

## WESTERN NEW YORK'S #1 HEALTH HOME

### Alcoholism Awareness Month: *Know the Facts*

#### Did You Know?

#### How Advertising of Alcohol in the U.S. is Regulated

In the United States, spirits advertising has self-regulatory bodies that create standards for the ethical advertising of alcohol. The special concern is where advertising is placed. Currently, the standard is that alcohol advertisements can only be placed in media where 70% of the audience is over the legal drinking age. Alcohol advertising's creative messages should not be designed to appeal to people under the age of 21, for example, using cartoon characters as spokespeople is discouraged. **Advertising cannot promote brands based on alcohol content or its effects. Advertising must not encourage irresponsible drinking.**

Another issue in media placement is whether media vendors will accept alcohol advertising. The decision to accept an individual ad or a category of advertising is always at the discretion of the owner or publisher of a media outlet.

*Courtesy of Alcohol and Tobacco Tax and Trade Bureau (www.ttb.gov)*



#### Finding Alcohol Rehabilitation

Medical professionals and reformed alcoholics generally agree that rehab is not one-size-fits-all; that finding a program that fits the individual's personality is as important as finding one that fits the budget. Depending on the addiction and its severity, it is possible to make use of outpatient programs to get treatment. Many studies indicate that those who opt for inpatient, or residential, alcohol treatment have a much higher success rate, particularly for those completing a 60 to 90 day alcohol program, and are less likely to suffer a relapse.

If you or a loved one is battling alcoholism or has a dual diagnosis disorder, it pays to be choosy when seeking addiction treatment. Make sure you use only service providers with a track record of success, and have either done your research yourself or with the aid of a reputable recovery referral service.

*Courtesy of alcohol.org*

#### What to Expect: Alcohol Withdrawal

Most people who drink to excess have felt the effects of alcohol withdrawal. As with many other drugs, withdrawal is unpleasant, with symptoms including:

- Anxiety
- Irritability
- Depression
- Shakiness
- Muddled thinking
- Mood swings
- Fatigue
- Nightmares

For those with moderate to severe alcoholism, withdrawal can actually be dangerous.

**Rapid detoxification can cause delirium tremens, a condition often marked by extreme agitation, confusion, hallucinations, fever and even seizures.**

While difficult and risky to cope with alone, addiction treatment usually diminishes these side effects. Medical professionals are able to administer medication such as benzodiazepines, which alleviates most of the discomfort. You should take pain pills only as directed, so as not to trade one addiction for another.

*Courtesy of National Library of Medicine (www.nlm.nih.gov)*

**TAKE TIME TO UNWIND...**  
Stress Awareness Month

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity. It's healthy to relax, renew, and rejuvenate.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses – from headaches to stomach disorders to depression – and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

**The Fight or Flight Response**

The sympathetic stress response is a survival mechanism that's "hard wired" into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

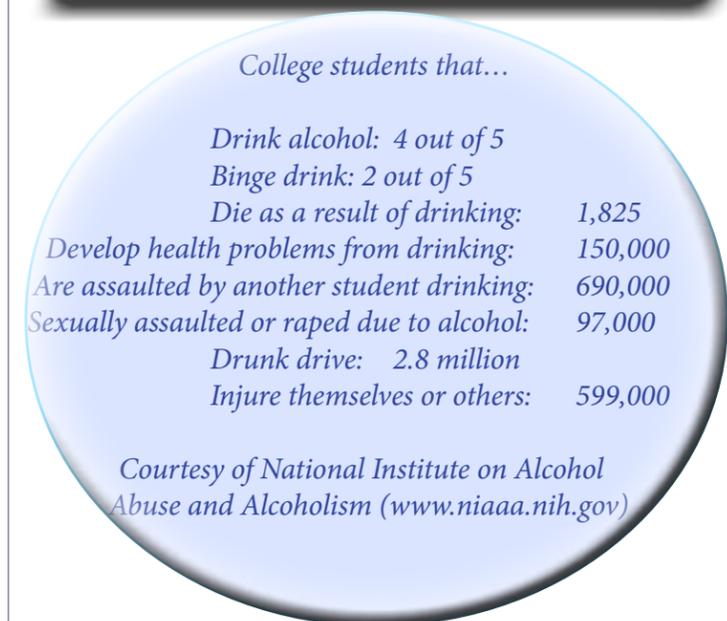
Danger triggers the stress response – but, unfortunately, so can work conflicts, worry over debt, bad memories, or anxiety. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.



**Combat Your Stress**

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

**By the Numbers: College Drinking Statistics**



- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions, and focus on what makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal- professional growth and set realistic goals to help you realize your vision.

**Relax and Recharge**

Be sure to make time for fun and relaxation so you'll be better able to handle life's stressors. Carve some time out of your day – even 10 to 15 minutes – to take care of yourself. Also, remember that exercise is an excellent stress reliever.

Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Courtesy of Federal Occupational Health: [foh.hhs.gov](http://foh.hhs.gov)  
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Mind over Matter?

Could your food be affecting your mental health?



**WHAT'S FOR DINNER?**

The question is popping up in an unexpected place -- the psychiatrist's office. More research is finding that a nutritious diet isn't just good for the body; it's great for the brain, too. The knowledge is giving rise to a concept called "nutritional (or food) psychiatry."

Traditionally, clinicians haven't been trained to ask about food and nutrition. But diet is potentially the most powerful intervention they have. By helping people shape their diets, they can improve their patients' mental health and decrease their risk of psychiatric disorders.

The CDC says that by 2020, depression will rank as the second leading cause of disability, after heart disease. It's not just a problem for adults. Half of all long-term mental disorders start by age 14. Today, childhood mental illness affects more than 17 million kids in the U.S.

**Nearly 1 in 4 Americans have some type of mental illness each year.**

Recent studies have shown the risk of depression increases about 80% when compared to teens with the lowest-quality diet (the Western diet) to those who eat a higher-quality, whole-foods diet. The risk of attention-deficit disorder (ADD) in teenagers doubles.

**A GROWING IDEA**

Just 5 years ago, the idea of nutritional psychiatry barely registered a blip on the health care radar. There had been a few studies examining how certain supplements (like omega-3 fatty acids) might balance mood. Solid, consistent data appeared to be lacking, though. But experts say many well-conducted studies have since been published worldwide regarding a link between diet quality and common mental disorders -- depression and anxiety -- in both kids and adults.

A large body of evidence now exists that suggests diet is as important to mental health as it is to physical health. A healthy diet is protective and an unhealthy diet is a risk factor for depression and anxiety. There is also interest in the possible role food allergies may play in schizophrenia and bipolar disorder. But nearly all research involving eating habits and mental health has focused more on depression and anxiety. There's no direct evidence yet that diet can improve depression or any other mental disorder, although a trial to determine this is now underway.

Experts caution that while diet can be part of a treatment plan, it shouldn't be considered a substitute for medication and other treatments.

### 3 WAYS DIET IMPACTS YOUR MENTAL HEALTH

Here are some more details on how good nutrition impacts brain health:

1. *Good nutrition is crucial for brain development.*

*We are, quite literally, what we eat. When we eat real food that nourishes us, it becomes the protein-building blocks, enzymes, brain tissue, and neurotransmitters that transfer information and signals between various parts of the brain and body.*

2. *A healthy diet puts the brain into grow mode.*

*Certain nutrients and dietary patterns are linked to changes in a brain protein that helps increase connections between brain cells. A diet rich in nutrients like omega-3s and zinc boosts levels of this substance.*

*On the other hand, a diet high in saturated fats and refined sugars has a very potent negative impact on brain proteins.*

3. *Good nutrition fills the gut with healthy bacteria.*

*And that's good for the brain. Trillions of good bacteria live in the gut. They fend off bad germs and keep your immune system in check, which means they help tame inflammation in the body. Some gut germs even help make brain-powering B vitamins.*

Foods with beneficial bacteria (probiotics) help maintain a healthy gut environment, or “biome.” A healthier microbiome is going to decrease inflammation, which affects mood and cognition.

A high-fat or high-sugar diet is bad for gut health and, therefore, your brain. Some research hints that a high-sugar diet worsens schizophrenia symptoms, too.

#### This Is Your Brain On Kefir?

Certain foods may play a role in the cause of mental disorders, or they may make symptoms worse. A nutritious brain diet follows the same logic as a heart healthy regimen or weight control plan.

You want to limit sugary and high-fat processed foods, and opt for plant foods like fresh fruits, veggies, and whole grains. Swap butter for healthy fats like olive oil, too. In other words, try a Mediterranean diet.

The key is to choose foods that pack as many nutrients in as few calories as possible.

Nutrients might be particularly helpful for treating or preventing mental illness are:

- B vitamins. People with low B12 levels have more brain inflammation and higher rates of depression and dementia.



**Fermented foods such as kefir, sauerkraut, kimchi, and yogurt with live active cultures, which provide good gut bacteria, may help reduce anxiety, stress, and depression.**

- Iron. Too little iron in the blood (iron-deficiency anemia) has been linked to depression.

- Omega-3s. These healthy fatty acids improve thinking and memory and, possibly, mood.

- Zinc. This nutrient helps control the body's response to stress.

Fatty fish like salmon and mackerel provide omega-3 fatty acids, vitamin B12, zinc, selenium and other brain boosters. Dark chocolate has antioxidants, which increase blood flow to the brain, aiding mood and memory.

Unfortunately, the Western diet is extremely low in these nutrients. A tool currently in development, called the Brain Food Scale, will be published later this year. It will provide a quick look at the nutrient-to-calorie relationship.

*Courtesy of WebMD.com*

# Fresh Peach Mojito



**Makes: 1 serving**  
**Carb Grams Per Serving: 18**

## Ingredients

- 1 small ripe peach, peeled, pitted, and chopped (about 1/2 cup)
- 3 small lime wedges
- 10 fresh mint leaves
- 1 1/2 teaspoons sugar or sugar substitute\* equivalent to 1 1/2 teaspoons sugar
- 1 cup ice cubes
- 1-1/2 ounces (3 tablespoons) club soda.
- 1 ounce (2 tablespoons) club soda
- Fresh mint sprig

## Directions

1. In a cocktail shaker combine peach, two of the lime wedges, the mint leaves, and sugar. Use a muddler, pestle, or the handle of a wooden spoon to mash the mixture together until lime juice is extracted and mint leaves are bruised. Add ice and rum. Cover and shake well. Pour into an 8-ounce glass. Top with soda. Garnish with mint sprig and the remaining lime wedge. Serve with a cocktail straw.

## Nutrition Facts

Servings Per Recipe: 1  
PER SERVING: 167 cal., 13 mg sodium, 18 g carb. (2 g fiber, 15 g sugars), 1 g protein.  
*Courtesy of diabeticlivingonline.com*



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The Greater Buffalo United Accountable Healthcare Network

393 Delaware Avenue  
Buffalo, NY 14202

*Do you know someone who receives Medicaid and who could use extra help coordinating their health care social service needs? If so, please visit [www.gbuahn.org](http://www.gbuahn.org) or call us at (716) 247-5282 for more information.*

