



HEALTHY AT 80

www.communityhealthdayton.org

May 2016

B4STAGE4

Changing the way we think about mental health

- ⇒ When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We start before Stage 4—we begin with prevention. When people are beginning to show signs or symptoms like a persistent cough, high blood pressure, or high blood sugar, we try immediately to reverse these symptoms. We don't ignore them, we develop a plan of action to reverse and sometimes stop the progression of the disease. So we should do the same the same for individuals who are dealing with potentially serious mental illnesses.
- ⇒ Many times people may not realize that their symptoms are being caused by a mental health condition or feel ashamed to pursue help because of the stigma associated with mental illness. It's up to all of us to know the signs and take action so that mental illnesses can be caught early and treated, and we can all live up to our full potential.
- ⇒ Remember, mental health conditions are not only common, they are treatable.

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:
www.communityhealthdayton.org/healthyat80

See inside to learn about the 4 stages of mental health conditions

<http://mentalhealthamerica.net/b4stage4-changing-way-we-think-about-mental-health>



MAY 2016

Go Green for Mental Health Month

Mental Illness Affects Everyone

1 in 4 American adults and **1 in 5** children will experience mental illness this year.

Talk to your Doctor today about your Mental Health

Community Health Centers of Greater Dayton—Your Medical Home

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Myth
 Depression is an extreme form of sadness, not a medical condition.



Fact
 Clinical depression is a serious medical condition that requires treatment.

4 STAGES OF MENTAL HEALTH CONDITIONS

If you feel you may be experiencing symptoms of a mental health condition, start a conversation with your primary care provider, and begin to plan a course of action for addressing your mental health.

Stage 1 Mild Symptoms and Warning Signs	At Stage 1, a person begins to show symptoms of a mental health condition, but is still able to maintain the ability to function at home, work or school—although perhaps not as easily as before they started to show symptoms. Often there is a sense that something is “not right.”
Stage 2 Symptoms Increase in Frequency and Severity and Interfere with Life Activities and Roles	At Stage 2, it usually becomes obvious that something is wrong. A person’s symptoms may become stronger and last longer or new symptoms may start appearing on top of existing ones, creating something of a snowball effect. Performance at work or school will become more difficult, and a person may have trouble keeping up with family duties, social obligations or personal responsibilities.
Stage 3 Symptoms Worsen with Relapsing and Recurring Episodes Accompanied by Serious Disruption in Life Activities and Roles	At Stage 3, symptoms have continued to increase in severity, and many symptoms are often taking place at the same time. A person may feel as though they are losing control of their life and the ability to fill their roles at home, work or school.
Stage 4 Symptoms are Persistent and Severe and Have Jeopardized One's Life	By Stage 4, the combination of extreme, prolonged and persistent symptoms and impairment often results in development of other health conditions and has the potential to turn into a crisis event like unemployment, hospitalization, homelessness or even incarceration. In the worst cases, untreated mental illnesses can lead to loss of life an average of 25 years early.

MIND BOOSTS!

- 1) **Show some love** to someone in your life. Close, quality relationships are key for a happy, healthy life.
- 2) **Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.
- 3) Think of something in your life you want to improve, and figure out what you can do to **take a step** in the right direction.

"You don't have to see the whole staircase, just take the first step."
 –Martin Luther King Jr.

4) Sometimes, we don't need to add new activities to get more pleasure. We just need to **soak up the joy** in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.

5) **Spend some time with a furry friend.** Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

<http://www.mentalhealthamerica.net>

GOOD MOOD FOODS

Dark Chocolate

Eating dark chocolate (60% or more cacao) every day, 1.4 ounces of it, to be exact, can help reduce stress hormones. Be sure to account for the 235 calories that 1.4 ounces of chocolate delivers—or you may be stressed to see extra pounds.

Whole Foods

People who eat a diet rich in whole foods are less likely to report feeling depressed than those who eat lots of desserts, fried foods, processed meats, refined grains and high-fat dairy products.

Fish

Eating fish like salmon, tuna, sardines, rainbow trout & mussels will give you omega-3s—a key mood-boosting nutrient that our bodies don't produce.

Whole Grain Carbs

Despite persistent myths to the contrary, whole grain carbs don't make you fat and they can boost your mood. People who follow a very-low-carbohydrate diet can experience more depression, anxiety and anger than those who eat plenty of whole grains, fruit and beans.

http://www.eatingwell.com/nutrition_health/mind_body_spirit_center

MENTAL HEALTH MYTHS AND FACTS

MYTH: People with mental illnesses are violent

FACT: The majority of people with a mental illness are not likely to be more violent than anyone else. In fact, they are more likely to be victims of violent crimes than the general population.

MYTH: Mental Illness is a character flaw or personal weakness

FACT: Mental Illness has nothing to do with being lazy or weak. Some facts that contribute to the illness are biological factors (genes, physical illness such as thyroid, anemia, brain injury and brain chemistry), life experiences such as trauma or history of abuse and family history of mental health issues.

MYTH: People with mental illness can never heal nor get better

FACT: With help and support, people with mental illness can heal and recover.

MYTH: It's alright to use the words "crazy", "nut job", "weirdo", it's no big deal

FACT: Using those words are mean and hurtful and can make a mental illness worse and/or lead to depression or suicide thoughts.

MYTH: Mental illness is rare

FACT: Mental illness is more common than AIDS, cancer, diabetes and heart disease.

NUTRITION BITES!

Are you feeling down in the dumps? Are you irritated at how often you've felt irritable? Perhaps it's time to look at the foods and drinks you consume to see if they are trashing your mood. Nutrition experts say that the foods you eat can help you feel better -- or feel worse -- in the short-term and the long-term.

- ⇒ Meal-to-meal and day-to-day, keeping your blood sugars steady will help you feel good and energetic. If your blood sugars are on a roller-coaster ride -- hitting highs and lows from too much sugar and refined flour -- you are more likely to feel out of sorts. This is also true if your digestive system is distressed due to constipation because you aren't getting enough fiber and water.
- ⇒ Eating a heart healthy diet -- high in fiber and low in saturated fat -- is a great place to start to boost your mood. Conversely, a high-fat, high-glycemic load meal can make you physically feel dysfunction in your body. People who eat this type of meal tend to feel bad and sleepy afterwards.
- ⇒ Fruits and vegetables are packed with key nutrients and antioxidants, which directly contribute to your health-related quality of life. People who eat the highest amount of fruits & veggies tend to feel better about their health and wellbeing.

Delicious & Nutritious

Hearty with chunks of beef or chicken, plenty of vegetables and a bit of pasta, this Moroccan soup is a great way to enjoy delicious whole foods and gets its rich, golden-orange color from mood-boosting turmeric!

MOROCCAN VEGETABLE SOUP

- 2 tablespoons olive oil
- 1 medium onion, finely diced
- 2 teaspoons ground turmeric
- 1 pound lean beef stew meat or boneless skinless chicken breast, trimmed and cut into 1/2-inch cubes
- 6 cups reduced-sodium beef broth, or water
- 1 14-ounce can diced tomatoes
- 2 small turnips, peeled and diced
- 2 carrots, diced
- 2 stalks celery, leaves included, thinly sliced
- 12 sprigs flat-leaf parsley, minced, or 2 T dried parsley
- 8 sprigs fresh cilantro, minced, or 1 tsp dried cilantro
- 1 large zucchini, cut into 1/4-inch dice
- 2 ounces whole wheat pasta
- 1 teaspoon salt



1/2 teaspoon freshly ground pepper
⇒ Heat oil in a Dutch oven over medium-high heat. Add onion and turmeric; stir to coat. Add meat and cook, stirring occasionally, until the onion is tender, 4 to 5 minutes. Add broth (or water), tomatoes and their juice, turnips, carrots, celery, parsley, and cilantro. Bring the soup to a boil. Cover and reduce to a simmer. Cook until the meat is tender, 45 to 50 minutes.

⇒ Stir in zucchini and cook, covered, until soft, 8 to 10 minutes. Add pasta and cook until soft, 4 to 10 minutes, depending on the type of pasta. Season with salt and pepper. Enjoy!

Serving size about 2 cups.

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Ranch-Chive-Popcorn_UCM_481896_RecipeDetail.jsp

NUTRITION

Per serving: 260 calories; 10 g fat (2 g sat, 6 g mono); 32 mg cholesterol; 19 g carbohydrates; 23 g protein; 4 g fiber; 615 mg sodium; 697 mg potassium.

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
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2351 Stanley Avenue Dayton, OH 45404
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East Dayton Health Center

2132 East Third Street Dayton, OH 45503
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Victor Cassano Health Center

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Dental Center

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