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PERIMENOPAUSAL DEPRESSION: A REVIEW

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Introduction: From adolescence, women have a 1.5 to 3 times higher risk than men of suffering from a depressive disorder. This risk increases in middle-aged of the life and even more in the transition period to menopause or perimenopause, when the depressive vulnerability becomes especially intense.
Objectives: To know more about depression in perimenopause.
Aims: To provide practitioners with accurate information about this condition thus helping to better recognition and treatment.
Methods: a selective literature review on the topic is performed.
Results: Hormonal, psychological and sociocultural factors have been suggested to understand the etiopathogeny of this condition. Treatment of depression in perimenopause is determined by the clinical severity and includes antidepressants, psychotherapy, and sometimes, hormone replacement therapy with estrogens.
Conclusions: Perimenopausal depression is an underdiagnosed and poorly treated problem, which generates a high level of suffering and deserves greater attention by clinicians and health systems.

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