

Children who are depressed experience changes in their behavior that are persistent and disruptive to their normal lifestyle, usually interfering with relationships with friends, schoolwork, special interests, and family life. It may also occur at the same time as (or be hidden by) attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), or conduct disorder (CD).

### 3. Can a lack of sleep cause depression?

No. Lack of sleep alone cannot cause depression, but it does play a role. Lack of sleep resulting from another medical illness or the presence of personal problems can intensify depression. Chronic inability to sleep is also an important clue that someone may be depressed.

Common triggers of depression include:

- Family history of depression.
- An abnormal reaction over the loss of a loved one through death, divorce, or separation.
- Interpersonal disputes.
- Physical, sexual, or emotional abuse.
- Major life events such as moving, graduating or retiring, etc.
- Serious illness. Major, chronic, and terminal illnesses often contribute to depression. These include cancer, heart disease, stroke, HIV, Parkinson's disease, and others.
- Substance abuse. Street drugs or heavy alcohol use can cause mood changes that mimic depression or other mood disorders. In addition, some people with substance abuse problems also may have depression, bipolar disorder, or other mood problems even when they are not using mood-altering substances.
- Being socially isolated or excluded from family, friends, or other social groups.

### 4. Are there any alternatives to the traditional treatments for depression that I can try?

Alternative therapy describes any treatment or technique that has not been extensively scientifically documented or identified as safe or effective for a specific condition. Alternative therapy involves a variety of disciplines that include everything from diet to mental conditioning and lifestyle changes. Some of these have been found to be effective for treating depression. Exercise, sometimes considered an alternative treatment, has gained increasing evidence for its ability to treat mild to moderate forms of depression.

Examples of alternative therapies include acupuncture, guided imagery, chiropractic care, yoga, hypnosis, biofeedback, aromatherapy, relaxation, herbal remedies, massage, and many others. If you are interested in trying any of these options, talk to your doctor.

### 5. How can you determine if an illness is causing depression or depression is causing an illness?

Illnesses that can lead to depression are usually major, chronic, and/or terminal. When an illness is causing depression, there is often long-term pain present or there is a sudden change in lifestyle. Depression causes illness in a different way. Like psychological stress, it can weaken the immune system (cells involved in fighting disease and keeping you healthy), allowing a person to get more colds or the flu. There is often a notable presence of "aches and pains" with no particular cause. Having depression may also cause the symptoms of another medical illness to last longer and intensify its symptoms, but the true relationship of depression-induced illness, in terms of major disease, has not been thoroughly defined.

It is important to seek the advice of your doctor if you think you or someone you know may have depression. Your primary care doctor is a good place to start. He can screen you for depression and develop a treatment plan to help manage your symptoms.

[www.webmd.com](http://www.webmd.com)



# Wim & Wiger

A Health Newsletter Serving the North Coast Schools' Medical Insurance Group

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707-445-7126

## Director's Note

Stacy Lane - JPA Director

**New Members-** I am very excited to announce that we have a new school joining our program. Please help me in welcoming the Certificated and Management groups from the Middletown Unified School District in Lake County! We are honored that you have chosen us to provide you with Medical, Dental and Vision coverage for you and your family. If you need any assistance with the transition from your current coverage to our program, please do not hesitate to give us a call at 707-445-7126.

**Immunizations-** Just another reminder that flu shots are covered for FREE under the pharmacy portion of your medical coverage at any pharmacy who accepts your prescription card. Remember, for prescription coverage you need to use your CVS card for benefits, unless you are on the Pine HSA Plan. The Pine HSA Plan is covered by Blue Shield and you must use your Blue Shield card for coverage. Keep in mind that while you must meet your \$1,500 deductible on the Pine HSA plan before pharmacy benefits are payable, you are allowed to get your Flu Shot without first meeting your deductible.

**CVS-** As I mentioned in previous newsletters, and in a letter mailed from CVS directly before school got out at the end of May, our mandatory mail order program went into effect on July 1st. If you want to keep your prescription at your local retail pharmacy, you may do so. You need to call CVS and "opt-out" of the program. If you have a prescription declined at the pharmacy, you probably have not called to "opt-out" or have used the incorrect card. Please don't worry, give us a call at 707-445-7126.

CVS will be mailing you information in early October on their Personal Savings Guide. This letter will outline how you can save money on your current prescription drug costs. Please review this letter carefully and feel free to give us a call if you have any questions.

**Open Enrollment-** Just a quick reminder that our annual Open Enrollment will be coming up in November. Keep your eyes out for a letter in your mailbox from me with our annual disclosures and information on Open Enrollment. You will also be receiving information from your district.



Blue Shield of California

[www.blueshieldca.com](http://www.blueshieldca.com) \* 855-256-9404



CVS/Caremark

[www.caremark.com](http://www.caremark.com) \* 866-260-4646



Vision Service Plan VSP

[www.vsp.com](http://www.vsp.com) \* 800-877-7195



Guardian

[www.guardiananytime.com](http://www.guardiananytime.com) \* 800-541-7846

■ Blue Shield 24/7 Nurse Line: 1-877-304-0504 ■ Teladoc 24/7 Physicians: 1-800-835-2362

## October is Breast Cancer Awareness Month

### Facts about Breast Cancer in the United States

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime & is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 246,660 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer and approximately 440 will die each year.
- On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.

### Good News About Breast Cancer Trends

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have

been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.



### Breast Cancer In Men

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be diagnosed with breast cancer. Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in seeking treatment.

*nationalbreastcancer.org*

## October is Depression Awareness Month

### **1. Is depression a mental illness?**

Yes, clinical depression is a serious, but treatable, mental illness. It is a medical condition, not a personal weakness.

It is also very common. Major depression is a clinical syndrome that affects about 6.7% of the U.S. population over age 18, according to the National Institute of Mental Health. Some estimate that major depression may be as high as 15%. Everybody at one point or another will feel sadness as a normal reaction to loss, grief, or injured self-esteem, but clinical depression, called "major depressive disorder" or "major depression" by doctors, is a serious

medical illness that needs professional diagnosis and treatment.

### **2. Do children get depression?**

Yes. Children are subject to the same factors that cause depression in adults. These include: A change in physical health, life events, heredity, or inheritance, environment, and chemical disturbance in the brain. It is estimated that 2.5% of children in the U.S. suffer from depression. In adolescents, it is estimated to be 4% to 8%.

Depression in children is different from the "normal" blues and everyday emotions that are typical in children of various ages.

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## Classic Pumpkin Soup

### **Prep time**

5 minutes

### **Cook time**

30 minutes

### **Total time**

35 mins

### **Ingredients:**

- 2.2 lbs pumpkin
- 1 large carrot
- 1 brown onion
- 2-4 cloves garlic
- 2-3 cups stock
- Sea salt, cracked black pepper

### **Directions:**

1. Peel pumpkin and scoop out seeds. Remove papery skins from onions and garlic.
2. Roughly dice all ingredients and place in a large heavy-based saucepan. Saute over medium heat for 3 minutes, stirring regularly.
3. Add enough stock to just cover the vegetables, cover pan and simmer for 30-35 minutes until all ingredients are soft when pierced with a fork
4. Puree in pan using an immersion stick blender, or allow to cool slightly before pureeing in a blender or food processor.
5. Serve immediately or return to pan and thin with water, milk or milk substitute to desired consistency. Season to taste with salt and pepper.

### **Notes & Dietary Guide:**

Soup was made with Kabocha pumpkin, (Butternut, Queensland Blue or even Acorn would be lovely too.) Quality pre-made low-sodium stock can be replaced with water and a good stock powder. Try these flavor ideas: Thyme & chili; Coconut milk & curry paste; Cumin & cinnamon - Vegan | Gluten Free | Dairy Free | Soy Free | Nut Free | Refined Sugar Free | Vegetarian | Paleo

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