

Dear KC-CDC: Here lately, I have lost interest in activities that were once exciting to me. Also, I have trouble sleeping and don't seem to have an appetite. My friends tell me these are classic symptoms of depression. Is this true? And if so, what should I do? Signed Maybe Depressed

Dear Maybe Depressed: Classic signs of depression are loss of appetite, change in sleep patterns, and the loss of interest in life. If you relate to these symptoms, you could be suffering from depression and should seek medical treatment. The Mental Health Association of the Heartland, Kansas City, Kansas offers seminars and workshops for the public. Their Speaker's Bureau matches individual presenters with the needs of various groups. To request a program or schedule a speaker, contact them at 913-281-2221 right away.