

## **Depression and Anxiety in Cardiovascular Disease**

**Kamalika Roy, MD**

In my talk I will discuss the prevalence of depression and anxiety in cardiovascular disease patients. The scope of discussion will include the major acute and chronic cardiovascular diseases, including congestive heart failure, acute coronary syndrome, myocardial infarction and venous thrombosis. I will depict the signs and symptoms, discuss how to differentiate them from similar cardiac symptoms and how to treat comorbid depression and anxiety. Pathophysiology of depression in cardiac disease will be discussed in theory. The importance of treatment of depression and anxiety on the overall prognosis of heart disease will be discussed in details. The long term effect of depression and anxiety on cardiac mortality and quality of life will also be explored. I will also discuss a few hands on screening tools especially useful for nursing professionals. In the treatment part of the discussion, the use of common psychotropic medications and their possible side effects will be explored in a nutshell. A few forms of psychotherapeutic approaches will be named as well. At the end there will be a few post test questions to ensure a good learning experience.

Most of the references in this talk are from American Heart Association practice guidelines and from several peer reviewed publications, including a few landmark studies.