

October:

- National Depression & Mental Health Screening Month
- Mental Illness Awareness Week (October 3-9)
- World Mental Health Day (Sunday, Oct. 10)
- Breast Cancer Awareness Month
- World Food Day



For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

In His Service,
H-3 Ministry



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THE EFFECTS A PANDEMIC CAN HAVE ON YOUR MENTAL HEALTH

In early April, [45% of the adults surveyed by the Kaiser Family Foundation](#) said that stress and worry about the coronavirus had a negative effect on their mental health. Of those, one in five said the pandemic has taken a major toll on their mental wellbeing.

With more than two decades devoted to treating adults and kids with brain tumors at UCSD, Kevin Murphy, MD understands the impact the COVID-19 pandemic has on the brain. We have put together this information to help you understand the issues and stay strong through the crisis.

How the COVID-19 pandemic affects your mental health: Stress is a natural and expected response to any health crisis, but stress dramatically increases when the crisis is unparalleled in your lifetime and everyone is vulnerable. Even if the source of your stress is obvious because it's the COVID-19 pandemic, defining what's behind your feelings helps you gain a deeper understanding of the issues. Then it's easier to be gentle with yourself and others when you're at the edge of your emotional tolerance.

HERE'S HOW THE COVID-19 CHALLENGES AFFECT YOUR MENTAL HEALTH

FEAR OF GETTING SICK

Whether you worry about yourself, family, friends, or coworkers, there's no getting away from the fear of becoming infected with the COVID-19 virus. Ongoing fear is a symptom of anxiety, which in turn affects your appetite, causes sleep problems, and significantly impacts your ability to cope with your daily life.

Fear also leads to other sources of stress as it fuels behaviors, like hoarding groceries. Whether or not you feel the need to hoard, you'll certainly face the frustration of not finding the essential items you need at the store.

THE EMOTIONAL FALLOUT OF SOCIAL DISTANCING

Staying at home should relieve some of your fears about getting sick, but isolation comes with its own fallout. Social distancing separates you from the support and companionship of friends and family, which is incredibly difficult and depressing. Even if you're at home with family, the reality of social isolation can still trigger loneliness, sadness, and anxiety. You may also find that spending all day, every day with your family is stressful and creates challenges, no matter how much you love them.

WORRY ABOUT YOUR FINANCES

If you're one of the millions who can't go to work, you're worried about your finances. Even if you have a nest egg to rely on, the uncertainty of when you'll get back to work or if your job will still be available are overwhelming stressors that contribute to mental health problems.

GRIEF DUE TO LOSS

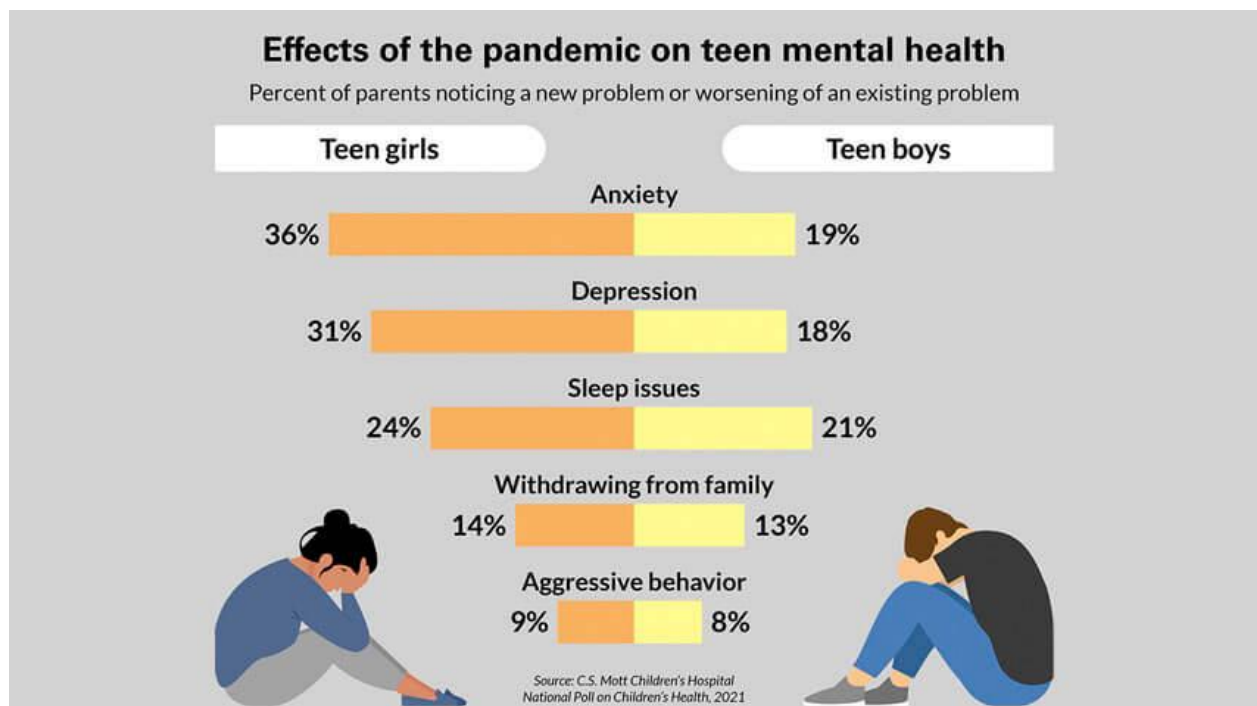
Many people have experienced or will soon suffer the deep grief caused by the sudden death of friends and family. However, grief is a reaction to any loss, which means the COVID-19 pandemic may also cause grief over the loss of your job or health.

STEPS TO REDUCE THE IMPACT ON YOUR MENTAL HEALTH

Acknowledging your feelings goes a long way toward diminishing their overall impact on your mental health. You can boost your resilience by telling yourself and your family that anxiety, depression, and sadness are normal and that you'll overcome your current circumstances.

7 SUGGESTIONS TO HELP IMPROVE YOUR MENTAL HEALTH DURING THE COVID-19 PANDEMIC

1. **Limit the news:** Sure, you need to know what’s going on in the world, but spending too much time listening to COVID-19 news only fuels stress, anxiety, and depression.
2. **Keep moving:** Exercise is essential for relieving stress and maintaining your physical, mental, and emotional health. Dance at home, take a daily walk (maintaining social distancing), or learn yoga.
3. **Follow a routine:** Creating and following a daily routine gives you and your family structure and a sense of normalcy that can help offset stress.
4. **Connect with technology:** Set up times to talk with family and friends, whether face-to-face via videoconferencing, using chat on social media, or the old fashioned way: over the phone. Think outside the box. For example, you can have a dinner party or do a book club through a videoconference.
5. **Schedule time to play:** Whether you and your family love board games, video games, or watching movies, get together at a specific time every night.
6. **Stay healthy:** The foods you eat affect your mental and physical health, so make sure your meals are healthy. Getting a good night’s sleep is also vital for your mental health.
7. **Seek help:** If you’re diagnosed with a mental health disorder, it’s essential to stick with your treatment program. You can safely refill your prescriptions using the drive-through at your pharmacy or talk with your pharmacist about home delivery



OCTOBER IS NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH

Keck School of Medicine of USC

Department of Psychiatry
and the Behavioral Sciences

NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH

October is National Depression and Mental Health Screening Month.

Depression is a disease that affects every aspect of a person's life, not just mood. People who are depressed are far more likely to have other chronic medical conditions, including cardiovascular disease, back problems, arthritis, diabetes, high blood pressure, and possibly worse outcomes. Depression is not just debilitating; it can be deadly.

An estimated one out of five people with depression will attempt suicide at some point.

A wide variety of treatments have been proven effective in treating depression, including talk therapy and procedures like neuromodulation, such as electroconvulsive therapy (ECT), vagus-nerve stimulation (VNS), transcranial magnetic stimulation (TMS), ketamine infusion, and deep-brain stimulation (DBS), all of which are offered at Keck Medicine of USC.

Who should get screened for depression?

Anyone who has:

- A two-week period of sadness, hopelessness, tearfulness, or is socially withdrawn
- Changes in sleep and appetite
- Thoughts of "life is not worth living or better off dead" or thoughts of hurting themselves
- Decreased energy and loss of interest and pleasure in activities they used to enjoy

Are there self-help tips for managing depression?

- Aerobic type exercise at least 4 times a week for 40 minutes for period of 6 months. Research studies have shown this to be equivalent to taking an antidepressant.
- Meditation at least 30 minutes twice daily



“ Don't feel embarrassed to let your primary care provider know during a medical examination that you have been feeling sad and depressed. If you see a friend or family member suddenly appear disengaged, withdrawn, sad, and depressed help them find a clinic, doctor, or therapist where they can obtain evaluation and treatment.
Carlos Figueroa, MD, Clinical Assistant Professor of Psychiatry and the Behavioral Sciences, Medical Director of Keck Psychiatric Services

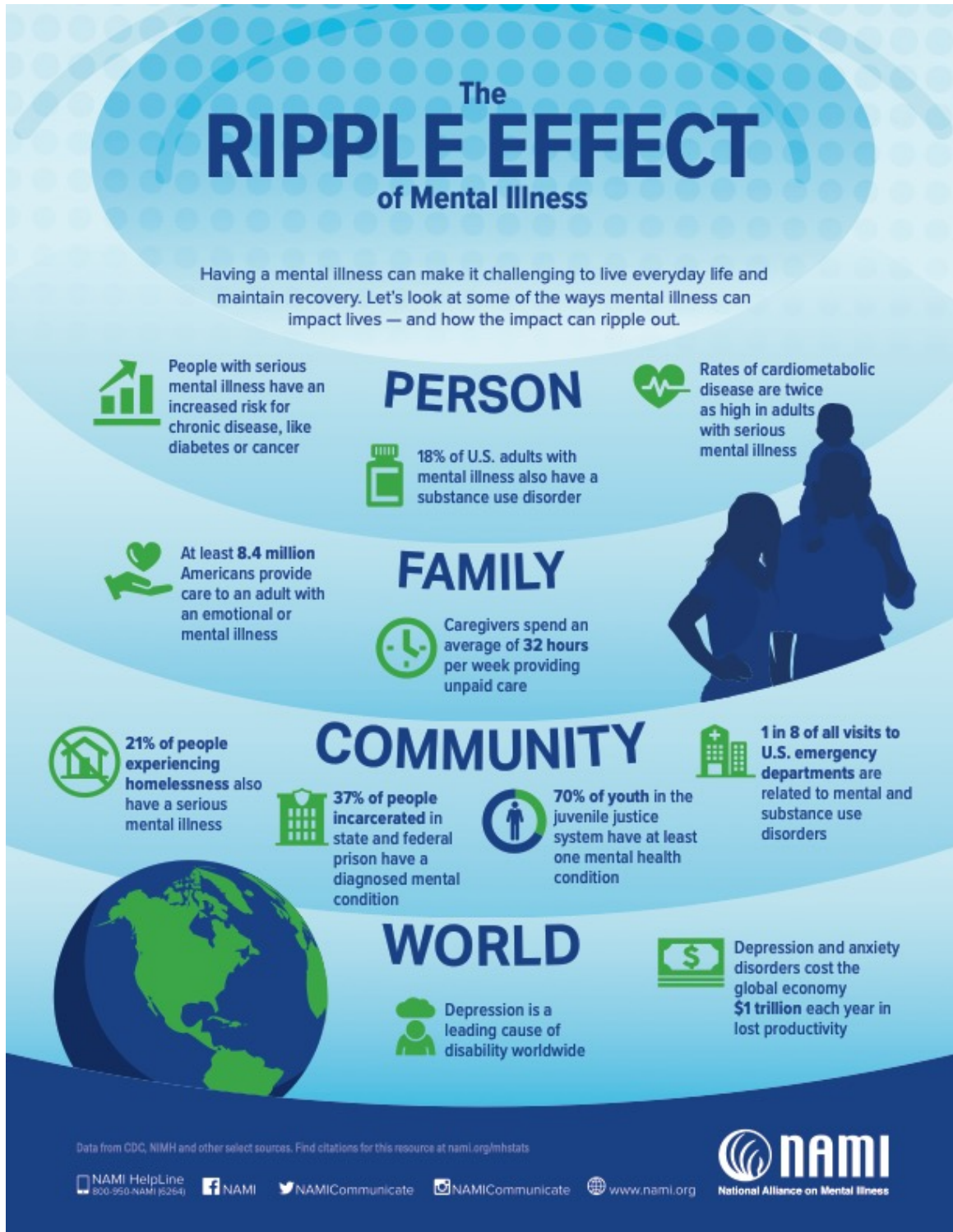
“ The choice of treatment should be guided by the nature and severity of depression, past responses to treatment, and the patient's and family's beliefs and preferences.
Ashraf Elmashat, MD, Clinical Professor of Psychiatry and the Behavioral Sciences, Associate Medical Director of Keck Outpatient Psychiatry and Behavioral Health Services



For Keck Medicine of USC patients and Trojan family members, please contact us if you or someone you know needs help
(800) USC-CARE (800-872-2273)

MENTAL ILLNESS AWARENESS WEEK

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness, fight discrimination and provide support through Mental Illness Awareness Week (MIAW).



FAST FACTS

These are only a few of the reasons why it's important to take part in promoting awareness for MIAW. Please use these facts and others, including the infographics at nami.org/mhstats, to encourage discussions about mental health through social media or other forms of outreach.

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
 - Mental illness affects:
 - 44% of LGB adults
 - 32% Mixed/Multiracial adults
 - 22% of White adults
 - 19% of American Indian or Alaska Native
 - 18% of Latinx adults
 - 17% of Native Hawaiian or Other Pacific Islander adults
 - 17% of Black adults
 - 14% of Asian adults
- Annual prevalence among U.S. adults, by condition:
 - Anxiety Disorders: 19.1% (estimated 48 million people)
 - Major Depressive Episode: 7.8% (19.4 million people)
 - Posttraumatic Stress Disorder: 3.6% (estimated 9 million people)
 - Bipolar Disorder: 2.8% (estimated 7 million people)
 - Borderline Personality Disorder: 1.4% (estimated 3.5 million people)
 - Obsessive Compulsive Disorder: 1.2% (estimated 3 million people)
 - Schizophrenia: <1% (estimated 1.5 million people)

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.



BREAST CANCER AWARENESS



ASK YOUR DOCTOR WHEN YOU SHOULD GET A MAMMOGRAM.

Other than skin cancer, [breast cancer](#) is the most common cancer among American women. [Mammograms](#) are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

WHAT ARE THE SYMPTOMS?

There are different [symptoms of breast cancer](#), and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

WHAT ARE THE RISK FACTORS FOR BREAST CANCER?



Being a woman and getting older are the main risk factors for breast cancer.

Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older. Most breast cancers are found in women who are 50 years old or older.

Some women will get breast cancer even without any other risk factors that they know of. Having a risk factor does not mean you will get the disease, and not all risk factors have the same effect. Most women have some risk factors, but most women do not get breast cancer. If you have breast cancer risk factors, talk with your doctor about ways you can [lower your risk](#) and about [screening](#) for breast cancer.

RISK FACTORS YOU CANNOT CHANGE

1. Getting older. The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.
2. Genetic mutations. Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer.
3. Reproductive history. Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.

4. Having dense breasts. Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram. Women with dense breasts are more likely to get breast cancer.
5. Personal history of breast cancer or certain non-cancerous breast diseases. Women who have had breast cancer are more likely to get breast cancer a second time. Some non-cancerous breast diseases such as atypical hyperplasia or lobular carcinoma in situ are associated with a higher risk of getting breast cancer.
6. Family history of breast or ovarian cancer. A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer. Having a first-degree male relative with breast cancer also raises a woman's risk.
7. Previous treatment using radiation therapy. Women who had radiation therapy to the chest or breasts (for instance, treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.
8. Women who took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, have a higher risk. Women whose mothers took DES while pregnant with them are also at risk.

HOW CAN I LOWER MY RISK?

You can do things to help [lower your breast cancer risk](#).

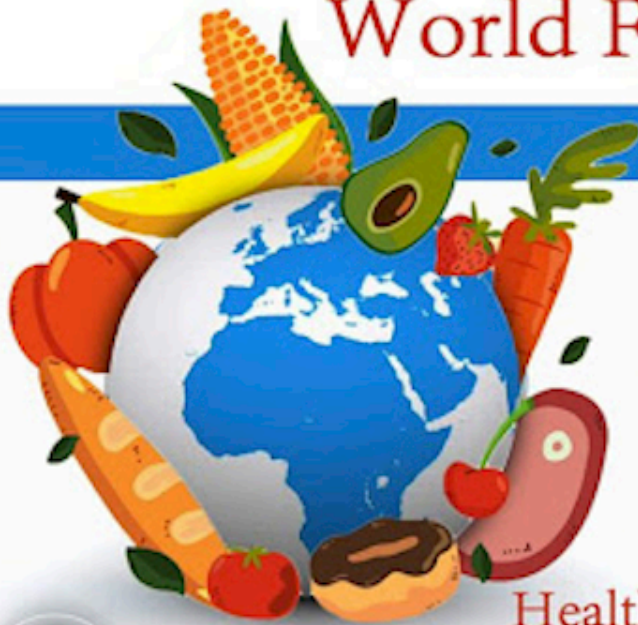
- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.

FAST FACTS ABOUT BREAST CANCER

- Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

World Food Day (16th Oct.)

Recipe for a Healthy life



- Include fruits, veggies & nuts in your diet
- Cut back on refined starches
- Avoid excess sugar & salt
- Swap refined white foods with brown foods
- Avoid saturated fats & trans-fats

Healthy diets for a Zero Hunger World



kailashhealthcare



kailashhealth



/in/kailashhealthcare

Resources:

<https://www.mindsetsd.com/blog/the-affects-a-pandemic-can-have-on-your-mental-health>

<https://keck.usc.edu/october-is-national-depression-and-mental-health-screening-month/>

<https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week>

<https://www.who.int/campaigns/world-mental-health-day>

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>