

CAREZONE



MAY/JUNE 2023

Anemia

Also called: lack of blood

A condition in which the blood doesn't have enough healthy red blood cells.

Anemia results from a lack of red blood cells or dysfunctional red blood cells in the body. This leads to reduced oxygen flow to the body's organs.

Symptoms may include fatigue, skin pallor, shortness of breath, dizziness, fast heartbeat, lightheadedness.

Treatment depends on the underlying diagnosis. Iron supplements may be used for iron deficiency. Vitamin B supplements may be used for low vitamin levels. Blood transfusions may be used for blood loss. Medications to induce blood formation may be used if the body's blood production is reduced.



June is Men's Health Month

The health of men in America is steadily deteriorating, largely due to poor health education, lack of awareness, and culturally induced behavior patterns. This has caused a silent health crisis, whereby men face higher mortality rates than women for 9 of the 10 leading causes of death in addition to a shorter life span.

Men's health is not only a concern for men, but it is also a concern for women who care about the health of their fathers, husbands, sons and brothers. Additionally, men's health is an issue for employers who lose productive employees and pay the costs of their medical care, as well as for society, which absorbs the enormous costs of premature death and disability.

What men can do for themselves and their families:

EAT HEALTHY. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



GET MOVING. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

MAKE PREVENTION A PRIORITY. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

Previous issues of our newsletters can be viewed under

"Resources" > Newsletters at: www.MC-Rx.com



Mental Health Awareness

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy).

Symptoms

Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors. Examples of signs and symptoms may include, but not limited to:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations/people
- Problems with alcohol or drug use
- Major changes in eating habits or sex drive
- Excessive anger, hostility or violence
- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

When to see a doctor

If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.

Prevention

There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience, and to boost low self-esteem may help keep your symptoms under control. Follow these steps:

- **Pay attention to warning signs.** Work with your doctor or therapist to learn what might trigger your symptoms.
- **Get routine medical care.** Don't neglect checkups or skip visits to your primary care provider, especially if you aren't feeling well.
- **Get help when you need it.** Mental health conditions can be harder to treat if you wait until symptoms get bad.
- **Take good care of yourself.** Sufficient sleep, healthy eating and regular physical activity are important.

One in four adults in this country has a mental health challenge in any given year. If you are experiencing a mental health challenge, remember – you are not alone. Reach out to a mental health professional, or even family and friends. There are multiple resources available. Do not suffer in silence.

