

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



Major Depressive Disorder can cause physical pain—even when there's no clear medical cause. Headaches, stomach issues, and body aches are common in people with MDD because the brain regions involved in emotional pain overlap with those that process physical pain.

August Awareness Spotlight Major Depressive Disorder

It's August, so let's get into it. This month I'm focusing on something that affects a lot of people but doesn't get talked about enough: Major Depressive Disorder, also known as clinical depression.

It's a mental health condition marked by a consistently low mood or loss of interest in things you used to enjoy. It can seriously impact your day-to-day life. According to the CDC and NIMH, about 8.3% of U.S. adults experience a major depressive episode in a given year—and up to 21% will experience one at some point in their lives.

What Causes It?

Depression usually comes from a mix of biological, psychological, and environmental factors. That includes genetics, brain chemistry, trauma, chronic stress, and social isolation.

What It Looks Like

Symptoms vary, but common ones include:

- Persistent sadness or emptiness
- Anxiety or restlessness
- Loss of interest in activities
- Trouble concentrating or slowed thinking
- Fatigue or low energy
- Changes in sleep or appetite
- Feelings of worthlessness or guilt
- Suicidal thoughts or self-harm

What You Can Do

Treatment options include:

- Therapy: CBT, interpersonal therapy, mindfulness-based therapy
- Medication: SSRIs, SNRIs, atypical antidepressants
- Lifestyle changes: Exercise, nutrition, sleep hygiene, social support

I've mentioned the Mayo Clinic before—it's a trusted resource for depression care, including their location in California. I won't rehash the history this time, but they offer both outpatient and inpatient treatment options

Who's Most Affected?

MDD can affect anyone, but it's especially common among teens. In 2021, 20% of youth ages 12–17 had at least one major depressive episode. Girls were more than twice as likely as boys to experience it, and most didn't receive treatment.