

Recognizing and managing depression and anxiety

Depression and anxiety in arthritis patients are underdiagnosed and many of those affected don't receive mental health treatment, which could potentially help with their arthritis related symptoms. There are many ways to prevent and manage depression and anxiety. It is important to understand that it is not your fault you are depressed and that you are not alone in your disease journey. One step in self-care for patients is to be aware of the signs of depression:

