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### Inspired Journeys: Overcoming Adversity and Thriving Archives Available

April 02nd 2013: Understanding Depression and Exploring Treatment Options

One in five people will experience a Major Depressive episode in their lifetime. In this hour, Dr. Ferentz, a national expert in the treatment of depression, will discuss the debilitating symptoms associated with this diagnosis. We will explore the impact that depression can have on our physical, social and emotional wellbeing, such as increased health problems; workplace and academic decline; and inter-personal strife. We will look at the populations that are most vulnerable to the onset of a depressive episode, and discuss some of the less healthy forms of "self-medication" that clients eng

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Archives Available on VoiceAmerica Health and Wellness Channel



### Featured Guest



#### Dr. Kevin Ferentz

Dr. Ferentz received his M.D. from SUNY at Buffalo School of Medicine, then did a Family Practice residency and fellowship at the University of Maryland. He retired from their Department of Family Medicine as an Associate Professor after 25 years on the faculty. While there, he was Director of Student and Employee Health, Director of Clinical Operations, and Residency Director. He is now the Chief Medical Officer for Baltimore Medical System. He has authored more than 36 articles and book chapters, focusing on Smoking Cessation and the treatment of Depression. He has received more than 24 teaching awards. He has been repeatedly recognized as one of the Best Family Physicians by local and na

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