

April 1, 2000

EAP News #72

Don't Leave Home Without Them

With vacation time approaching, a lot of us are planning road trips. Taking some time now to prepare could prove invaluable, maybe even lifesaving, in an emergency situation.

THE ESSENTIALS

Jumper cables: If your battery conks out, it's best to call for assistance rather than ask a stranger for help. But if you're in a safe area and feel comfortable accepting a jump-start from another motorist, it helps to have your own cables.

Flares or warning lights: Your first concern after an accident or breakdown is getting your vehicle out of traffic as best you can. After that, you need to light the scene to alert oncoming drivers to the trouble ahead. If you feel comfortable using flares, store several in a plastic bag in the trunk. Or carry a battery-operated flashing light or strobe light, you can find both of these items in stores selling automotive products.

Spare tire. Even if you don't have a clue how to change one, be sure have a spare available in case of a flat. Whenever you have your tires inspected, have the spare checked to make sure it's fully inflated.

Help sign: Some of the cardboard sunshades designed for windshields have emergency messages on the other side. But you can also make your own "send Help" sign at home and keep it in your trunk.

Flashlight: Aside from the obvious, it will come in handy if you see someone approaching your car at night, or if you need to do something that requires light when the car battery is dead. (Cont. on page 2)

Do discuss supplements with your doctor if you regularly take medications. Drugs and medical conditions can adversely affect supplements and vice versa.

Do take supplements with meals or a full glass of water. They're more easily absorbed when digestion is already taking place

Need to get a hold of us? Remember, our services are available 24 hours a day, 7 days a week. During especially busy times or after hours your call may be transferred to a medical exchange. There will be a slight silence and a few clicks during the transfer. Please don't hang up! When your call is answered, please let them know if you are experiencing an emergency. Your call will be forwarded to us immediately.

Adolescent Depression

The Silent Killer

Many teens, who use drugs, steal, lie, get pregnant, watch TV all day, and burn smiley faces into their hands have something in common. They're depressed.

Depression is depleting millions of teens of the emotional and physical energy and the vitality necessary to negotiate adolescence. It's an epidemic. Just look at this statistic. Suicide in this country is the third leading cause of death among adolescents, behind accidents and homicide. According to the National Foundation For Depressive Illness, Inc., 5 to 10 percent of adolescents suffer from depression. Thousands of them will attempt suicide, and 15 percent of these will succeed.

The good news is that the majority of depressed teens benefit significantly from treatment. Recognizing depression in your teenager can be difficult, but knowing the signs to look for and strategies that help overcome depression can make the difference in your child's life.

Signs Of Depression In Teens:

Knowing the signs to look for and paying attention to your teen's behavior are the keys to helping your child. Look for major and subtle changes that are not consistent with your teen's general behavior. Some of the symptoms of depression are:

- ✍ Feeling down or in a low mood consistently for more than two weeks.
- ✍ Feelings of hopelessness and helplessness, pessimism.
- ✍ Isolation and withdrawal
- ✍ Sullenness
- ✍ Excessive TV watching
- ✍ Suicidal thoughts or a preoccupation with death
- ✍ Difficulty falling asleep, sleeping through the night, or oversleeping
- ✍ Disturbances in energy, motivation, initiative
- ✍ Change in appetite; overeating, under eating or throwing up
- ✍ Not finding pleasure in activities the teen once enjoyed

- ✍ Agitation, anxiety, fearfulness
- ✍ Irritability and/or hostility
- ✍ Problems at school, such as
 - ? Falling grades
 - ? Fighting
 - ? Difficulty concentrating or paying attention
 - ? Drifting off in class or at home
 - ? Problems with memory
- ✍ Sudden changes in friends
- ✍ Risk-taking behaviors
- ✍ Drug and alcohol use
- ✍ Destructive behaviors, such as:
 - ? Burning themselves
 - ? Cutting or carving on their arms and legs
 - ? Fire-setting
 - ? Gang activity

Men Need Calcium

Osteoporosis is not just a disease of women. Men too, experience decreased bone density as they age. Men 50 and older should consume 1,200 mg of calcium per day. Some men may need a supplement to meet the 1,200 mg goal.

? Owning a Pet -Continued

"Caring for a pet allows them to return to that familiar nurturing role, and people often refer to their animals as 'their babies.'" "

Animals can also benefit sick children and those with a terminal illness. An animal can take someone's mind off his or her own problems, as he or she becomes more interested in the pet and how to care for it.

Dr. Munn says, "Animals are very comforting in any human condition, including health. They provide cheap entertainment. People with pets tell daily stories about what's going on with their animals, and they laugh at their antics. Laughter helps, since mental attitude plays an important role in good health."

HBA is your 24-hour employee assistance program. Eligible employees and family members may call for confidential assistance with personal, legal, childcare, financial, alcohol/drug and other problems. HBA has identified a variety of community resources and self help associations. Also available is a panel of professional counselors and hospitals that have agreed to provide free or low cost counseling and treatment services to persons who have been referred by Human Behavior Associates. Dial 1-800-937-7770 for information or assistance.