



Volume 2, Issue 4
April 2006

Inside this Issue

1

Cancer Awareness
Month

America on the Move

2

Alcoholism

Bloopers

Super Foods Reduce
Stress

Behavioral Health Systems, Inc
Two Metroplex Drive
Suite 500
Birmingham, Alabama 35209

Behavioral Health Systems EAP Newsletter

Cancer Awareness Month

April is Cancer Awareness Month. Cancer rates in the U.S. are slowly declining and survival rates are continuing to improve, but early detection is the key. Make a point to schedule regular checkups with your healthcare provider and include cancer screening.

For women 40 or older:

- Mammogram
- PAP test
- Colorectal cancer screen

For men 50 or older:

- Colorectal cancer screen
- Prostate check

Any adult having a periodic health exam should include cancer-related health counseling. If age, gender or family history indicates a risk, the exam should include tests for cancer of the thyroid, oral cavity, skin, lymph nodes, testes, and ovaries, as well as for some non-cancerous diseases.

If your first thought to the above suggested screenings is, *"I know I should, but..."* you need to consider that your health could be at stake.

If the "check engine" light came on in your automobile, you would probably make time to go to the repair center. In fact, most people find the time to do routine car maintenance, such as oil changes, without a warning light. Yet, some of the same people that diligently maintain their car don't take the same care of their own bodies.

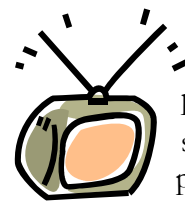
Don't wait for your body's "warning light". If it has been more than a year since your last physical, schedule an appointment today. Discuss any needed health screenings with your doctor and *follow through*.

Once you've had this year's physical, don't stop there. Mark your calendar to remind you to get a physical *every* year.



A survey for The Partnership to Promote Health Eating & Active Living

A survey by the Harris Group, which concluded in June 2003, reported that Americans 13 years and older spend an average of four hours per day watching television or playing computer or video games.



60% of inactive people reported at least four hours a day spent watching TV or playing computer or video games compared to 42% of active people.

The same study reported that eight in ten Americans 13 years and older **would like to become more active**. Of this group, 44% responded that lack of time was the main reason they are not more active.

Based on these responses, it would seem that a careful review of television viewing habits is in order for individuals wanting to increase their activity level.

A television log can be used to review television and/or game habits. By logging the time spent watching TV or playing computer or video games, you can assess the time spent. You may discover that you are spending more time in this way than you thought.

You can determine if you are in front of the screen more from habit than enjoyment by considering the benefits derived from each program or game. By eliminating the programs or games that are not meaningful to you, you make available more time to pursue other activities. Giving up just one thirty minute program three times a week provides extra time for becoming more active.

The next time that you are bored, instead of reaching for a computer or video game, or surfing TV channels to find something to watch, **try taking a walk instead.** You may find that you enjoy being active more!



ALCOHOLISM

<http://store.health.org/catalog/facts.aspx?topic=3>

Alcoholism, also known as “alcohol dependence,” is a disease that includes four symptoms:

- **Craving:** A strong need, or compulsion, to drink.
- **Loss of control:** The inability to limit one’s drinking regardless of the circumstances.

- **Physical dependence:** When alcohol use is stopped after a period of heavy drinking, withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety occur.
- **Tolerance:** The need to drink greater amounts of alcohol in order to “get high.”

Although some people are able to recover from alcoholism without help, the majority of alcoholics need assistance. With treatment and support, many individuals are able to stop drinking and rebuild their lives.

Many people wonder why some individuals can use alcohol without problems but others cannot. One important reason has to do with genetics. Scientists have found that having an alcoholic family member makes it more likely that you, too, may develop alcoholism if you choose to drink.

Genes, however, are not the whole story. In fact, scientists now believe that certain factors in a person’s environment influence whether a person with a genetic risk for alcoholism ever develops the disease. A person’s risk for developing alcoholism can increase based on the person’s environment, including where and how he or she lives; family, friends, and culture; peer pressure; and even how easy it is to get alcohol.

If you or someone you love are experiencing problems with alcohol or other drugs, there is hope. There are many people in recovery from addictions that are leading full and healthy lives. If you need further information or

would like to be assessed for substance dependence, call your BHS Care Coordinator at 205-879-1150.



Newspaper Bloopers and Funnies

Free one can of pork & beans with purchase of three BR 2-bth home.

10 Superfoods for Stress Relief

You have probably heard that eating foods low in cholesterol and fat is good for your health, but did you know that certain foods can even reduce stress? The following foods can provide stress relief:

1. Asparagus – high in folic acid, it helps stabilize mood.
2. Beef (lean cuts)
3. Milk
4. Cottage Cheese
5. Fruit
6. Almonds
7. Blueberries
8. Tuna
9. Cornflakes
10. Crispy Rice Cereal

Most of these foods contain significant B, C and E vitamins, protein, calcium, low sugar, and folic acid/iron, all of which are important in stabilizing mood. In addition, Vitamin C fights free radicals that are released when you are stressed and have been shown to cause cancer. Eat healthy AND reduce stress with good food.