



To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Where To Get Help

Check the Yellow Pages under “mental health,” “social services,” “suicide prevention,” “crisis intervention services,” “hotlines,” “hospitals,” or “physicians” for phone numbers and addresses. In times of crisis, an emergency room doctor at a hospital may provide temporary help for an emotional problem, and will be able to tell you where and how to get further help.

Listed below are the types of people and places that will make a referral to, or provide diagnostic and treatment services.

- ◆ *Family doctors*
- ◆ *Psychiatrists, psychologists, social workers, or mental health counselors*
- ◆ *Health maintenance organizations*
- ◆ *Community mental health centers*
- ◆ *Hospital psychiatry dept. & outpatient clinics*
- ◆ *University- or medical school-affiliated programs*
- ◆ *Family service, social agencies, or clergy*
- ◆ *Private clinics and facilities*
- ◆ *Employee assistance programs*
- ◆ *Local medical and/or psychiatric societies*

Source: www.nimh.nih.gov

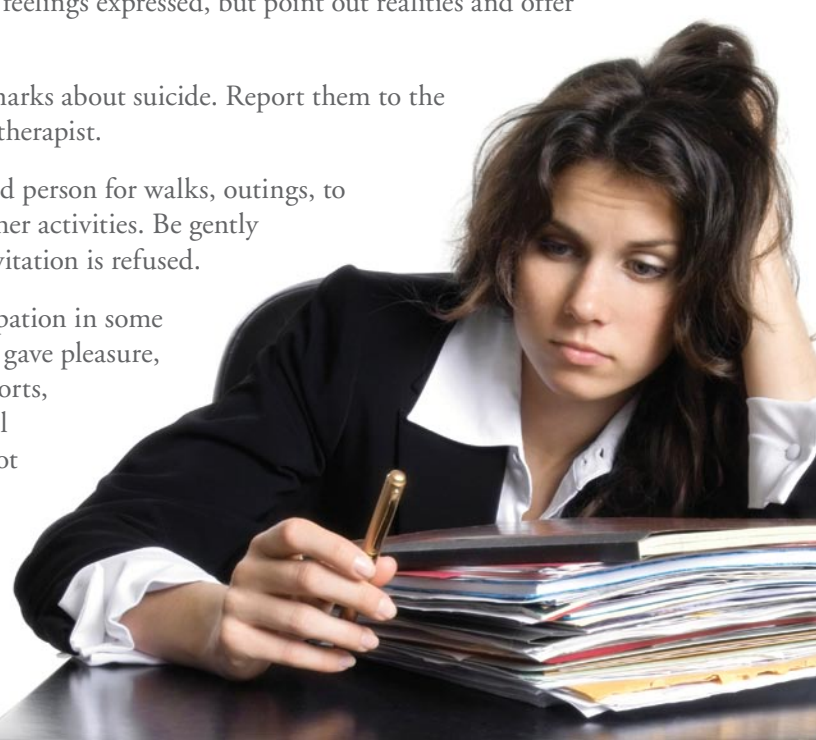
How Family & Friends Can Help The Depressed Person

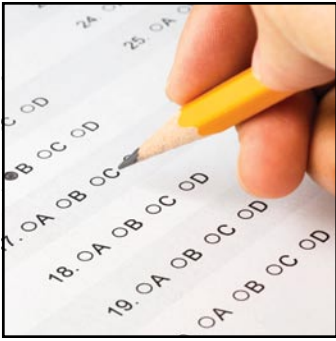
In any given one-year period, 9.5 percent of the population, or about 18.8 million American adults, suffer from a depressive illness. If you know someone that may be suffering from depression, the most important thing anyone can do is to help him or her get an appropriate diagnosis and treatment. This may involve encouraging the individual to stay with treatment until symptoms begin to abate (several weeks), or to seek different treatment if no improvement occurs. On occasion, it may require making an appointment and accompanying the depressed person to the doctor. It may also mean monitoring whether the depressed person is taking medication.

There's More...In addition, the National Institute of Mental Health, recommends that you:

- » **Encourage** the depressed person to obey the doctor's orders regarding the use of alcoholic products while on medication.
- » **Offer** emotional support. This involves understanding, patience, affection, and encouragement.
- » **Engage** the depressed person in conversation and listen carefully.
- » **Do not disparage** feelings expressed, but point out realities and offer hope.
- » **Do not ignore** remarks about suicide. Report them to the depressed person's therapist.
- » **Invite** the depressed person for walks, outings, to the movies, and other activities. Be gently insistent if your invitation is refused.
- » **Encourage** participation in some activities that once gave pleasure, such as hobbies, sports, religious or cultural activities, but do not push the depressed person to undertake too much too soon.

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The Great American HEALTH QUIZ!

Today, there's a ton of information related to improving your health. Some of it's good. Some of it's not so good. And some of it's downright dangerous. So how much do you really know about health-related matters? Test your "Health IQ" by taking The Great American Health Quiz.

- To reap the benefits of physical activity, health experts recommend that you walk a minimum of this many steps each day:**
a. 5,000 b. 7,500 c. 10,000 d. 15,000
 - A person's ideal body weight is often calculated by using BMI—Body Mass Index. Ideally, to be at a healthy weight, your BMI should be less than:**
a. 20 b. 25 c. 30 d. 40
 - To maintain a healthy diet, experts recommend that you consume how many servings of fruit and vegetables daily?**
a. At least 1 serving c. At least 3-4 servings
b. At least 2 servings d. At least 5-9 servings
 - Cholesterol is a waxy substance found in the blood. There are both "good" and "bad" forms of cholesterol. Which type is the "bad" cholesterol?**
a. LDL b. AFL c. HDL d. NFL
 - When it comes to maintaining a healthy weight, portion size matters. The recommended serving size for meat at a meal is:**
a. 3 ozs. (size of a deck of cards)
b. 6 ozs. (size of a tennis ball)
c. 8 ozs. (size of a TV remote control)
d. 12 ozs. (size of both your hands cupped)
 - Which drink contains the most alcohol?**
a. 12 ozs. beer c. 1 oz. "shot" of distilled spirits
b. 4 ozs. glass of wine d. They all contain the same amount
 - Experts tell us that there are "good" and "bad" fats. But figuring out which is which is often times difficult. So which of the following is considered a "bad" fat?**
a. Saturated fat d. Unsaturated fat
b. Trans fat e. Bad fat includes: a, b, and c
c. Cholesterol
 - It's no secret that lifestyle plays an important role in living a long and healthy life. Presently, the leading cause of death in the United States can be attributed to:**
a. Tobacco c. Overweight and Obesity
b. Physical Inactivity d. Stress
- To reap the benefits of physical activity, health experts recommend that you walk at least: 10,000 Steps Each Day.** 10,000 steps is the number that will help you to improve your health and, in case you were wondering, it's equivalent to walking five miles.
 - A person's ideal body weight is often calculated by using BMI—Body Mass Index. Ideally, to be at a healthy weight, your BMI should be: Less Than 25.** BMI is calculated by using a formula based on your height and weight. A BMI of less than 25 is normal, so if you answered "B" you are correct! Underweight = less than 18.5; Normal Weight = 18.5-24.9; Overweight = 25.0-29.9; Obese = 30.0+
 - To maintain a healthy diet, experts recommend that you consume: At Least 5-9 Servings of Fruits and Vegetables Each Day.** Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.
 - Cholesterol is a waxy substance found in the blood. There are both "good" and "bad" forms of cholesterol. Which type is the "bad" cholesterol? LDL Is the "Bad" Cholesterol.** It's normal to have cholesterol and it is an important part of a healthy body because it serves many needed bodily functions. But too high a level of low-density lipoproteins (LDL) in the blood is a major risk for coronary heart disease, which leads to heart attack.
 - When it comes to maintaining a healthy weight, portion size matters. The recommended serving size for meat at a meal is: 3 Ounces (About the Size of a Deck of Cards).** One way to stop unwanted pounds from trickling on your body is to eat sensible portions.
 - Which drink contains the most alcohol? A 12 Ounce Beer, a 4 Ounce Glass of Wine and a 1 Ounce "Shot" of Distilled Spirits all Contain the Same Amount.** To stay healthy, it's recommended that men not consume more than two drinks per day and women one. Of course, the wisest choice may be to abstain.
 - Experts tell us that there are "good" and "bad" fats. But figuring out which is which is often times difficult. So what is considered a "bad" fat? Saturated Fat, Trans Fat, and Cholesterol.** Only unsaturated fats are considered "good." Good fats are the naturally occurring fats that haven't been damaged by high heat, refining or processing and are found in fish, nuts, avocados, seeds, and fresh creamy butter. Bad fats are found in things such as margarine, fried foods, refined vegetable oils, and anything with the words "partially hydrogenated" in the food label.
 - Presently, the leading cause of death in the US can be attributed to: Tobacco.** Tobacco is the leading cause of death—400,000 per year in the US perish from tobacco related illnesses each year.

How Did You Score?

8+: Consider yourself an individual health expert.

5-7: You're doing great, but there's room for improvement.

2-4: You may fall prey to many of the health myths—pay particular attention to the sources that you are getting your health information from.

Less than 2: You've definitely been duped by the misinformation that's floating around.

How does your health IQ measure up? Check your answers against those listed to the right and find out how you scored. Give yourself one point for each correct answer!