

**FOR IMMEDIATE RELEASE**

Contact: Robin Gaitens  
GlaxoSmithKline  
(919) 483-2839

Contact: TBD  
Ogilvy PR Worldwide  
(212) 880-XXXX

**Shawn Colvin Goes *Beyond the Music* To Speak Out About Depression**

*Singer/Songwriter Helping Launch National Education Campaign  
to Raise Awareness of Major Depressive Disorder and Importance of Seeking Medical Help*

New York, NY (August 5, 2004) — For three-time Grammy award-winner singer/songwriter Shawn Colvin, “the blues” is more than just a musical genre. Colvin, who has battled major depressive disorder for much of her life, is sharing her experience with others through a national education campaign, *Beyond the Music: Shawn Colvin Speaks Out About Depression*, sponsored by GlaxoSmithKline. The campaign is designed to raise awareness of the symptoms of depression and to motivate those who may be suffering from depressive symptoms to seek medical help.

Colvin has suffered from major depressive disorder on and off for more than 20 years. “During the worst times, I shut the world out, refusing to get out of bed. Even the smallest tasks were overwhelming,” she said.

The symptoms of a major depressive episode may include: constant feelings of sadness, irritability, or tension; decreased interest or pleasure in usual activities or hobbies; loss of energy, feeling tired despite lack of activity; a change in appetite, with significant weight loss or weight gain; a change in sleeping patterns, such as difficulty sleeping, early morning awakening, or sleeping too much; restlessness or feeling slowed down; decreased ability to make decisions or concentrate; feelings of worthlessness, hopelessness or guilt; thought of suicide or death.

With the help of her doctor, Colvin says she learned that major depressive disorder, commonly referred to as depression, is a medical illness and not a personal failure that she should be able to fix on her

own. “Since seeking help and getting appropriate treatment for my depression, I have felt more engaged with and closer to family and friends, and have been able to fully capture my creativity.”

While touring the country this summer, Colvin, who is best known for her #1 hit “Sunny Came Home,” will be talking about her battle with major depressive disorder in an effort to raise awareness about the disease and to motivate others to talk to their doctor if they are experiencing symptoms of depression. More information is available at [insert URL]. “Depression can be paralyzing, making you feel hopeless and helpless. But just taking the first step—deciding to seek help from a doctor—can make all the difference,” emphasized Colvin.

Major depressive disorder is believed to be related to physical changes in the brain and connected to an imbalance of brain chemicals, called neurotransmitters, that transmit signals in the brain.

Approximately 14 million adults in the U.S. suffer from major depressive disorder in a given year.

“The good news is that major depressive disorder is very treatable – approximately 80 percent of people can be effectively treated,” said Dr. Norman Sussman, Professor of Psychiatry, New York University School of Medicine. “People who think they may be experiencing symptoms of major depressive disorder should talk with their physician and together determine the appropriate therapy. Treatment options may include counseling and/or antidepressant medications.”

“Over the years, my doctor prescribed different antidepressants. I started taking Wellbutrin® tablets (bupropion hydrochloride) nine years ago and it has effectively treated my depression and I have fewer sexual side effects,” said Colvin. “And now I’m taking Wellbutrin XL™, which I only have to take once a day.”

“Because medications can only help if you take them consistently as your doctor prescribes, it is important for people to talk to their doctor about concerns they may have about potential side effects, or about their preferences, such as dosing schedules, in order to find a treatment that is right for them,” said Dr. Sussman. “For instance, once-daily Wellbutrin XL™ may offer greater convenience than medications requiring multiple daily doses.”

## **IMPORTANT SAFETY INFORMATION**

Wellbutrin XL™ is indicated for the treatment of major depressive disorder in adults aged 18 and older. People taking Wellbutrin XL™ may be at risk for seizure, which is increased in people with certain medical problems or in people taking certain medicines. People who have had a seizure or eating disorder, should not take Wellbutrin XL™. People should not use Wellbutrin XL™ if they take a monoamine oxidase inhibitor (MAOI), or any medicine that contains bupropion such as Wellbutrin SR® or Zyban®. People should not take Wellbutrin XL™ if they are abruptly stopping the use of alcohol or sedatives, as the risk of seizure may increase. When used with a nicotine patch or alone, there is a risk of increased blood pressure, sometimes severe. To reduce the risk of serious side effects, people should tell their doctor if they have liver or kidney problems. Other side effects may include weight loss, dry mouth, nausea, difficulty sleeping, dizziness, and sore throat.

Whether or not a person is taking antidepressants, they or their family should call a doctor right away if they have worsening depression, thoughts of suicide, or sudden or severe changes in mood or behavior, especially at the beginning of treatment or after a change in dose. (See Patient Information: *What is important information I should know and share with my family about taking antidepressants*, available at [www.wellbutrin-xl.com](http://www.wellbutrin-xl.com).)

## **ABOUT GLAXOSMITHKLINE**

GlaxoSmithKline, one of the world's leading research-based pharmaceutical and healthcare companies, is committed to improving the quality of human life by enabling people to do more, feel better and live longer. GlaxoSmithKline has U.S. operations in Philadelphia and Research Triangle Park, N.C.

# # #

Please consult full prescribing information available at [www.wellbutrin-xl.com](http://www.wellbutrin-xl.com) or by contacting Robin Gaitens at GlaxoSmithKline at 919-483-2839.

### References

1. American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Text Revision. Washington, DC, American Psychiatric Association, 2000.
2. Kessler RC, Berglund P, Demler O, et al. The Epidemiology of Major Depressive Disorder. *JAMA*. 2003;289:3095-3105.