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by Barry Erath, MSSW, LCSW

**STRUGGLING
WITH HEART
FAILURE**

Because heart failure (HF) can lead to significant heart complications and reduced quality of life, both male and female patients can become depressed as a result. While depression is more common among women HF patients, men with HF often suffer depression of greater severity. This may be due to the fact that the physical weakness associated with HF is particularly difficult for men to bear because of the traditional views of masculinity held by many. However, this is an important matter to address regardless of gender. Without proper treatment, depression may lead to a worsening heart condition due to failure to take medicine, exercise, or eat properly. Treating heart disease involves treating the head as well as the heart.

Of course, if you've suffered from heart failure and you're wrestling with depression, you should get help now. We know that depression doesn't have to have an obvious cause, like heart failure. Depression can strike anyone at any time for any reason, or for no reason at all. Our compassionate counselors can provide you with the proven techniques and safe space that you need to be healthy again. Call 608-742-5020 for an appointment. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Warning signs of depression among heart patients include loss of interest in activities, changes in weight and/or sleeping patterns, feelings of hopelessness, and withdrawal from friends and relatives.

ASPEN
Family Counseling
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