

Helping Families Deal With S.A.D.

by Dr. Randy Cale
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The winter season is upon us and most of us are tired of being inside. We want to get outside. We want to have some sunshine.

Maybe we're even begging for spring and summer to get here. But those kind of winter time blues are very different than what some of us experience which is a form of a disorder called Seasonal Affective Disorder (SAD).



SAD happens four times as often in moms as it does in dads. With SAD, we tend to feel depressed and sad. There's a tendency to want to sleep and eat more. We kind of go into a hibernation mode and if you're a parent who's experiencing SAD, it's important to recognize these symptoms so you can do something about it.

So what can you do? First of all, the best course of treatment is kind of an odd sort of treatment. It's called photo therapy. Photo therapy is easy. Patients sit in front of a light for anywhere between 30 to 90 minutes a day. It's shown to be most effective with this particular syndrome.

Medication is also a second option, but it's not as effective. A third option, which hasn't been studied very much, but seems to work in most forms of depression, is exercise.

If you've experienced these symptoms: increased sleep, sadness, eating too much, feeling like you just want to hibernate and get can't get out of bed and it seems to happen primarily in the winter months, it might be Seasonal Affective Disorder. I encourage you to talk to your physician or talk to a psychologist and make sure that you get treatment.

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