



Winter

# WellAware



Published quarterly by Marquette General Hospital • 580 W. College • Marquette, MI 49855 • Volume 6 • Issue 1 • Winter 1999

## FEATURE ARTICLE

# Don't be SAD this winter



by Kim Phillipson, Health Information Center Intern

The holidays are generally a time of happiness among most people. There are some individuals, though, who do experience sadness during the holidays and this is not unusual. This is sometimes referred to as the "holiday blues." There can be many different reasons for this sadness, including loneliness and nostalgia. If this sadness lasts beyond the holidays and into the new year, it may not be the "holiday blues" but a disorder called SAD: Seasonal Affective Disorder.

SAD is a form of depression. Symptoms typically occur during the winter months, especially during January and February and disappear during the spring and summer. If you suffer from an unexplainable depression during the winter months, you are not alone. It is estimated that 10 million to 25 million Americans experience depression that recurs in seasons with less daylight.

Signs and symptoms of SAD include:

- depression
- loss of energy
- anxiety
- irritability
- increased sleep and never feeling fully rested
- loss of interest in sex
- overeating, especially foods high in carbohydrates
- difficulty concentrating and processing information

These symptoms may sound familiar to you. About 6% of Americans suffer these symptoms so badly that they cannot function.

Women are twice as likely as men to suffer from SAD. It strikes pubescent girls, becomes more common among women in their 20s, 30s, and 40s, then declines with menopause.

As with many other health conditions, stress can aggravate SAD. A move to a colder climate can also bring about SAD symptoms, especially since days are shorter and outdoor activities are limited. This illness is far more common in northern cities.

Researchers have tied SAD to melatonin, a sleep-related hormone that the human body produces and releases in the dark. Production of the hormone seems particularly active

during winter months, when the days are shorter and darker.

If you feel down for days at a time and life seems to be losing its pleasure, if you notice that your sleep and appetite are affected, if it's threatening your job or affecting family life, see your health care provider.

Despite the uncertainty about SAD, you can do something about it. Although there are treatment options, including light therapy, antidepressant medicines and counseling, you should discuss options with your doctor.

Light therapy is currently the treatment of choice for SAD. This involves exposing the person to special lamps that are 10 to 20 times brighter than ordinary indoor lights. Research concludes that light therapy is most effective when administered first thing in the morning. The only side effects it seems to cause are occasional eyestrain and headaches.

If you are diagnosed with SAD you can also make lifestyle changes:

- Increase the amount of light in your home
- Walk outdoors on sunny days, even during the winter
- If possible, take winter vacations in a sunny, warm location
- Try sleeping less and eating fewer carbohydrates
- Learn ways to manage stress.

If you feel that you or someone close to you may have SAD, call the Upper Michigan Behavioral Health Service C.A.R.E.S. line at 906-225-3994 or 1-800-562-9753 extension 3994 for a free, confidential assessment.

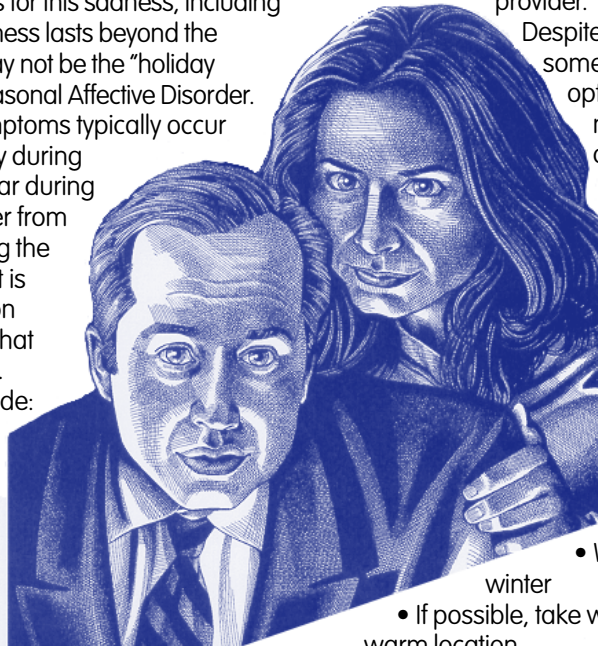
### You can learn more about SAD by contacting:

The National Mental Health Association  
NMHA Information Center  
1021 Prince Street  
Alexandria, VA 22314-2917  
1-800-969-6642

D/ART (Depression, Awareness, Recognition, Treatment)  
1-800-421-4211

## Inside this issue

- Nutrition talk ..... 2
- Sleep Awareness ..... 3
- Fitness tips ..... 3
- Word Search ..... 4



**NUTRITION**

# Ingredients for 1999

by Sheri Rule, Registered Dietitian

**F**ood is now promoted not just for its taste and pleasure aspects, but also as a way to protect health.

1. **Nuts** are a hot nutrition item. Research presented at the 71st American Heart Association Scientific Sessions

indicates that eating nuts helps lower the risk of cardiovascular disease. They are full of fiber, mono-unsaturated fat, vitamins, minerals and phytochemicals; you couldn't ask for more from one simple food. Look for nuts in baked goods, pancakes, cereals and snack mixes. Remember: Moderation!

Nuts are also packed full of calories and a weight gain can increase your risk of cardiovascular disease.

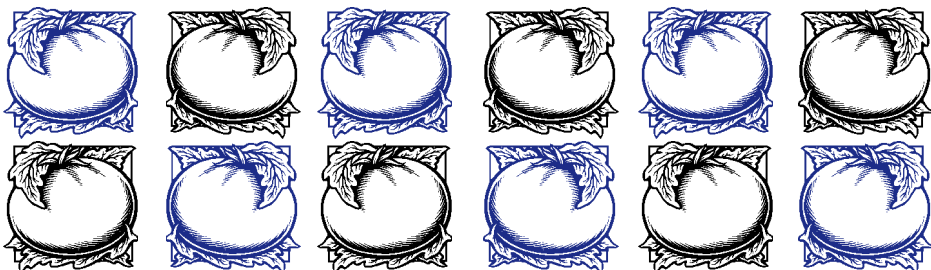
2. Ground **flaxseeds** are popping up in baked goods everywhere. Ask for a coffee grinder just for these healthful seeds so you can grind your own. Packed with omega-3 fatty acids, fiber and lignans, they show promise in decreasing cholesterol, cancer risk and inflammation associated with arthritis.

Research is at an early stage with much more study needed to determine actual benefit. If you are contemplating the use of flaxseed, consider using whole seeds instead of the oil (because of the fiber and lignans they contain).

3. **Tomatoes**, especially the canned variety and tomato sauces, contain lots of lycopene, a phytochemical that appears to protect against prostate cancer. Start your spaghetti sauces simmering!!

4. Any food containing **soy** is popular because of great promise in a variety of health areas, including cancer and heart disease prevention, and treatment for symptoms of

menopause. Although the amount of soy needed daily to decrease menopausal symptoms is unknown, most experts suggest a minimum of one serving daily. According to the FDA, a minimum of 25 grams of soy protein (approximately one ounce) is needed to have a cholesterol-lowering effect. You can start to increase soy consumption by adding soy (tofu, tempeh, textured soy protein, soybeans, miso, soymilk) to your favorite recipes.



MARQUETTE GENERAL HOSPITAL  
**HEALTH INFORMATION CENTER**  
 A cooperative effort of Marquette General Hospital & Auxiliary

*The Health Information Center continues to increase its supply of materials available to patrons. American Heart Association materials have been added as well as poison prevention information and diabetes videos and cookbooks.*

*Visit the Health Information Center, located on the first floor of the MGH Patient Tower. The center is open Monday through Friday, 10 am-2 pm. Questions? Call 225-4950 or 1-800-562-9753, Ext. 4950. Or send a request to MGH HIC, 580 West College Avenue, Marquette, MI 49855*

**M OCCUPATIONAL MEDICINE SERVICES**  
 MARQUETTE GENERAL HOSPITAL

Four cost-saving health services for employers

- Employee Assistance Services •
- Industrial Rehabilitation •
- Occupational Medicine •
- Wellness •

**906-225-4555**  
**1-800-562-9753 ext. 4555**

***MGH Health Numbers***

Health Information Center	225-4950
Wellness Institute	225-4802
Upper Michigan Heart Institute	225-4600
Upper Michigan Cancer Center	225-3500
Women's & Children's Center	225-3081
Poison Information Network	225-3497

**WellAware**

A courtesy of the Wellness Institute of Marquette General Hospital. If you would like more information on wellness-related issues or would like to be on our mailing list, please call us at 225-4802 or 1-800-562-9753, Ext. 4802. Margaret Swetish Twichell, Editor & Stacey Brooks, Community Relations, Layout & Design. Printed by MGH Print Shop.

## HEALTH

# National Sleep Awareness Week, March 24-April 4

by Jeanne Keiler, Director of Neurophysiology

This year, Marquette General Hospital's Sleep Lab is a sponsor of the National Sleep Foundation's Sleep Awareness Week, March 29 - April 4.

The purpose of National Sleep Awareness Week is to make everyone aware that sleep is as important to a healthy lifestyle as diet and exercise. The consequences of sleep deprivation are staggering. The National Sleep Foundation estimates that "drowsy driving claims 1,500 lives and accounts for at least 100,000 auto crashes in the U.S. every year." The costs to our society reach millions of dollars in accidents and lost or reduced productivity.

Poor health, impaired performance and reduced quality of life are the consequences of untreated sleep disorders such as sleep apnea, restless leg syndrome, narcolepsy and insomnia.

Even if you don't have a sleep disorder the following may help you make the most of your nights:

1. Keep a regular schedule. Go to bed and get up about the same time each morning.
2. Sleep only as much as you need to feel rested.



3. Your sleeping room should be dark, quiet, comfortable, and safe.
4. Don't use your bedroom for an office. Leave your troubles and worries in another room.

5. Avoid drinking beverages that contain caffeine in the late afternoon or evening.
6. Don't use alcohol as a sedative. It will wake you in the middle of the night.
7. Get plenty of exercise, but not within 2 hours of bedtime.
8. Don't go to bed hungry, but don't eat too heavily before sleep.
9. Develop your own nightly ritual such as a bath or shower, reading, listening to music, or just relaxing.
10. If you can't sleep, get out of bed and return only when you feel sleepy.

Most of all, it is important to remember that sleep needs are individual and change somewhat throughout our lives. If you have a sleep problem that lasts 3 or more weeks, see your doctor for help.

For more information on sleep disorders, sleep hygiene, and coping with shift work, please contact Marquette General Hospital's Sleep Lab at 1-800-562-9753 extension 3565 or 906-225-3565.

## FITNESS

## Important tips for dealing with muscle soreness

The days are lighter longer. Spring, even in the Upper Peninsula, may be just around the corner. This is just the motivation that you may need to get some outdoor exercise. And of course you can pick up right where you left off in the Fall. Right? If this is your premise, you may experience muscle soreness.

Overworking your muscles causes tiny tears in the muscle fibers. This causes the muscles to swell, and this swelling—along with the waste products that result from muscle breakdown—cause soreness. Of course, the best cure is to avoid overdoing it in the first place. But human nature being what it is, here are 7 after-the-fact tips to help you overcome muscle soreness.

• **If you know you've overdone it, take a cold (yes) COLD shower, bath, or swim as soon as possible.** Racehorses get this treatment, too. Or, if a cold

shower isn't your thing, apply an ice pack to your muscles for 20-30 minutes every hour. Cold constricts (closes) the blood vessels and keeps the blood away from the injured muscles, which reduces the inflammation.



• **Avoid heat for the first 24 hours.** Applying heat to sore muscles within the first 24 hours can increase muscle soreness and stiffness. Heat causes the blood vessels to dilate (open), which causes fluid to accumulate, resulting in swelling.

- **Take anti-inflammatory medication** such as aspirin or ibuprofen, unless you are allergic to them, or have another condition that prevents you from taking them. Always follow label directions.
- **Do gentle stretches, or go for a walk or a swim.** Getting some light exercise the day after intense exercise helps move waste products out of the muscle and into circulation, and ultimately toward excretion.
- **Use massage carefully.** A gentle massage one or two days after overdoing it increases blood circulation and promotes healing. However, massaging your muscles too soon or too vigorously can increase soreness.
- **Listen to your body.** Pain is your body's way of telling you that you overdid it. Remember, you don't need to feel pain to get results. Start slowly and build up gradually to keep involved in your exercise program.

CHALLENGE YOURSELF



# Commit to get fit!

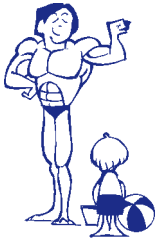


S C A L O R I E S H O E S P  
 T W Q U A L W A T E R M U H  
 R P I G Y Z A E R O B I C Y  
 E V O M O D L W E P U T I S  
 T S X U M J K E N E R G Y I  
 C W N S F I I A G M U D H C  
 H E E C T R N K T L N O E A  
 I A D L K H G G H A T E A L  
 N T J E L U D E H C S S R F  
 G N I L C Y C I B P E L T L  
 L B L O O D P R E S S U R E  
 N U T R I T I O N F C P A X  
 N R U B F I T N E S S B T D  
 C O M M I T P Y H T L A E H



## Word Search

- |                |            |
|----------------|------------|
| Aerobic        | Nutrition  |
| Bicycling      | Physical   |
| Blood Pressure | Pulse      |
| Burn           | Run        |
| Calories       | Schedule   |
| Commit         | Shoes      |
| Energy         | Sit-up     |
| Fitness        | Strength   |
| Flex           | Stretching |
| Healthy        | Sweat      |
| Heart Rate     | Swimming   |
| Hot            | Time       |
| Iron           | Walking    |
| Jog            | Water      |
| Move           | Weak       |
| Muscle         | Well       |



**WELLWARE**, a newsletter written by, and for, the people of the Upper Peninsula of Michigan, is available for purchase. For more information, contact Margaret Twichell at 225-4802, or toll free at (800) 562-9753, ext. 4802. This newsletter cannot be duplicated without expressed written consent of the Wellness Institute at Marquette General Hospital.

Non-Profit  
 Bulk Rate  
 U.S. Postage  
 PAID  
 Permit No. 90  
 Marquette, MI  
 49855

580 West College Avenue  
 Marquette, Michigan 49855

