

# H. B. A.

HUMAN BEHAVIOR ASSOCIATES, LLC

## EAP NEWSLETTER

February 1, 2002

EAP News #94



FEBRUARY  
IS  
NATIONAL HEART  
HEALTH MONTH



National Heart Health month is worth a mention considering that every 35 seconds an American suffers a heart attack. Learning how to spot heart trouble and early intervention can help save lives. Know the signs and symptoms of a heart attack!

### Classic Symptoms:

- ? Uncomfortable pressure, fullness or squeezing pain in the chest.
- ? Pain spreading to the shoulders, neck or arms.
- ? Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

### Less Common Symptoms:

- ? Atypical chest pain, stomach or abdominal pain.
- ? Dizziness or nausea
- ? Unexplained anxiety, weakness or fatigue.
- ? Palpitations (rapid beating of the heart or pulse), cold sweat or paleness.

Men tend to experience the "textbook" type symptoms of a heart attack while women often have more intermittent pain or symptoms, such as unexplained heartburn, nausea or extreme fatigue. If these signs are dismissed or ignored, important treatment is delayed. When in doubt, ask your doctor.

For more information, check out the American Heart Association's web site @ [www.heartsource.org](http://www.heartsource.org).

## TRANQUILIZER

Modern man is still trying to produce a tranquilizer more effective than a few kind words.

### CANCER-FOOD LINK

Scientific evidence indicates that about one-third of the cancer deaths in the United States each year can be attributed to dietary factors.

## PROCESSED TOMATOES FOR HEALTH

Tomato consumption has been associated with reduced risk of many cancers. According to the Journal of the National Cancer Institute (February 17, 1999) prostate, lung, stomach, breast, colon and cervical cancers were lower in persons who ate tomatoes. Scientists think the beneficial ingredient is the pigment called lycopene that gives tomatoes their red color. Tomatoes have far more lycopene than any other food.

But interestingly, you get significantly more lycopene from processed tomatoes. Here is a comparison of lycopene concentrations in various tomato products:

Product	Lycopene (mg)
Tomato juice (8oz.)	22
Pizza sauce (1/4 c)	21
Canned spaghetti sauce, pasta sauce or tomato sauce (1/4 c)	20
Tomato soup (1 c)	12
Canned diced tomatoes (1/2 c)	12
Canned tomato paste (2 Tbsp)	10
Ketchup (2 Tbsp)	5
Fresh tomato (2 slices)	1

### Did you know?

Each year more than 36 million heart-shaped boxes of candy are sold for Valentine's Day. For a healthy heart-make it a small box and give it to your Valentine after the two of you take a brisk walk.

## SYMPTOM CHECKLIST

### Self-Assessment For Addictive Disorders

Common addictive disorders include compulsive gambling, compulsive spending, sexual addiction, compulsive overeating, or even workaholism. If one of these behaviors has gotten out of control for you, review the symptom checklist below to recognize if your behavior has become an addictive disorder:

1. The person thinks about the activity a lot when they're not doing it.
2. The person seems unable to control the amount of time spent doing the activity.
3. The person keeps increasing the amount of time that is spent doing the activity.
4. The person denies having a problem, when many things are obviously going wrong.
5. The person hides the activity from friends and family.
6. When unable to do the activity, the person becomes irritable, moody, tearful, angry or hostile.
7. The person forgets or ignores family events such as birthdays and visits from friends because of his or her involvement with the activity.
8. The person would rather do the activity than spend time with a family member or friend.
9. The person has extreme mood swings that are completely unpredictable.
10. The person blames other people for his/her troubles and does not take responsibility for his/her own actions.
11. The person has headaches, stomach disorders, and other unexplained and ongoing physical symptoms.
12. The person begins to neglect his/her appearance and to do hurtful or illegal things.

Recognizing that you have a problem is the first step toward recovery. Your EAP can help you with information and how to get help, counseling and referrals. EAP services are FREE. Your confidentiality is guaranteed and mandated by law.

# ROLE PLAYING

In a home wracked by alcohol or other drug addiction, family members tend to take on roles to help them cope with someone else's disease. This is also known as codependency. Therapists have identified at least seven codependency roles. Any one person may have aspects of more than one role.

**The Joiner** decides that it's better to switch than fight, so he/she joins the addicted person by using alcohol or other drugs.

**The Rescuer** protects the addicted person by covering up his/her mistakes and making excuses for him/her.

**The Caretaker** keeps everything running smoothly, despite the chaos going on all around.

**The Rebel** tries to draw attention away from the addicted person by acting out and misbehaving.

**The Hero** adjusts by taking on more responsibility at home and at work than he/she or anyone, for that matter can possibly handle.

**The Withdrawer** hides behind the anger and pain of an addicted system by withdrawing from family and friends.

**The Blamer** blames the addicted person for all the family's problems, which only keeps him/her from getting help.

## 5 Ways to cut Household Expenses

1. **Use the 24-hour rule.** If you have your eye on an item that's \$100.00 or more, wait 24 hours before buying it. You'll probably make a smarter decision.
2. **Shop at stores that will refund the difference if an item goes on sale after you buy it.** Usually, the time limit is 30 days after you purchase. Remember to keep your receipt.
3. **By from the floor.** Look to buy display models of furniture and appliances and ask for a discount.
4. **Share and save.** For example buy a lawnmower with your neighbor and share it.
5. **Carry less cash and plastic.** Unless you're traveling or making planned purchases, leave your cash and credit cards at home. This will reduce your chance of impulse buying.

**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.**