

DEPRESSION

CLOZE EXERCISE

ACTIVITIES



- While reading the following short text, fill in the blanks with the following words: cells – blood – worries – sleep – psychotherapy – partner – biological – symptoms – heart – hallucinations.

Depression is not an inevitable consequence of ageing though there are ① changes that account for depression. Several conditions can cause depression in the elderly, including ② problems, low thyroid activity, deficiency of vitamin B 12 or folic acid, and cancer. Many drugs may also cause or aggravate depression, including beta-blockers, ③ pressure drugs, and sedatives. Besides, several older people hide their ④ and struggle alone when they feel low. The death of a ⑤ or friends, or a chronic illness are important contributing factors in depression. Depression is much more common in the years after retirement, when people have to adjust to a new role in life.

Depression occurs when the chemicals that brain ⑥ use to communicate with each other, called neurotransmitters, become out of balance. As a consequence of this, the brain circuits responsible for regulating mood, thinking, ⑦, appetite, and behaviour all fail to work properly.

Depression has different ⑧ in older people compared with the young. Anxiety is particularly common, as is the slowing of thought and activity. Imaginary illness and ⑨ are also more common.

Antidepressant drugs can help to restore the balance of neurotransmitters in the brain, while social support and ⑩ can help to deal with many of the symptoms of depression.

