Dr Worden Summertime Seasonal Affective Disorder "Cause We Care" Radio Interview Transcript

(Transcripts are generated by AI and may contain errors)

Intro

Seasonal Affective Disorder

Rhythm

Bipolar

Treatment

Tips

welcome to cause we care a weekly welcome to cause we care a weekly 30-minute conversation concerning the 30-minute conversation concerning the concerns and activities of the people concerns and activities of the people who care who care and live in the valley welcome to and live in the valley welcome to another sunday morning of causeway care another sunday morning of causeway care i'm danny davis with conversation from i'm danny davis with conversation from people who people who take time to simply make things better take time to simply make things better for all of us by simply getting involved for all of us by simply getting involved we're talking today to uh dr donis we're talking today to uh dr donis warden warden warden and a member of the arizona naturopathic and a member of the arizona naturopathic medical association medical association uh is that easy to say aznma that's uh is that easy to say aznma that's perfect perfect perfect fantastic you pronounced everything fantastic you pronounced everything correctly including my name i'm correctly including my name i'm impressed impressed impressed well i read well i read well doctor i well i read well i read well doctor i i appreciate you joining us this is i appreciate you joining us this is going to be a lot of fun we have going to be a lot of fun we have a couple of things that are sort of a couple of things that are sort of surprising to me surprising to me when you deal with sunshine you deal when you deal with sunshine you deal with summertime blues with summertime blues no season gets better other than uh you no season gets better other than uh you know when you're dealing with the know when you're dealing with the summertime the living is easy school's summertime the living is easy school's out for it yeah out for it yeah everybody's uh kind of in a three-point everybody's uh kind of in a three-point stance to be a part of the party here stance to be a part of the party here and then all of a sudden we find out and then all of a sudden we find out about sad about sad what is sad right so what is sad right so you know we don't want to take the damp you know we don't want to take the damp off the people that are enjoying the off the people that are enjoying the summer but there is a certain fair summer but there is a certain fair amount of amount of people that fad stands for seasonal people that fad stands for seasonal affective disorder now affective disorder now most people think isn't that the stuff most people think isn't that the stuff that happens to people that live that happens to people that live in these other places outside of arizona in these other places outside of arizona where in the winter they get sad and where in the winter they get sad and they need to have light therapy to not they need to have light therapy to not have the depression happen to happen have the depression happen to happen for us as well too much like too much for us as well too much like too much sunshine starts affecting our internal sunshine starts affecting our internal clock of night and day clock of night and day and our rhythms get off and we can and our rhythms get off and we can actually have this actually have this major depressive disorder with a major depressive disorder with a seasonal pattern seasonal pattern in the summer so uh and you discovered in the summer so uh and you discovered this recently or is this something that this recently or is this something that you've been dealing with for years you've been dealing with for years well we've seen it we know it and it was well we've seen it we know it and it was interesting because there's more and interesting because there's more and more studies that have come out with more studies that have come out with that a lot of that a lot of studies came out because of the winter studies came out because of the winter depression but nobody wanted to think depression but nobody wanted to think that it was happening in the that it was happening in the in the sunshine states and and then it in the sunshine states and and then it was those of us that work in behavioral was those of us that work in behavioral health health health um you know we were seeing it and it um you know we were seeing it and it wasn't you know there's a difference

wasn't you know there's a difference between between between sad and depressed but people who have a sad and depressed but people who have a depression or a propensity for this depression or a propensity for this it was like there was a pattern we knew it was like there was a pattern we knew every summer they were going to be going every summer they were going to be going through something they needed more through something they needed more support support support so now the research is telling us why so now the research is telling us why and we can get into as deep as you want and we can get into as deep as you want other why we think that's happening okay other why we think that's happening okay now we've been dealing here for the last now we've been dealing here for the last couple of years with this drought going couple of years with this drought going on and we've been on and we've been nothing but sunshine hardly any rain at nothing but sunshine hardly any rain at all any precipitation all any precipitation and it's gotten to the point now you and it's gotten to the point now you know i'm getting real tired of it tell know i'm getting real tired of it tell you the truth you the truth and you see all your plants dying out and you see all your plants dying out yeah i mean it's getting crazy yeah i mean it's getting crazy well there's two things that help that well there's two things that help that make this sad make this sad these sad symptoms come on it's not just these sad symptoms come on it's not just that we've got that we've got longer days we've got too much sunshine longer days we've got too much sunshine and not enough darkness but the heat and not enough darkness but the heat itself we know that heat is related to itself we know that heat is related to road rage it's great you know related to road rage it's great you know related to more more more uh violent uh acts all the bad stuff uh violent uh acts all the bad stuff from angry and irritation happens around from angry and irritation happens around the heat the heat that also affects those hormones are that also affects those hormones are night and day which is called circadian night and day which is called circadian rhythms rhythms rhythms so we the body says i don't know when so we the body says i don't know when day is when night is because it's fight day is when night is because it's fight all the time or at least for a long all the time or at least for a long period of time it's not getting enough period of time it's not getting enough darkness darkness darkness so should we change our habits for so should we change our habits for example take a cold shower before we go example take a cold shower before we go to bed or to bed or would that help well what helps is would that help well what helps is let's have a little bit more darkness let's have a little bit more darkness that even during the day that even during the day you know we want to get out about 15 you know we want to get out about 15 minutes during the day to get sunshine minutes during the day to get sunshine take your sunglasses off take your sunglasses off let that light hit the eyes don't look let that light hit the eyes don't look at the sun but let at the sun but let the light hit the eyes it tells the the light hit the eyes it tells the brain hey it's daytime brain hey it's daytime time for energy time to run from the time for energy time to run from the bear let's go bear let's go but it's also supposed to be seeing some but it's also supposed to be seeing some darkness especially in the afternoon and darkness especially in the afternoon and at night so the body at night so the body says it's getting time it must be time says it's getting time it must be time to make melatonin to make melatonin the sleep hormone and our brain gets to the sleep hormone and our brain gets to signal signal signal through the eyes of darkness so during through the eyes of darkness so during the day the day a few times go into a little more dark a few times go into a little more dark cold areas but at night when we sleep cold areas but at night when we sleep that room should be dark when you need that room should be dark when you need to invest in some to invest in some blackout curtains um so that that blackout curtains um so that that light's not there and when you get up to light's not there and when you get up to go to the restroom in the middle of the go to the restroom in the middle of the night if that's happening for you night if that's happening for you have a night light that's very subtle have a night light that's very subtle and low just in that room and low just in that room because if you turn on that light that because if you turn on that light that light goes to the brain and says light goes to the brain and says okay it's daytime even if you can go okay it's daytime even if you can go back to sleep you're not getting back to back to sleep you're not getting back to a deep restorative sleep a deep restorative sleep because your brain was told it's time to because your brain was told it's time to get up get up and it's daylight so we have no control and it's daylight so we have no control over anything it all comes down to our over anything it all comes down to our brain brain brain you know i mean you'd like to blame it you know i mean you'd like to blame it all on the brain but we do these all on the brain but we do these hormones get signals from that brain but hormones get signals from that brain but you know going to sleep you know going to sleep at the same time and getting up at the at the same time and getting up at the same time is crucial when we're talking same time is crucial when we're talking about these kinds of disorders it's all about these kinds of disorders it's all about rhythm about rhythm i find it kind of ironic because my wife i find it kind of ironic because my wife and i have decided here in the last and i have decided here in the last couple of days we get direct sunlight couple of days we get direct sunlight coming through our front door coming through our front door because they've taken they've taken a because they've taken they've taken a lot of the trees across the street away lot of the trees across the street away so so so

we've run into a problem with that and we've run into a problem with that and it's it's been a problem for about five it's it's been a problem for about five years now years now we've decided to take action and we're we've decided to take action and we're doing a shade that's going to drop down doing a shade that's going to drop down from about uh from about uh 10 feet up you know and come down in our 10 feet up you know and come down in our our fourier our fourier so you it'll it'll close off all the so you it'll it'll close off all the sunlight so sunlight so that makes sense to me now and the that makes sense to me now and the rhythm you know if you tell the body rhythm you know if you tell the body weekends are different than the day weekends are different than the day you know and and you wake up and you go you know and and you wake up and you go to sleep at different times or you go on to sleep at different times or you go on vacation and everything gets messed up vacation and everything gets messed up it's all about giving the body the it's all about giving the body the signals that it needs in that time so signals that it needs in that time so yes yes yes you want to have areas of the house that you want to have areas of the house that are a little bit darker even during the are a little bit darker even during the day day day but we love sunshine for a lot of but we love sunshine for a lot of reasons we also know that some of the reasons we also know that some of the causes can be low vitamin d causes can be low vitamin d that can affect the prop promotion of that can affect the prop promotion of serotonin activity and everybody says we serotonin activity and everybody says we live in arizona live in arizona we don't have vitamin d deficiency yes we don't have vitamin d deficiency yes we do for years i've been we do for years i've been testing that even though it came before testing that even though it came before became popular to test became popular to test and my you know my my guys that are out and my you know my my guys that are out there golfers or there golfers or tennis pros they're all dividing vitamin tennis pros they're all dividing vitamin d deficient d deficient we've got to remember it's a hormone we've got to remember it's a hormone mostly a hormone mostly a hormone there's something blocking it most there's something blocking it most people are vitamin d people are vitamin d deficient even if you're out in that deficient even if you're out in that sunshine so vitamin d sunshine so vitamin d has to do with serotonin a happy i'm has to do with serotonin a happy i'm okay hormone okay hormone that keeps us out of depression yeah that keeps us out of depression yeah that's what the that's what the those antidepressant meds are about they those antidepressant meds are about they just try to help you hold on to the just try to help you hold on to the serotonin your body's making serotonin your body's making they don't give us serotonin they just they don't give us serotonin they just help us hold on to it help us hold on to it uh but they've got a lot of side effects uh but they've got a lot of side effects so there's there's other things so there's there's other things you know that we need to look at is what you know that we need to look at is what happening with the melatonin happening with the melatonin the serotonin how do we get our body the serotonin how do we get our body to understand that you know it needs to to understand that you know it needs to be in a pattern be in a pattern and sunlight is the key to and sunlight is the key to this seasonal pattern both in winter and this seasonal pattern both in winter and summer so those cases that are coming in summer so those cases that are coming in the summer months it's from too the summer months it's from too much sun and when we have too much fun much sun and when we have too much fun it affects that melatonin production it affects that melatonin production does this affect the women differently does this affect the women differently than men i i think that's part of it is than men i i think that's part of it is you know you know women get this effect uh they have more women get this effect uh they have more propensity for this propensity for this three women will get it to every one man three women will get it to every one man but what's interesting is and it may be but what's interesting is and it may be hormonal driven it hormonal driven it probably is we have more hormone probably is we have more hormone fluctuations than men do fluctuations than men do but here's the thing women get it more but here's the thing women get it more often but men get it more severely often but men get it more severely so the symptoms that come with this men so the symptoms that come with this men have a harder time with it than women do have a harder time with it than women do no kidding yeah yeah and more rage more no kidding yeah yeah and more rage more irritability you know irritability you know the symptoms really are the symptoms really are the same as depression except they're a the same as depression except they're a little bit different when we start little bit different when we start looking at how do they look differently looking at how do they look differently if you have symptoms if if you have symptoms if you have the winter depression you sleep you have the winter depression you sleep more more more yeah you're more depressed exactly in yeah you're more depressed exactly in the summer the summer seasonal like we're doing people are seasonal like we're doing people are more more more they have an underlying depression but they have an underlying depression but they're more irritated they're more you they're more irritated they're more you know angry know angry and you sleep less and age has to do and you sleep less and age has to do with it it's mostly diagnosed in people with it it's mostly diagnosed in people from like 18 to 30 years old from like 18 to 30 years old can be before and after that but it's can be before and after that but it's less likely to occur less likely to occur as you get older if you have a relative as you get older if you have a relative with

mood disorders or you with mood disorders or you do you've got a bigger chance so if do you've got a bigger chance so if you've got a relative you've got a relative uh for example with with mad whatever uh for example with with mad whatever does that is does that is is that any kind of a genetic thing is that any kind of a genetic thing that's going on there or what we think that's going on there or what we think there may be it's not clear yet that there may be it's not clear yet that there may be a genetic component but i'm there may be a genetic component but i'm always always always quick to pull out that genetics is very quick to pull out that genetics is very little on what little on what expresses it's more about the expresses it's more about the epigenetics what are the things that epigenetics what are the things that you're you're you're doing that you did that your same family doing that you did that your same family did the same way did the same way and that can be affecting this same and that can be affecting this same health i'm not about oh it's genetic health i'm not about oh it's genetic can't do anything yes we can can't do anything yes we can you know just living closer to the you know just living closer to the equator there's more evidence of this equator there's more evidence of this and arizona we're about and arizona we're about i don't know 2300 miles from the equator i don't know 2300 miles from the equator it seems like a long it seems like a long way but it's really not we're closer to way but it's really not we're closer to the sun the sun we have a longer time period of it and we have a longer time period of it and those those those longer opportunities you know i mean longer opportunities you know i mean days more opportunity for things to heat days more opportunity for things to heat up up up boy do we get a long period of sunshine boy do we get a long period of sunshine here i'm telling you i've never here i'm telling you i've never i've never seen anything like this and i i've never seen anything like this and i got a question here about bipolar got a question here about bipolar now if i'm bipolar all right is is that now if i'm bipolar all right is is that going to be a part of the effect too going to be a part of the effect too the people who have bipolar disorder may the people who have bipolar disorder may experience experience experience more sensitivity to these seasonal more sensitivity to these seasonal patterns patterns patterns that's been there we know that mood that's been there we know that mood changes a schizophrenia changes a schizophrenia uh psychosis anybody with major uh psychosis anybody with major mania or or depression any mood disorder mania or or depression any mood disorder and especially bipolar has been studied and especially bipolar has been studied a lot more susceptible for these a lot more susceptible for these seasonal changes and we see it in summer seasonal changes and we see it in summer and in winter and in winter they have a little bit more struggle they have a little bit more struggle during that time period okay we're during that time period okay we're talking to uh dr talking to uh dr dunnis warden a member of the arizona dunnis warden a member of the arizona naturopathic medical association naturopathic medical association and uh this is very interesting stuff and uh this is very interesting stuff about sad which about sad which what is sad exactly it's seasonal what is sad exactly it's seasonal affective disorder right affective disorder right right that's right there's winter and right that's right there's winter and summer in arizona summer in arizona we are more likely to have the summer we are more likely to have the summer form for sure form for sure and and nobody really i don't think and and nobody really i don't think people are really aware of this people are really aware of this this is not is this a common occurrence this is not is this a common occurrence is this something that is is made public is this something that is is made public on a regular basis or on a regular basis or are we the first to talk about it are we the first to talk about it it's not really common i will say um you it's not really common i will say um you know it's estimated about 10 million know it's estimated about 10 million americans have seasonal affective americans have seasonal affective disorder disorder disorder but only a certain percentage about 10 but only a certain percentage about 10 of those of those get it in the reverse which is the get it in the reverse which is the summer one that we're talking about summer one that we're talking about but about 20 more than the 10 million but about 20 more than the 10 million they have they have mild sad so in other words you feel a mild sad so in other words you feel a little blue and you're like what's wrong little blue and you're like what's wrong with me with me i don't want to go out and do anything i i don't want to go out and do anything i feel depressed all the symptoms that feel depressed all the symptoms that come with this come with this sure and you may need to say all right sure and you may need to say all right there there's something here there there's something here and what are the things that i can do and what are the things that i can do about it you know i found this about it you know i found this interesting interesting interesting um off they did a study off our twitter um off they did a study off our twitter feeds in arizona feeds in arizona to see which were the angriest saddest to see which were the angriest saddest cities in which were the happiness cities in which were the happiness uh tucson was the saddest and angriest uh tucson was the saddest and angriest they had more tweets with the hashtag they had more tweets with the hashtag sad and angry and gilbert was the sad and angry and gilbert was the happiest happiest happiest city in the state interesting yeah city in the state interesting yeah and sunday is the happiest day of the and sunday is the happiest day of the week isn't that interesting week isn't that interesting as far as the tweets are concerned i'm as far as the tweets are concerned i'm thinking something about church has thinking

something about church has something to do with that something to do with that yeah and maybe well listen we take yeah and maybe well listen we take sundays a day of rest whether it's sundays a day of rest whether it's medication not the meditation medication not the meditation meditation prayer time with family it's meditation prayer time with family it's that day that day off where we just get to say let's off where we just get to say let's figure out what's important in our lives figure out what's important in our lives and slow down slow down a bit so i think and slow down slow down a bit so i think that's a big piece of it i'm with you that's a big piece of it i'm with you do you think do you think that mo that do you think do you think that mo that possibly making a move toward possibly making a move toward getting therapy is it would that help getting therapy is it would that help but is that something that we should but is that something that we should consider consider consider well if there's a mate you know from well if there's a mate you know from moderate to major if you're really moderate to major if you're really some of the symptoms are you have some of the symptoms are you have trouble sleeping you're avoiding people trouble sleeping you're avoiding people in activities that you used to enjoy if in activities that you used to enjoy if you're really depressed you're really depressed if you're really there's no interest in if you're really there's no interest in pleasurable things including sex pleasurable things including sex and physical contact if you have weight and physical contact if you have weight changes your appetite changes your appetite is off you've got that sleeping pattern is off you've got that sleeping pattern use use use difficulty concentrating that's when you difficulty concentrating that's when you say listen i need to try some of these say listen i need to try some of these things things things first if they don't work get help now first if they don't work get help now that could be help from family and that could be help from family and friends because a lot of this friends because a lot of this is because we're sequestered we're is because we're sequestered we're tucked in we can't get out now tucked in we can't get out now add the pandemic on top of that we're add the pandemic on top of that we're just not out there connecting with just not out there connecting with others so others so things are going to be worse so yes things are going to be worse so yes treatment treatment treatment um part of that can be psychotherapy it um part of that can be psychotherapy it can be medications but let me can be medications but let me just say this if it's mild to moderate just say this if it's mild to moderate depression depression depression exercise has proven in the studies to be exercise has proven in the studies to be just as effective as the medication just as effective as the medication i always say let's try these things i always say let's try these things first so what type of exercise for this first so what type of exercise for this particular particular particular issue it's rhythmic continuous rhythmic issue it's rhythmic continuous rhythmic that means every day for 30 to 60 that means every day for 30 to 60 minutes or most days minutes or most days but it's things like walking swimming but it's things like walking swimming dancing dancing dancing things that you where you're moving your things that you where you're moving your arms and legs in a arms and legs in a rhythm that helps the body get into rhythm that helps the body get into these these these natural rhythms that we're talking about natural rhythms that we're talking about night day night day producing our own endorphins so feel producing our own endorphins so feel good brain chemicals serotonin we're good brain chemicals serotonin we're producing this producing this and we're working on that so i like the and we're working on that so i like the idea of let's use idea of let's use exercise let's try some vitamin d if exercise let's try some vitamin d if it's low it's low melatonin boost your b vitamins eat melatonin boost your b vitamins eat right right right so what does that mean things that are so what does that mean things that are affected we know that make this worse affected we know that make this worse they're sugary foods and simple carbs they're sugary foods and simple carbs that's the pasta white bread it makes that's the pasta white bread it makes this this this worse so what makes it better salmon worse so what makes it better salmon it's a rich source of tryptophan love it's a rich source of tryptophan love salmon yes that makes serotonin good yes salmon yes that makes serotonin good yes salmon nuts and seeds turkey and fish salmon nuts and seeds turkey and fish poultry right eggs pineapple and poultry right eggs pineapple and walnuts and flax seeds can help improve walnuts and flax seeds can help improve your mood and if you're already on an your mood and if you're already on an antidepressant it may antidepressant it may boost the effectiveness of the boost the effectiveness of the medication love it isn't that nice medication love it isn't that nice that's great okay okay now when you when that's great okay okay now when you when you're talking about uh for example if you're talking about uh for example if you go to therapy you go to therapy do they take did they take medicare do they take did they take medicare well yes a lot some of them do some of well yes a lot some of them do some of them do take medicare them do take medicare and well i always say with a therapist and well i always say with a therapist if you go three times and you don't feel if you go three times and you don't feel a connection you need a new therapist a connection you need a new therapist yeah yeah yeah move over i will also say prayer move over i will also say prayer meditation these things meditation these things and music there is nothing that shifts and music there is nothing that shifts mood mood mood faster than music you're fiddling blue faster than music you're fiddling blue put on your favorite song put on your favorite song and even if you don't feel

like it try and even if you don't feel like it try to dance it immediately shifts your to dance it immediately shifts your chemicals chemicals chemicals in your body and gives you a lose a lift in your body and gives you a lose a lift these are things that don't cost these are things that don't cost anything and reach out to family and anything and reach out to family and friends even if you don't feel like it friends even if you don't feel like it volunteer your time help others volunteer your time help others you know join support groups for you know join support groups for something that you've always wanted to something that you've always wanted to do do do go do something spontaneous learn how to go do something spontaneous learn how to paint paint paint challenge yourself it's hard when you're challenge yourself it's hard when you're depressed but the things that depressed but the things that help it the most are the most help it the most are the most challenging to want to do challenging to want to do i feel it means reaching out connecting i feel it means reaching out connecting to others i feel i should probably uh to others i feel i should probably uh pay you some kind of a fee here because pay you some kind of a fee here because you've already uh you've already uh you know what you've done uh and this is you know what you've done uh and this is the truth i work i work out quite a bit the truth i work i work out quite a bit and then coming into the summer and the and then coming into the summer and the hot days of summer hot days of summer uh dealing with that i usually i like to uh dealing with that i usually i like to run you know like three blocks and then run you know like three blocks and then walk a block walk a block run three blocks walk and do about an run three blocks walk and do about an hour's workout and it's gotten to the hour's workout and it's gotten to the point where this sunshine is not point where this sunshine is not it's not safe at all so walking is it's not safe at all so walking is probably the key probably the key yes yes and remember about the body it's yes yes and remember about the body it's always about balance always about balance too much of anything or too little of too much of anything or too little of anything is not good too little sleep anything is not good too little sleep too little not having your bowel too little not having your bowel movements do you know movements do you know perform regularly too little bit too perform regularly too little bit too much exercise much exercise too much sun crying too much darkness too much sun crying too much darkness any of that any of that it's always about balance and you've got it's always about balance and you've got to say what can i do to get out in to say what can i do to get out in nature nature nature get my rhythms back we can test the get my rhythms back we can test the hormones and we can help you flip your hormones and we can help you flip your night and day if they've gone backwards night and day if they've gone backwards you can work with the doctor that knows you can work with the doctor that knows how to do these things but how to do these things but why not first try sunshine moonlight why not first try sunshine moonlight in fact moonlight yale did a study in fact moonlight yale did a study this year they weren't looking for this this year they weren't looking for this but they found it through their but they found it through their artificial intelligence they said good artificial intelligence they said good grief there is something to this grief there is something to this transylvania effect transylvania effect that's that full moon thing why is it that's that full moon thing why is it that weird strange things happen that weird strange things happen around the moon and so around the moon and so yeah don't build not quite sure what yeah don't build not quite sure what that we that we what's making it happen but what we do what's making it happen but what we do know is that we know is that we takes us longer to go to sleep we don't takes us longer to go to sleep we don't sleep as long sleep as long and we don't get as much deep sleep the and we don't get as much deep sleep the quality is off during full moon quality is off during full moon what that teaches us is our bodies are what that teaches us is our bodies are connected to the earth connected to the earth to the cosmos the sun light the to the cosmos the sun light the moonlight all of that so i'm the big moonlight all of that so i'm the big proponent of proponent of nature therapy forest therapy get out nature therapy forest therapy get out there and it's about balance and like there and it's about balance and like you you you hit the nail on the head look and say hit the nail on the head look and say hey i'm pushing too hard trying to run hey i'm pushing too hard trying to run yeah through this and repeat do it do a yeah through this and repeat do it do a dance sit dance sit get inside in the cool air and dance to get inside in the cool air and dance to your favorite songs your favorite songs and and how that rhythm help you you're and and how that rhythm help you you're going to be a major hero in our life going to be a major hero in our life i'll tell you that i'll tell you that dr donis warden a member of the arizona dr donis warden a member of the arizona naturopathic medical association i naturopathic medical association i really appreciate you taking the time really appreciate you taking the time with cosby care with cosby care we learned a ton from you today thank we learned a ton from you today thank you i enjoyed i'm you i enjoyed i'm ready anytime you want to talk about any ready anytime you want to talk about any topic this was fun i enjoyed the work topic this was fun i enjoyed the work that you do and i think it's important that you do and i think it's important