

Medical Report: Major Depressive Disorder

Disease Name: Depression (Clinical)

Common Symptoms:

- Persistent feelings of sadness, emptiness, or hopelessness
- Loss of interest in previously enjoyed activities
- Changes in appetite (weight loss or gain)
- Difficulty concentrating or making decisions

Home Management & Support:

- Regular exercise to naturally boost endorphins
- Reach out to a trusted friend or family member
- Write down thoughts to track mood patterns

When to Visit a Doctor:

- If symptoms interfere with work or relationships for more than 2 weeks
- If you experience physical aches with no clear cause
- Urgent: If you have thoughts of self-harm or suicide