

It's A Fact Jack!

The scent of a fresh pine tree gives an energizing feeling and is effective in removing mental stress. It is actually used in medicine for fatigue and refreshes spirits as it is an excellent mood elevator.



HEALTH MATTERS

December 2009 • Volume 4, Issue 13

Published monthly for the patients and staff of West Bend Clinic

Establishing healthy habits for kids

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A turkey roasting in the oven, frost on the lawn, the kids runny noses...yes, it's that time of year again-cold and flu season! All sorts of viruses and infections are lurking about trying to ruin your holiday season. But don't worry, you don't have to be a humbug to avoid catching some bug!

Adopting healthy habits for kids is easy and can have many benefits. Dodging even simple daycare cold viruses could save you misery, time and money. Healthy habits can also help protect your child from a variety of illnesses, including H1N1 (swine flu). Even if the benefits aren't immediate, teaching healthy habits will definitely pay off.

Hand Washing

When it comes to healthy habits for kids, hand washing is extremely important. To make it work, it's got to be built into their daily routines. You should always have your kids wash their hands:

- When they arrive at daycare or preschool
- Before they eat
- After changes or after using the potty or toilet
- After a play date
- As soon as they come in the house -- whether it's from school or from playing in the yard
- Before touching or playing with any infant, elderly, or ill person

If soap and water aren't available, an alcohol-based hand gel will work too. Make sure your kids scrub their hands for about 20 seconds or until the gel has completely evaporated. The gel can look tempting for some kids, don't let them eat or lick it.

Cough Into the Arm

Many of us were taught to cover our mouths with our hands when we cough or sneeze. The problem with that advice is it results in a handful of germs which are then spread on

everything you touch. Experts recommend that kids (and adults) cough and sneeze into the crook of their arms. That way, germs are less likely to wind up coating every surface in the room.

Use Tissues

Have your kids wipe or blow their nose (if able) with a tissue then quickly throw it away to minimize the spread of germs. Avoid wiping noses on shirts, hands, arms or coats, and don't share tissues.

Teach by Example

One good strategy to instill healthy habits in kids is to get your kids to mimic you. Model good behavior. Make a show of hand washing when you get home from work -- and do it for the full 20 seconds. Always cough and sneeze into your own arm and use tissues appropriately. Your kids will probably notice, and over time don't be surprised to see a little 'you' running around.

If you're serious about sticking to these healthy habits, you too may be sick less often. Healthy habits are an easy, important, low-cost way to keep you and your family safe, happy and healthy this holiday "sneez-in".

For more information on how to teach your kids healthy habits or to make an appointment with Dr. Goza, please call West Bend Clinic - South at 262-836-2423.



Jeff Goza, MD

Do you have Seasonal Depression?

Do the bleak winter months get you down more than you think they should? You may have seasonal depression, also known as Seasonal Affective Disorder or SAD.

What causes seasonal affective disorder?

Seasonal patterns with SAD start in the fall and continues through the winter, and the other starts in late spring or early summer. The fall-onset type, often referred to as "winter depression."

Some experts believe that SAD is related to hormonal changes. One theory is that reduced sunlight during fall and winter leads to reduced production of serotonin in the the brain. Serotonin is a neurotransmitter that has a soothing, calming effect. The result is feelings of depression along with symptoms of fatigue, carbohydrate craving, and weight gain.

What are the symptoms of SAD during winter?

People with SAD have many of the normal signs of depression, including:

- decreased levels of energy
- difficulty concentrating
- fatigue
- increase in appetite
- increased desire to be alone
- increased need for sleep
- weight gain

How is seasonal affective disorder diagnosed?

If you have symptoms of depression, see your primary care provider for a thorough assessment. Physical problems can cause depression, but symptoms of SAD are part of a more complex psychiatric problem. A health professional should be the one to

determine the level of depression and recommend the right form of treatment.

What can I do to prevent seasonal affective disorder?

- Try to spend some amount of time outside every day, even when it's very cloudy. The effects of daylight are still beneficial.
- Begin using a light box when fall starts, even before you feel the effects of winter SAD.
- Eat a well-balanced diet, including sufficient amounts of vitamins and minerals as recommended by the FDA. This will help you have more energy even though your body is craving starchy and sweet foods.
- Try exercising for 30 minutes a day, three times a week.
- Stay involved with your social circle and regular activities. Social support is extremely important for those with mood disorders, especially during winter months.

When should I call my doctor about seasonal affective disorder?

If you experience feelings of depression, fatigue, and irritability that come at the same time each year and appear to be seasonal in nature, you may have a form of SAD. Talk openly with your doctor about your feelings. Follow the doctor's recommendations for lifestyle changes and/or treatment if you have SAD.

If you would like more information about seasonal affective disorder, please contact a West Bend Clinic primary care provider at 262-334-3451.

<http://www.webmd.com>

Upcoming Events

"Eat to Compete"

Tuesday, January 12
6:00pm–7:00pm
Kettle Moraine
YMCA, West Bend

Presented by:
Stacy Lynch, MD
West Bend Clinic
Physical Medicine
and Rehabilitation
Physician



Stacy Lynch, MD

We all know the saying, "You are what you eat!" This becomes even more important when you're talking about trying to perform at your maximum capacity. Young or old, in sports or in training, you need to learn the right balance of nutrition to fuel your body to become faster, stronger, and to gain that competitive edge.

To register call 800-272-3666.

Celebrate Families

Sunday, February 14
11:00am–4:00pm
Washington County Fair Park

Join Washington County agencies and non-profits for a free family resource fair with fun and healthy activities, games and prizes for all ages. West Bend Clinic, St. Joseph's Hospital, and Community Memorial Hospital are proud to be major sponsors of this event.

West Bend Clinic

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262-334-3451 ■ 800-825-0513 ■ westbendclinic.com

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