

# AcaciaAnswers

*with Dr. Edwin Cuevas*



- Edwin Cuevas, MD
- Psychiatrist
- Medical Director
- Adult Outpatient Services

## "How can I control my depression and my weight?"

**Dear Doctor,**  
I was prescribed Zoloft last year because my Depression had gotten so bad I felt like I'd be better off dead. Since the Zoloft, I feel a lot better and can see that there was something seriously wrong with my outlook when I was depressed. The problem is, I seem to have gained weight on the Zoloft, like 10 pounds! I like feeling happy but I don't want to get fat. What should I do?

**Marya**

Dear Marya,  
I'm glad that you no longer feel like harming yourself; anti-depressants can be a godsend when it comes to extreme depression such as what you describe.



Unfortunately, weight gain is a common side effect of some anti-depressants, including Zoloft. However, once you know why exactly you're gaining weight, it should be easy to grab hold of the reins and stop the weight gain before it really takes off.

A few different things

could be happening: 1) We eat to sustain ourselves. It's possible that you were at a lower weight before the Zoloft because you didn't care about feeding your body. Maybe you were even underweight then and now you're at a healthy weight. 2) Now that you feel good,

you're forgetting to exercise and eat right. Especially as we get older, it's important that we commit to exercise a few times a week, even if it's just a 30 minute walk. Exercising and eating healthy foods will help you lose weight, boost your mood and give you energy. 3) The Zoloft itself is making you gain weight.

Even if #3 is the case, it's still possible to stay within a healthy weight range. Keep a diary and record the foods you eat, the exercise you do and your weight. If you start nearing the high

end of your target weight range, exercise more, eat less, or both. Just make sure you're getting enough of the nutrients and vitamins you need, otherwise your mood will suffer. If this doesn't work, talk to your doctor about switching to an anti-

depressant that doesn't cause weight gain, but don't alter your medication without speaking with your doctor first.

At Acacia Network's Westchester Avenue Clinic, we can help you manage your mood and your weight. Call and make an appointment today!

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