

DOCTORS AND DEPRESSION MARK 5:25-26

We **must** start with some basic, working assumptions concerning modern medicine:

1. Physicians / doctors, on the whole, are good & helpful.

Jeremiah 8:22 Is there no balm in Gilead; is there no physician there? why then is not the health of the daughter of my people recovered?

Colossians 4:14 Luke, the **beloved** physician, and Demas, greet you.

2. (Proper) Medicines are **also** good & helpful.

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

3. Modern medicine might not **always** be helpful!

Job 13:4 But ye are forgers of lies, ye are all physicians of no value.

Mark 5:25 And a certain woman, which had an issue of blood twelve years, Mark 5:26 And had suffered **many things of many physicians**, and had spent all that she had, and was **nothing** bettered, but rather **grew worse**,

This is not a blanket condemnation – far from it!

Most doctors & their treatments are good – just not omniscient **or** omnipotent!

4. Physicians may / may not be the first choice or the only choice → **especially** when it comes to depression!

2 Chronicles 16:11 And, behold, the acts of Asa, first and last, lo, they are written in the book of the kings of Judah and Israel. 2 Chronicles 16:12 And Asa in the thirty and ninth year of his reign **was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the LORD, but to the physicians.**

2 Chronicles 16:13 And Asa slept with his fathers, and died in the one and fortieth year of his reign. 2 Chronicles 16:14 And they buried him in his **own** sepulchres, which he had made for himself in the city of David, and laid him in the bed which was filled with sweet odours and divers kinds of spices prepared by the apothecaries' art: and they made a very great burning for him.

Facts concerning depression and doctors:

1. General practice / family doctors see 90 -95 % of people complaining of / presenting with symptoms of depression.

There are many reasons for this:

- GPs / FDs are the first line of medicine
- 5% ~ are sent to those with psychiatric training
- Insurance pays FDs for this

←-----→
Definitely not depressed Discouraged-----Depressed Definitely depressed

2. FDs / GPs will simply write you a prescription → especially after 1988!

New York Times Article

8/12/13 by Roni Caryn Rabin

- 400% increase in prescriptions for depression drugs from 1988-1994 to 2005-2007!
- 1-10 people over age 12 take some sort of drug for depression
- 1-4 women between age 40-50

My impression:

Those numbers are low

My question:

Are Christians more prone to depression than non-Christians are?

Why is this true?

- Depression drugs after 1988 are **much** safer with fewer side effects
- Patients are more demanding than ever before
- Insurance will pay for medication
- Doctors have limited time

Try this, see if this will help!

3. FPs / GPs will not, and really cannot, diagnose depression!

Remember: 4 of 5 people who have depression will get better without any medication / medical help – although it might take them a while.

This is not a slam on FDs / GPs – most are hard-working, well-trained & the best-intentioned. They are also **limited** by many factors such as time, money, expertise, insurance rules....

Depression through the years:

Hysteria:

Hypoglycemia:

Chronic Fatigue Syndrome:

Fibromyalgia:

What is common about the 4 diagnoses?

What would most doctors do for a patient with the above symptoms?