

Video-Audio Clip Transcript

SOT-Sam Sears, MD, director of physician services for OSF Behavioral Health

“The changes of life and the deficits that come from those illnesses very frequently can wear down somebody’s coping abilities and increase their risk for becoming depressed as well.” (:13)

With some diseases, depression is so common that medical providers are trained to look for it in patients who have a particular diagnosis.

“We know for certain that depression is very common post-stroke. We also know that people with significant cardiac issues suffer much higher rates of depression, with the scary reality that if we’re not treating the depression, the rates of having further cardiac events go up significantly as well.” (:21)

Lung-related issues come with unique challenges, according to Dr. Sears.

“We see in folks with COPD (chronic obstructive pulmonary disease), asthma, other conditions that decrease the ability to manage good oxygenation -- you definitely have increased rates of anxiety disorders in that population.” (:17)

Mental health challenges can worsen disease symptoms.

Dr. Sears stresses, “Depression and anxiety are going to act like an amplifier plugged into a guitar. Is the guitar going to make sound without the amplifier? Yes. Is it going to make it nearly the level the amplifier is causing it to? No.” He adds, “So if we can unhook the amplifier, we have inherently improved that individual’s quality of life.” (:22)

SOT-Erin Kennedy, manager of the Center for Healthy Lifestyles, OSF HealthCare St Joseph Medical Center

Kennedy says exercise is medicine. It can release important mood-altering endorphins, even with minimal exertion.

“If you are making dinner, there’s no reason why you can’t side-step, you can’t march in place, and you can’t dance in your kitchen, right? Any kind of movement you’re doing -- we should never poo poo. It’s all activity. We’re burning calories. It’s getting us motivated to maybe do a little more, and it makes us feel good about who we are.” (:24)

SOT-Joe Whitcomb, Patient with diabetes and heart condition

Whitcomb starts his day early as a coordinator of clinical data at OSF St. Joseph. He visits the gym at the Center for Healthy Lifestyles as soon as he’s done with his day.

“I turned it into part of my job. So, every day I go to work and when 3:30 hits, it’s time to sign off of the computer and sign on to the exercise bike.” (:16)

For them people who are struggling with depression, anxiety or even stress, Whitcomb offers this perspective.

“If you sit at home and you don’t do anything, you’re gonna feel the same. (With exercise) If nothing else, you’ll feel tired, and at least you got your workout in and at least you’ll sleep better. You never feel worse after a workout.” (:15)