

# LIFESTYLES

## SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.  
Call the Journal at 285-7411

## Evidence that depression is hereditary

**Q. Episodes of depression seem to be common over several generations in my family. Is depression genetic?**

A. There is substantial evidence that depression is a hereditary disease. A depression gene known as *5-HTTLPR* has been found.

The World Health Organization reports that about 121 million people worldwide suffer from depression. WHO estimates that depression will become the first cause of *disease burden* worldwide by the year 2020. Disease burden is defined as years patients must live with a disability.

At least 10 percent of people in the U.S. will experience major depressive disorder at some point in their lives. Two times as many women as men experience major depression.

In 2011, Dr. Srijan Sen, a professor of psychiatry at University of Michigan, and his team of researchers reported that people with a short variation of the serotonin transporter (5-HTTLPR) gene are more likely to



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become depressed under stress than those with the longer variation of the gene.

Serotonin is a neurotransmitter, a chemical substance that transmits impulses across the spaces (synapses) between nerve cells (neurons). Alterations in serotonin levels in the brain can influence mood. The 5-HTTLPR gene interferes with the serotonin process in the brain. Some antidepressant medications work by affecting the action of serotonin.

The Michigan research confirmed the findings of a 2003 study in which scientists for the first time established the

link between genes and environment in depression. In 2009, however, an analysis in which scientists pooled 14 studies, found no heightened risk of depression among those with different versions of the gene.

Dr. Sen's team wanted to settle the controversy that arose after the 2009 report. The group gathered *all* of the 54 studies on the subject. This included data from about 41,000 volunteers. Based on this much broader analysis, the team concluded that 5-HTTLPR does confer a greater risk of depression when combined with stress.

"This is the final word," Dr. Sen said. "This meta-analysis includes three or four times as many studies, and clearly there is an effect."

One of Dr. Sen's findings is especially interesting to me. He said that it seems that people who have 5-HTTLPR are more reactive to all events, both positive and negative. Any study of artists reveals a high incidence of depression. Could it be that writers, musicians,

painters, and other artists with higher sensitivity have the shorter gene? I hope science will explore art some day and produce data on this subject.

Later in 2011, a British-led international team found a DNA region linked to depression. This finding was replicated by another team from the United States. The researchers said they believed many genes were involved in depression.

"These findings will help us track down specific genes that are altered in people with this disease," said Gerome Breen of King's College London's Institute of Psychiatry, who led one of the research groups.

Recently, a study in Florida reported that there is a *happy gene* that affects females, but not males. The gene that can make women happy is known as *MAOA*, which affects brain chemistry.

*If you would like to ask a question, write to fred@healthygeezer.com.*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

## COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Take-out meals are also available. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

**November 4**  
Volunteer Group –  
First Lutheran Church  
Sponsor: City Drug  
Top the Tater  
Baked potato with toppings  
Tossed salad  
Cookie

**November 6**  
Volunteer Group –  
Rainy River Community College PTK Students  
Pasta hotdish  
Calico bean salad  
Dinner roll

**November 11**  
Volunteer Group –  
St. Thomas Social Concerns

Hot beef sandwich  
Mashed potatoes  
Gravy  
Corn

**November 13**  
Volunteer Group –  
St. Thomas Social Concerns  
Beef hot dogs with multiple toppings  
Pasta salad  
Fruit

**November 18**  
Volunteer Group –  
Zion Lutheran Church  
Tacos in a Bag/Nachos  
Fresh lettuce, cheese and tomatoes  
Refried beans  
Bread stick

**November 20**  
Volunteer Group –  
Zion Lutheran Church  
Ring sausage  
Macaroni and cheese  
Green beans  
Dinner roll

**November 25**  
Volunteer Group –  
Evangelical Covenant Church  
Roast turkey  
Mashed potatoes  
Gravy  
Stuffing  
Peas and carrots

**November 27**  
Thanksgiving – No meal

## MEMORIAM

In loving memory of **Cindie Wicklund** – Nov. 9, 1954-Nov. 4, 2004.

**Forever In Your Heart**  
Feel no guilt in laughter,  
She knows how much you care;  
Feel no sorrow in a smile,  
That she's not here to share.  
You cannot grieve forever,  
She would not want you to;

*She'd hope that you would carry on,  
The way you always do.  
So talk about the good times,  
And the ways you showed you cared;  
The days you spent together,  
All the happiness you shared.  
Let memories surround you,  
A word someone might say;  
Will suddenly recapture,*

*A time, an hour, a day.  
That brings her back as clearly,  
As though she was still here;  
And fills you with the feelings,  
That say she's always near.  
For if you keep those moments,  
You will never be apart;  
And they will live forever,  
Safely locked within your heart.*

**We love you and have missed you every single day in the last 10 years - Dan Wicklund Kari, Jake, Maci Jo and Jhett Lehman Kristie, Duane, Kaitaia, Regan and Mylan Klemetsen**

## BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances, Ontario.


Born to:  
Luke and Lucy Ruppert (nee Krahn), Barwick, Ontario, a son, Brent Joshua Ruppert, 6 pounds, 12 ounces, Oct. 3, 2014.

Candice Bombay and Patrick Jack, Manitou Rapids, Ontario, a daughter, Zaisha

Aleanna Bombay-Jack, 6 pounds, 4 ounces, Oct. 11, 2014.

Tami Morrison and Tylar Gosselin, Fort Frances, Ontario, a daughter, Annabelle Ray Gosselin, 5 pounds, 4 ounces, Oct. 8, 2014.


Breanna Jones and Javan Smith, Fort Frances, Ontario, a daughter, Delaina Scarlett Rose Smith, 7 pounds, 10 ounces, Oct. 12, 2014.



David

Dill

State Representative



Nov 4th

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Paid for by DILL for House 3A

