



Monthly Strides

Taking strides to better your health

October Issue Includes

- **National Fire Prevention Week (October 4-10)**
- **National Breast Cancer Awareness Month**
- **Depression and Mental Health Month**

National Fire Prevention Week

Here are few simple tips to help you keep your family safe.

- Stay in the kitchen when you are frying, grilling or broiling food.
- Replace damaged electrical cords.
- Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.
- Keep matches and lighters up high in a locked cabinet, out of the reach of children.
- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. Install and maintain carbon monoxide alarms as well.
- Test smoke alarms at least once a month using the test button.
- Have a home fire escape plan. Know at least two ways out of every room, if possible, and designate a meeting place outside. Practice your escape plan twice a year.

Visit <http://www.firepreventionweek.org> to learn more

National Breast Cancer Awareness

According to the American Cancer Society, Breast cancer is a malignant (cancer) tumor that starts from cells of the breast. Did you know it is found mostly in women, but men can get breast cancer, too?

Visit StayWell Online at <https://uclivingwell.online.staywell.com> and click on "Women's Health" in the "Family Centers" section to learn more about breast cancer.

Depression and Mental Health Month

- According to the NIMH, these questions can help you be aware of the warning signs of clinical depression:
- Do you often or usually feel sad, anxious or "empty"?
- Do you sleep too little or too much?
- Has your appetite shrunk, and have you lost weight? Or do you have a bigger appetite, and have you gained weight?
- Have you lost interest in activities you once enjoyed?
- Are you restless or irritable?
- Do you have persistent physical symptoms, such as headaches, chronic pain or constipation, that don't respond to treatment?
- Do you have difficulty concentrating, remembering or making decisions?
- Do you often feel tired or lack energy?
- Do you feel guilty, hopeless or worthless?
- Do you have recurring thoughts of death or suicide?

See your doctor if you answered yes to three or more of these questions and have felt this way for longer than two weeks.

Visit StayWell Online at <https://uclivingwell.online.staywell.com> and type "depression" in the Search box to learn more.





Monthly WellTips

October

Depression and Mental Health Month

Clinical depression affects more than 19 million Americans each year. Depression causes people to lose pleasure from daily life, can complicate other medical conditions and can even be serious enough to lead to suicide.

Did you know:

- Depression can occur to anyone, at any age.
- Depression is never a "normal" part of life, no matter what your age, gender or health status.
- Treatment for depression is almost always successful however, fewer than half of those suffering from this illness seek treatment.

Some symptoms of Depression are:

- Persistent sad, anxious or "empty" mood
- Sleeping too much or too little, middle of the night or early morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed, including sex
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

If you are experiencing some of these symptoms, be sure to seek out a mental health professional as soon as possible.

Depression and Mental Health Resources:

American Cancer Society
<http://www.mentalhealthamerica.net>

National Cancer Institute
<http://www.mentalhealthscreening.org>

StayWell Online
<https://uclivingwell.online.staywell.com>

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