

Investment in research saves lives and money

facts about:

Depression

Today:

- ⌘ Ten percent of Americans will suffer from an episode of depression at some time in their lives.
- ⌘ Depression is the second most common chronic illness seen by primary care physicians.
- ⌘ Depressive diseases are the leading cause of disability in the United States.
- ⌘ Depression is the cause of more than two-thirds of the 30,000 reported suicides in the U.S. each year.
- ⌘ People with a history of depressive diseases are four times as likely to have a heart attack than those without a history of depression.

SOURCE: AMERICAN FAMILY PHYSICIAN, SEPTEMBER 15, 2002 (WWW.AAFP.ORG/AFP/20020915/1001.HTML)
 NATIONAL INSTITUTE OF MENTAL HEALTH, NATIONAL INSTITUTES OF HEALTH (WWW.NIMH.NIH.GOV)
 DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (WWW.DBSALLIANCE.ORG)

SAVING LIVES
 SAVING MONEY

HOW RESEARCH SAVES LIVES:

- ⌘ Research shows that primary care physicians and other health care professionals who participate in an inexpensive training program are more likely to detect depression and are more capable of appropriately treating depressive illnesses, thereby reducing the duration of their patients' illness.
- ⌘ Up to 80% of people treated for depression with medication, with psychotherapy, by attending support groups, or with a combination of these treatments, show improvements in symptoms within four to six weeks.

SOURCE: NATIONAL INSTITUTE OF MENTAL HEALTH, NATIONAL INSTITUTES OF HEALTH (WWW.NIMH.NIH.GOV)

HOW RESEARCH SAVES MONEY:

- ⌘ Total health care expenditures for people who suffer simultaneously from depression and diabetes are 4.5 times higher than for those with diabetes alone.*
- ⌘ NIH-funded researchers identified a relationship between depression and a brain chemical called serotonin. This discovery led to the development of a new class of anti-depressant medicines referred to as SSRIs (e.g., Prozac). SSRIs are more effective, safer and have fewer side effects than previous anti-depressant medicines and ultimately lower health expenditures.**

SOURCE: *EGEDE, L.E., ET AL., DIABETES CARE, 25(3):464-470, MARCH 2002
 **THE BENEFITS OF MEDICAL RESEARCH AND THE ROLE OF NIH, OFFICE OF THE CHAIRMAN, CONNIE MACK, JOINT ECONOMIC COMMITTEE, UNITED STATES SENATE, MAY 2000 (WWW.JEC.SENATE.GOV)

The medical and health
 research policy program of the
 Mary Woodard Lasker Charitable Trust
www.fundingfirst.org
www.laskerfoundation.org

"If you think research is expensive, try disease."
 — Mary Lasker 1901–1994

The Cost:

- ⌘ Depressive diseases cost U.S. businesses \$83 billion for medical expenditures, suicide-related costs, absences from work and reduced productivity while at work.*
- ⌘ Depression accounts for \$36 billion in lost workdays each year. In addition, more than \$15 billion in other costs accrue from decreased productivity as a result of symptoms that sap energy, affect work habits and cause problems with concentration, memory and decision-making.*

SOURCE: *GREENBERG, PE, ET AL., THE ECONOMIC BURDEN OF DEPRESSION IN THE UNITED STATES: HOW DID IT CHANGE BETWEEN 1990 AND 2000? J CLIN PSYCHIATRY, 2003; 64(12): 1465-1475.

survivor



NAME: STEPHANIE LICHTMAN-PRICE

AGE: 35

CONDITION: DEPRESSION

Stephanie Lichtman-Price lives in Maryland with her two children and works part-time as a professional musician and piano teacher. Diagnosed with depression 10 years ago, Stephanie is understandably protective of her improved mental health. Although she has not had a major depressive episode in two years, she continues to take medication to prevent one. "I do well as long as I don't let myself get too stressed," she says.

Over the years, research led to improved drugs for depression with fewer side effects and Stephanie says she is thankful for the better quality of life she enjoys as a result. Better medicines in combination with therapy allowed her to conquer severe symptoms that plagued her for years.

Stephanie does worry about her children and their mental wellness. "Research about depression has shown that it can run in families. So I watch my kids for any signs," she says. She hopes that researchers can discover the underlying causes of depression so that future generations can live free of this chronic and debilitating disease.

facts about: } Depression

Hope for the Future:

- ⚡ New and emerging technologies — such as functional magnetic resonance imaging (fMRI) — allow researchers to detect subtle changes in brain function that may be associated with depressive diseases.
- ⚡ By tracking these changes in brain function, physicians may learn how to distinguish among different forms of depression, thereby increasing the likelihood of developing more effective medicines to prevent and treat various forms of depressive diseases.
- ⚡ Thanks to the Human Genome Project, medical scientists are starting to identify genes that predispose people to depressive and other brain diseases. Identification of genes associated with inherited forms of depression will open the door to new and more powerful therapies. Investment in research is the best way to assure a healthier future for ourselves and our children.

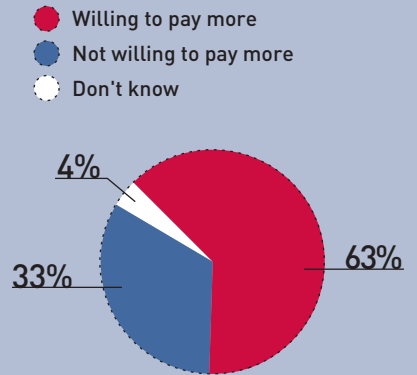
SOURCE: U.S. SURGEON GENERAL DAVID SATCHER, MD, PHD MENTAL HEALTH: A REPORT OF THE SURGEON GENERAL

The Bottom Line:

The physical and psychological symptoms of depressive illnesses impair performance in school and at work, can destroy lives and families, and are extremely costly to society. Research is needed to uncover the genetic, chemical and environmental factors that lead to depression so that doctors and other health care professionals can better diagnose, treat and ultimately prevent depression.

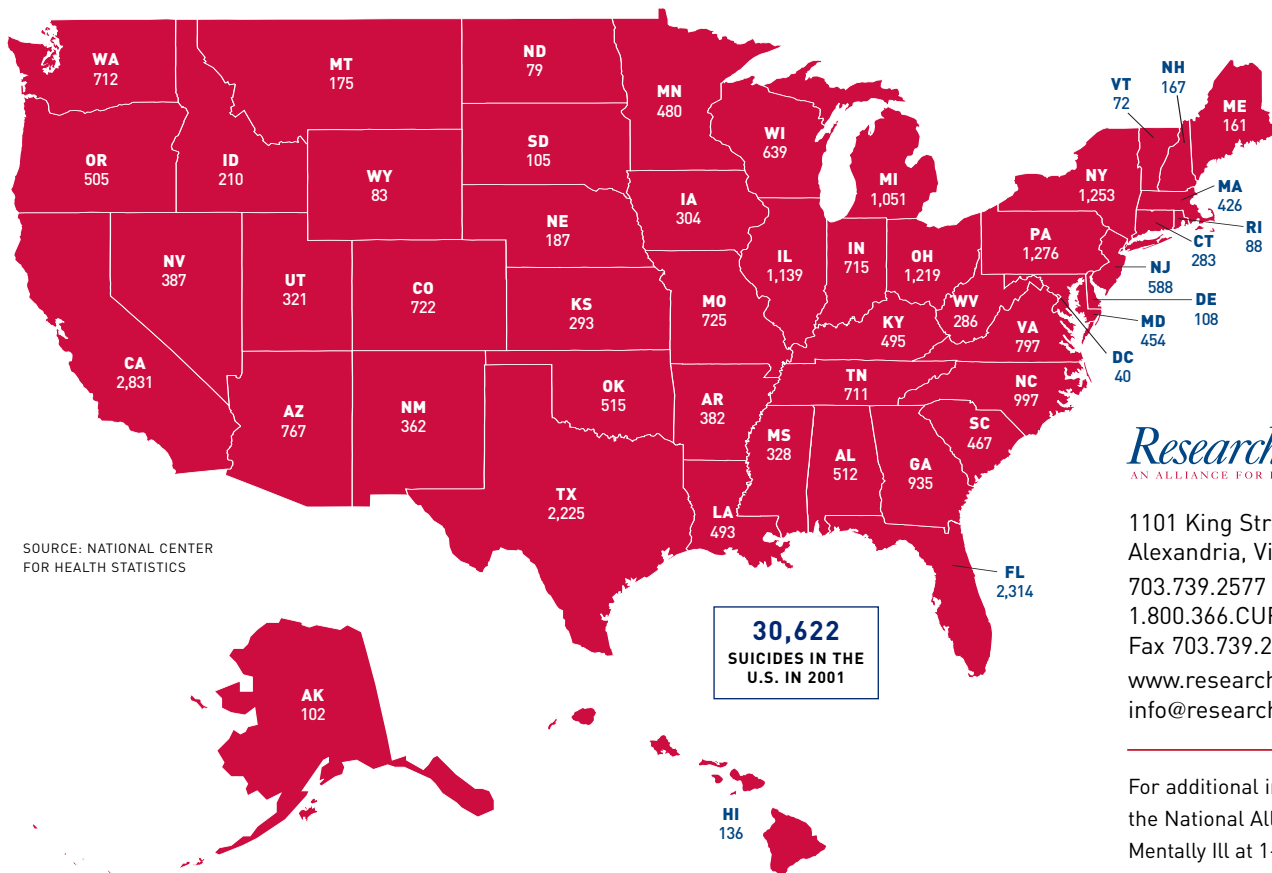
Public willing to pay more for prescription drugs

Would you be willing to pay \$1 more for each prescription drug if you were certain that all the money would be spent for additional research?



SOURCE: CHARLTON RESEARCH COMPANY FOR RESEARCH!AMERICA, 2004

Number of Suicides in 2001



SOURCE: NATIONAL CENTER FOR HEALTH STATISTICS

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1101 King Street, Suite 520
Alexandria, Virginia 22314
703.739.2577
1.800.366.CURE
Fax 703.739.2372
www.researchamerica.org
info@researchamerica.org

For additional information contact the National Alliance for the Mentally Ill at 1-800-950-NAMI (6264); www.nami.org.