

When **Depression** Hits at Home

It is not easy living with a depressed family member. You may be confused about how to help. The happy news? You can do a lot.

Depression can be helped with medicine, counseling or both treatments. With the right treatment, depression can lift within 2 or 3 months, or less. If you are not sure where to turn first, begin with your family doctor.

Reading the Symptoms

The first step in helping someone with depression is to recognize the condition. "Sad feelings" top every list of depression symptoms.

But other symptoms sometimes mask the sadness. For example, a depressed teen may display anxiety, an eating disorder or substance abuse. Younger depressed children may:

- Cling to you or express worries
- Pretend to be sick or refuse to go to school
- Get into trouble
- Act irritable or negative

Depressed women usually complain of feeling sad, worthless and guilty. Depressed men can be tired, have sleeping problems and be irritable. They may work too hard or turn to alcohol and drugs.

Many depressed older people will not admit to feeling sad. They may take medicines or have conditions, such as a vitamin deficiency or heart disease, that can worsen depression. A depressed older person may seem confused or have problems understanding.

Offering a Hand

To help your loved one, try these do's and don'ts.

DO:

Help him or her get treatment. You may need to make and attend the first doctor appointment.

Offer support. Be patient, affectionate and encouraging.

Point out that depression is treatable, and focus on hope.

Suggest activities that used to be fun. Encourage your loved one to join you and keep gently insisting.

DON'T:

Put down your loved one's feelings.

Push him or her to do too much too soon. That can make a depressed person feel even worse.

Ignore comments about suicide. Report them to the person's doctor or call 911 in an emergency.



Swap Your Drink to Help Control Your Diabetes

It sounds like a diet ad you might see in the back of a magazine: Lose weight, feel better and help control your diabetes without changing the food you eat. The secret? Cut out sugary sodas, fruit juices and sports drinks. Instead, sip water, unsweetened tea, diet soda or other drinks with few or no calories.

Where's the Sugar?

Regular soft drinks are the number 1 source of added sugars in the American diet, says the American Heart Association (AHA). Besides soda, added sugars lurk in many other cans and cups, including:

- Sports drinks
- Energy drinks
- Vitamin waters
- Coffee drinks
- Juices with sugar added

AHA experts say that men should consume only 9 teaspoons of sugar per day. Women should consume no more than 6. But a 12-ounce can of soda contains 8 teaspoons, which is 130 calories from sugar alone.

The Harms of Sugary Sips

Drinking sugar seems to lead to weight gain faster than eating it. That could be because liquid calories do not fill you up like calories from solid foods. Sugary drinks have also been linked to developing Type 2 diabetes. They also make it harder to control your blood glucose if you do have Type 1 or Type 2 diabetes.

Other Ways to Wet Your Whistle
Water is the simplest thing to swap for sugary drinks. And it helps keep you hydrated and healthy. But you do not have to quench your thirst with just plain water. Try these other ideas:

- Squeeze a lime or lemon into your water to add flavor.
- Sip tea or coffee without sweeteners. Or sweeten them with artificial sweeteners.
- Find low-calorie drinks or drink mixes at the grocery store.
- Switch to diet soda.
- Drink fruit juice with no sugar added. It will say "100 percent juice" on the label. You will still need to limit your portion to 4 to 6 ounces per day.

Eat Well to Help Control Blood Sugar

Eating healthy foods can help keep your blood sugar in your target range. To learn more, visit our online Educational Materials at www.ohpcc.org, then search for "diabetes meal planning."



Young and Healthy? You Need the Flu Shot

How your flu shot protects the people you love

You might be fine if you catch the flu this season. But what about the people you love? Pregnant women, older adults and young children are at risk for serious flu-related health problems. In fact, more than 200,000 people go to the hospital because of the flu every year.

Keep Others Safe

One of the best ways to protect the people you love is to get your flu shot. The shot is the number 1 way to avoid getting the flu. And since you are less likely to catch the flu, you are less likely to pass it on to others, according to the Centers for Disease Control and Prevention (CDC).

Even if you are young and healthy, you probably come into contact with many people who are not as lucky. People at risk for serious flu-related illness include:

- Adults ages 65 and older
- Children younger than age 5. Babies younger than 6 months old are especially at risk because they are too young to get the shot
- People with chronic conditions, such as diabetes, heart disease and lung disease

Getting your flu shot can help you avoid passing the flu to them.

Watch Out for Yourself

There are plenty of benefits for you, too. The flu shot lowers your risk of getting the flu by about 60 percent, the CDC says. The flu shot also makes you less likely to miss work or school because of the flu. If you do get the flu, the shot may make your symptoms less severe.

Talk with your doctor about getting the flu shot. You need a flu shot every year for the best protection. Have it as soon as it is available this fall so that you are covered before flu season hits.

Are You Pregnant?

The flu can make a pregnant woman very ill. To find out what to do if you are pregnant and get the flu, visit our online Educational Materials at www.ohpcc.org, then search for "flu and pregnancy."





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Call **1-800-562-4620** to discuss any of the topics in this newsletter or any other health issues. Visit our website at **www.OHPCC.org**.

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Developed by StayWell

Quiz: Are You Ready to Quit Smoking?

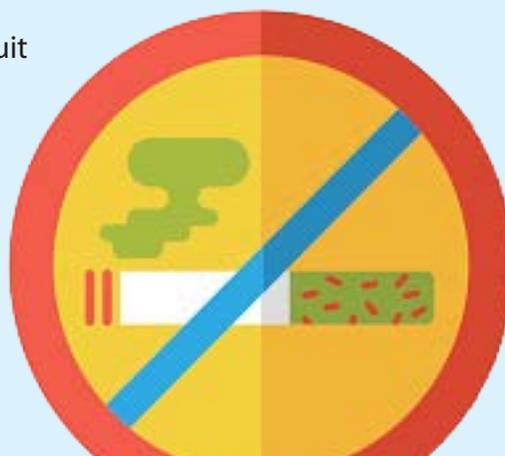
Quitting smoking is a major commitment. You may be able to improve your chances of success if you are in the right mindset. Take this quick test and find out whether you are game for the challenge.

Test Your Readiness

To see whether you are prepared to quit smoking, answer yes or no to the following questions:

1. I often worry about getting sick as a result of smoking.
Yes No

2. I believe that the benefits of stopping smoking are greater than the benefits of continuing to smoke.
Yes No



3. I have thought about quitting, and I could set a quit date in the near future.
Yes No

Check Your Answers

If your answer to all of these questions was yes, congratulations! The time has come to set your plan in motion. Pick a quit date — a birthday, holiday or just a random date. Share the news with friends. Decide whether you will use nicotine replacement therapy, and consider taking a smoking-cessation class.

If not all of the statements ring true for you, that is OK. You may not be motivated to quit smoking yet. But at least commit to thinking about why you should stop smoking down the road.