



DEPRESSION

Depression is a common mental health condition that affects millions of people. It is characterized by persistent feelings of sadness, loss of interest in activities, and changes in appetite and sleep patterns.

Depression can be treated with therapy, medication, or a combination of both. It is important to seek help if you are experiencing symptoms of depression.

Depression is a complex condition that can affect anyone. It is not a sign of weakness or a character flaw. With the right support and treatment, it is possible to manage depression and live a fulfilling life.

Restless legs syndrome

Restless legs syndrome (RLS) is a neurological disorder characterized by an irresistible urge to move the legs, usually at night or when resting. The symptoms are often described as a tingling, crawling, or burning sensation in the legs.

- RLS is a chronic condition that can be difficult to manage.
- RLS is often associated with iron deficiency and kidney disease.

What to do now

Restless legs syndrome can be managed with lifestyle changes, medication, and iron supplements. It is important to consult a healthcare professional for a proper diagnosis and treatment plan.

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