Spotlight on Winter Depression & SAD

Winter depression — and a severe form called Seasonal Affective Disorder (SAD) — can cause symptoms of hopelessness, loss of interest in activities, and thoughts of suicide. Symptoms begin in late summer and last through spring.\(^1\)

### Winter Depression Affects Millions

- 11,000,000 Americans suffer from SAD.

### 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 medication, resulting in trial-and-error treatments which can last for years.\(^3\)

### Now There’s Hope: Finding the Right Medication

A well-validated genetic test called the GeneSight® test can help clinicians make personalized drug treatment choices for each patient and achieve better results faster.\(^4\)

- Patients whose treatment was guided by the GeneSight® Psychotropic test experienced:
  - greater improvement in depressive symptoms compared to unguided treatment as usual.\(^5\)

### Sources:

1. Yale School of Medicine, “Winter Depression Research Clinic” https://medicine.yale.edu/psychiatry/research/programs/clinical_people/winter.aspx