



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Seasonal Affective Disorder

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Seasonal Affective Disorder is something many dread during the winter months. Med Center Health Psychiatrist Dr. Shawn Brown explains the causes.

[DR. BROWN]

It's a combination of the days getting shorter, the temperatures getting colder – especially in this part of the hemisphere – so, people tend to spend more time indoors. What happens is the decreased exposure to light, sunlight, this time of the year starts to affect how the brain works.

[NARRATOR]

Seasonal Affective Disorder can have many symptoms.

[DR. BROWN]

Typically, it's problems with depression, concentration and focus, appetite changes, weight gain, problems with what we call anhedonia – the inability to find joy in day-to-day activities that they found joy in previously.

Most people understand that they may feel differently during the fall and wintertime, but not everybody realizes they have perhaps the full disorder simply because they experience it every year and they simply get used to it. They don't understand that it is something that could be treated or addressed.

[NARRATOR]

He says people seek treatments when they realize it's more than just feeling down.

[DR. BROWN]

They're not able to function at their job the way they want to or at home with their family like they need to, and they're starting to realize this is perhaps more than just feeling down or having the blues.

[MUSIC] [NARRATOR]

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