

# AcaciaAnswers

*with Dr. Edwin Cuevas*

## Are Latinos more at risk for Depression?



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

**Dear Doctor,  
 I read somewhere  
 that Latino-  
 Americans are  
 more at risk for  
 Depression than  
 other ethnic groups  
 in the United States.  
 Is this true?**

**Douglas**



Dear Douglas,  
 Despite the many advantages of living in the United States, many people here suffer from Depression. According to the CDC, approximately 1 in 10 American adults report episodes of Depression. And the key word here is "report"—I think we can safely say that there are a good amount of others who suffer silently due to cultural taboos about Depression, despite how common it is in our society.

It's true that Latino and African American populations

tend to experience more depression than other ethnic groups in the United States.

Other groups who are more likely to become depressed include persons 45-64 years

including our diet, exercise and healthcare...even for those of us who are out of

of age, women, individuals who were previously married, people without health coverage, people who have not graduated from high school and people who can't work or are unemployed. Basically, if you're experiencing economic, medical or personal stress, you're more likely to become depressed. And with the current economy, more Americans are depressed than ever before.

How can we prevent and/or treat Depression? Be good to ourselves. Take control of what we can,

work. At Acacia Network's 915 Westchester Healthcare Clinic, we offer excellent treatment for depression including counseling and medications when necessary to any one in need, despite insurance coverage or employment status. Please make an appointment today.

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*Acacia Network provides a variety of medical services:*

- Family Practice
- Internal Medicine
- Mental Health
- Pediatrics
- Gynecology
- Podiatry
- Nutrition
- Health Education
- And much, much more!

*Make an appointment at one of our clinics today.*

**Schedule an Appointment Today! (718) 764-1577**

**LA CASA DE SALUD**

966 Prospect Avenue, Bronx

**WESTCHESTER AVENUE FAMILY  
 PRIMARY HEALTHCARE CENTER**

915 Westchester Avenue, Bronx

**PARK AVENUE FAMILY  
 HEALTHCARE CENTER**

4196 Park Avenue, Bronx

**CHARLES A. LAPORTE FAMILY  
 HEALTH CARE CENTER**

1064 Franklin Avenue, Bronx

**CLAY AVENUE HEALTHCARE CENTER**

1776 Clay Avenue, Bronx

**CLAREMONT FAMILY  
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262-4 East 174th Street, Bronx

**BARBEE FAMILY  
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