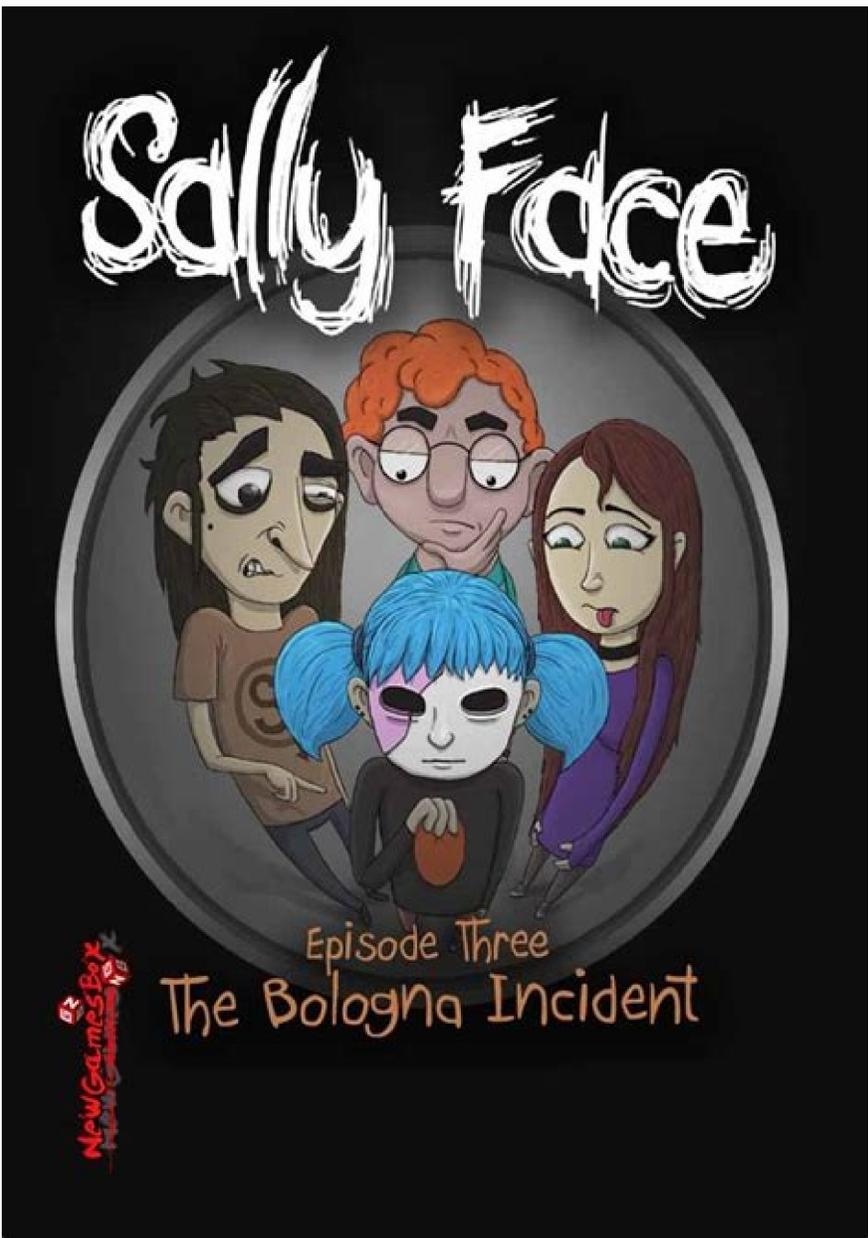
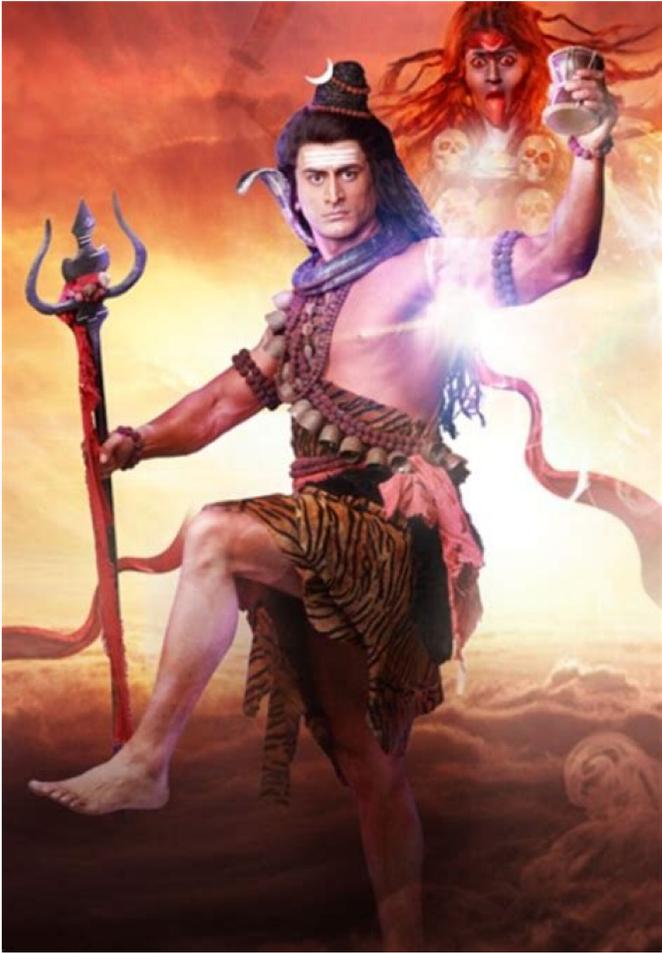


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In iOS 14.5, Apple has made some notable changes to its native Podcasts app. Some of these changes reflect the fact that Apple announced an optional paid podcast subscription service (beginning May 2021), while others are interface improvements to make it easier to find, follow, and listen to new episodes. One example of these changes is the new Smart play button, which is designed to help you automatically start episodic shows from the latest episode and serialized shows from the beginning of each series. The Smart play button also display Resume if you've already listened to some of an episode but have yet to finish it. Another notable change is in the Search tab, which now offers quick access to Top Charts and categories below the search input field, much like Apple Music search. Other tweaks include larger podcast artwork and a rejiggered show page that has a more logical arrangement and is more aesthetically appealing. Perhaps most importantly, the way you "subscribe" to shows and download episodes has changed. Keep reading to learn how. How to Follow Shows In previous versions of iOS, you could "subscribe" to shows in Apple's Podcasts app. But now that Apple offers a paid podcast subscription mode, it has removed the "subscribe" language from the app entirely and replaced it with Follow options, which should make things less confusing. Despite the new terminology, following a podcast offers the same functionality as subscribing had before it. Namely, it means that you'll stay up-to-date with new show episodes as they're published and you'll be able to download them individually. To follow a show, select one by browsing the Podcasts section, or search for one using the Search tab, then tap the plus (+) icon in the top-right corner of the Show's page. To stop following a show, tap the tick icon and select Unfollow Show. 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It's hard to keep from despairing as there is no end in sight. How long is a typical episode of depression? Sorry to hear about your son's difficulties, but I'm glad he's seeking treatment. If your son's symptoms of depression are severe enough to warrant treatment with medication, he is most likely to feel better faster and for longer when medication treatment is combined with psychotherapy. Without treatment, your son's symptoms would last much longer and could never get better. In fact, they could get worse. With treatment, his chances of recovery are quite good. Untreated episodes of clinical depression typically last from six to 24 months. Properly treated episodes are much shorter in most people. About two-thirds of people will recover and be able to return to their normal activities within days or weeks. About 25% of people will continue to exhibit moderate to severe symptoms for months to years after the initial episode. Nearly 10% of people with depression will have continuous or intermittent symptoms for two or more years. A person who has one episode of depression should be on the lookout for recurrent episodes of depression, since these occur about 50% of the time. However, quick treatment will usually be effective for these recurrent depressions, as well. Treatment may include addressing any medical conditions that cause or worsen depression. For example, an individual who is found to have low levels of thyroid hormone might receive thyroid hormone replacement with levothyroxine (Synthroid, Levoxyl). Other components of treatment may be supportive therapy, such as changes in lifestyle and behavior, psychotherapy, complementary therapies, and may often include medication. Most practitioners will continue treatment of major depression for six months to a year. 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