

노인 우울증의 진단과 치료

Diagnosis and Treatment of Elderly Depression

696 - 6

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Abstract

The diagnosis and treatment of elderly depression has gained growing importance because of its major impact on the patients's wellbeing, personal, social, and familial achievements. Depressive disorders are characterized by mood - affect, thought - cognition, psychomotor activity and somatic manifestations. Especially geriatric depression is more represented by thought - cognition and somatic manifestations. And it is also associated with comorbid mental or physical conditions that may lead to a decrease in life expectancy. Diagnosis of geriatric depression consists of history taking, laboratory, neurocognitive test, brain imaging technique and genetic study. As for its treatment, physical treatment such as pharmacological treatments, electroconvulsive therapy, and phototherapy have been emphasized but should also include psychosocial intervention such as supportive, family and cognitive - behavioral psychotherapy.

Keywords : Elderly depression; Diagnosis; Treatment

(WHO)

society)

(aged society)

(aging

가

ICD - 10

DSM - IV

(major depression) (dysthymic (10, 11).
 disoder) (1, 2)
 , . , 가
 15% , , 가
 , 가 (3, 4).
 가 가
 , , , 가 ,
 , , 가 ,
 가 . 가가
 , 가 가
 가 , 가 가
 . 가 가
 , , 가 , , ,
 (5, 6). , , , ,
 ,
 (2). 가 ,
 가 가
 (6).
 Brain MRI
 (7).
 25% 가
 , 가
 Binswanger 가 (8). , 1.
 가 가 가
 (9). (pharmacokinetics)
 , (pharmacodynamics)
 , , , ,

- 1.
-
- Tricyclics
 - Amitriptyline
 - Clomipramine
 - Doxepin
 - Imipramine
 - Nortriptyline
 - RIMA
 - Moclobemide
 - 5-HT₂ Receptor Blockers
 - Trazodone
 - Nefazodone
 - Selective NRI
 - Reboxetine
-
- SNRI
 - Venlafaxine
 - SSRI
 - Fluoxetine
 - Fluvoxamine
 - Paroxetine
 - Sertraline
 - Citalopram
 - NASSA
 - Mirtazapine
 - Other
 - Mianserine
-

diomil), amoxapine(asendin) trazodone(desyrel)
 . Trazodone
 TCA
 가
 (15).
 3)
 (Monoamine Oxidase Inhibitor : MAOIs)
 Isocarboxazid(marplan) phenelzine(nardil)
 . MAOI

serotonin

(12, 13)(1).

가 MAOIs moclobemide
 (16).

1)

(Tricyclic Antidepressants : TCA)

Amitriptyline(elavil) imipramine(tofranil)

가

가

6 가

(14).

4)

(SSRIs : Selective Serotonin Reuptake Inhibitors)

fluvoxamine, fluoxetine, sertra-

가 line, paroxetine

5-HT

TCA가

가

(17).

5) Bupropion

2) 2

1980

maprotiline(lu-

가

가 (18). 가 .

6) Venlafaxine (2).
 , , 3) (Light Therapy)
 . (19). , ,

7) Nefazodone 'seasonal affective disorder'
 ven- (SAD)' . 가
 lafaxine . 2,500 lux full spectrum light
 , 가 1~3 .
 (20). 2~4 ~

8) Mirtazepine circadian rhythm (6).
 4 가 ,
 alpha2 4) (Sleep Deprivation Treatment)
 . 1966
 가 가 1~2
 (2).

9)
 Methyphenidate, dextroamphetamine 2.
 가 ,

2) (Electroconvulsive Treatment) (brief
 dynamic psychotherapy), (supportive psy-
 chotherapy), (cognitive therapy),
 (behavior therapy), 가 (marital and
 family therapy) .
 가 가

가

가 (therapeutic drug monitoring, TDM)

가

(1, 2).

30

가

10

가 2~3

가

SSRIs fluoxetine, sertraline, paroxetine
SSRIs TCA therapeutic index가

tianeptine, SNRI(vvnlafaxine), NaSSA(mirtazapine)

1980

1990

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