

Platelets aggregation in elderly with depression

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Depression is a common psychiatric problem among elderly patients. The relation between depression and various medical problems has been studied in some research works. Platelets hyper-reactivity is associated with several conditions which are also associated with a high prevalence of depression as coronary artery disease (CAD) and cerebro-vascular diseases. The aim of this study was to detect the relationship between platelets aggregation and depression in elderly persons. A case control study was conducted on 60 elderly participants aged 60 years old or more, subdivided into three groups. Group I was a control group, group II comprised patients with depression without any other comorbid disease and group III comprised depressed patients with other comorbid disease(s). All participants were subjected to comprehensive geriatric assessment and some laboratory investigations including, complete blood count, prothrombin time and platelets aggregation test. Although three different reagent (ADP, epinephrine and serotonin) had been used to induce platelets aggregation, no statistically significant difference between either group II or III and group I was detected. It was concluded that although platelets hyper-reactivity is considered an important risk factor for several medical and psychiatric diseases and it might increase in elderly in general, yet platelets hyper-reactivity can not be considered as a predictor for depression or as a marker for follow up depressed elderly.