

Oral presentation

Male depression

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Male depression is a disease with devastating consequences. 80% of all suicides in the US are men. The male suicide rate at midlife is three times higher than women's, for men over 65, it is seven times higher. The symptoms of male depression can be different from the classic symptoms we associate with depression. Most importantly though, men deny they have problems because they are supposed to "be strong". The symptom cluster of male depression is not well-known so family members, physicians, and mental health professionals fail to recognize it. It can take up to ten years and three health professionals to properly diagnose this disorder. Apart from the usual symptoms depression is associated in men with: Anger and frustration, violent behaviour, weight loss without trying, taking risks, such as reckless driving and extramarital sex, loss of concentration, isolation, fatigue, alcohol or substance abuse, misuse of prescription medication, bouts of crying less often than women. In addition, men often aren't aware that physical symptoms, such as headaches, digestive disorders and chronic pain, can be symptoms of male depression. This presentation will review the literature on aetiology, presentation and treatment for men with depression.