PCP can:
• Provide brief counselling and discuss possible treatments.
• Refer you to a mental health specialist or counselor, if needed.

Tips to Try
• Relaxation techniques. Deep breathing exercises can reduce stress hormones.
• Get support and encouragement from family and friends.
• Stay active. Exercising 3-5 times per week for 45-60 minutes can help ease depression.

If you’d like to speak to someone about asthma and depression, or have questions about your services, please call the AlohaCare Nurse Line. QUEST Integration: 1-877-225-8839 • Medicare: 1-855-690-6930

You’re not alone. Contact us today for more information and to learn more about how we can help you!

AlohaCare complies with applicable Federal civil rights laws and does not discriminate on the basis of:
• Race
• National Origin
• Disability
• Age
• Sex

(English) Do you need help in another language? We will get you a free interpreter. Call 1-808-973-0712 to tell us which language you speak. (TTY: 1-877-447-5990).


