

Spotlight on Winter Depression & SAD

Winter depression — also known as Seasonal Affective Disorder (SAD) — can cause hopeless feelings, loss of interest in activities, and thoughts of suicide. Symptoms may begin in late summer and last through spring.¹

Winter Depression Affects Millions



Many of the 19 million people who suffer from depression² often get **worse in winter months.**



Up to **4x as many women** suffer from winter depression or SAD as men.¹



Symptoms of Winter Depression



- Feelings of hopelessness and worthlessness
- Thoughts of suicide
- Loss of interest in activities
- Withdrawal from social interaction
- Sleep and appetite problems
- Difficulty with concentrating and making decisions
- Decreased sex drive
- Lack of energy
- Agitation

Depression Can Be Hard to Treat



A common treatment is antidepressant medication. Yet, half of major depression patients don't respond to their first prescribed medication³, resulting in trial-and-error treatments which can last for years.



Your DNA May Be Able to Help



The GeneSight® Psychotropic test analyzes how your DNA may affect your response to medications commonly prescribed to treat depression.

The GeneSight test uses your genetic makeup to provide your clinician with information about which medications:



- May require dose adjustments
- May be less likely to work for you
- May have an increased risk of side effects