

Virginia Department of Health
30-second PSA
Diabetes and Depression

HERE IS IMPORTANT HEALTH INFORMATION FOR WOMEN OVER 45.
DIABETES DOUBLES YOUR RISK OF DEPRESSION. AND DEPRESSION
INCREASES YOUR RISK FOR PRE-DIABETES AND DIABETES. SOUND LIKE A
VICIOUS CIRCLE? IT CAN BE. DIABETES CAN WEAR YOU DOWN, MAKE
YOU DEPRESSED, AND IF YOU ARE DEPRESSED YOU MAY NOT TAKE CARE
OF YOUR DIABETES LIKE YOU SHOULD. BUT BOTH DISEASES CAN BE
TREATED. VISIT WWW.VDH.VIRGINIA.GOV AND TALK TO YOUR DOCTOR
TODAY. A MESSAGE FROM THE VIRGINIA DEPARTMENT OF HEALTH.