

EAP E-NEWSLETTER

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WALTZ FOR WELLNESS

According to a study by Dr. Rumualdo, an Italian cardiologist, dancing a waltz may pump as much oxygen into the bloodstream as other forms of exercise. 89 men and 21 women were monitored at the Lancisi Heart Institute in Ancona, Italy. These individuals were divided into three groups. Two groups exercised three days a week for eight weeks. One group did standard gym based exercise, a second group alternated between slow and fast waltzes and the third group did no exercise.

Cardiopulmonary fitness increased at similar rates in the routine exercise group and those that danced, with dancers experiencing slightly greater benefits. In particular, oxygen consumption increased 16% among exercisers and 18% among the dancers. The group that did not exercise showed no improvement.

An additional perk of waltzing may be that the appeal makes it less likely that individuals will get bored and quit.

Coffee: Friend or Foe?

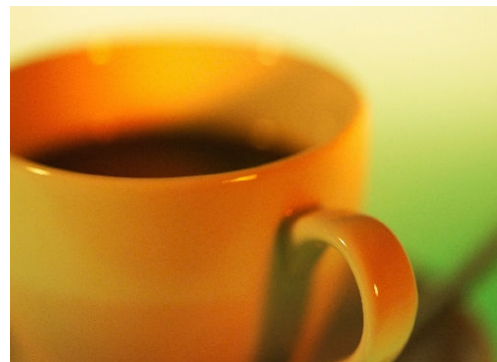
Many of us are well aware that too much coffee—or any caffeinated beverage for that matter—can cause a nervous, jittery feeling, heart palpitations and problems with sleep. Caffeine is often described as the most widely consumed mood-altering drug. It now seems that there may be some positive side effects to a cup or two of coffee.

FOCUS—Coffee makes you a better thinker. Caffeine competes with a calming body chemical called adenosine and produces the opposite

effect. Studies show that coffee keeps you focused, especially with tedious tasks.

TEETH—In lab tests, researchers in Italy found that coffee's antibacterials slow the

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growth of streptococcus mutans, the culprit in tooth decay. Coffee's compounds also keep bacteria from sticking to tooth enamel. Studies are being conducted to determine if this translates into fewer cavities.

While these studies may make us feel better about our morning cup of java, it is important to keep in mind that moderation is important so that the positive benefits that may be derived are not offset by the negative. No amount of caffeine can replace a good night's sleep!

ATTENTION DEFICIT HYPERACTIVITY DISORDER OR BAD BEHAVIOR?

Attention Deficit Hyperactivity Disorder (ADHD) is a group of symptoms that include developmentally inappropriate levels of

- Attention
- Concentration
- Activity
- Distractibility
- Impulsivity

Because these symptoms are experienced by all children to some degree, it is often difficult for parents to determine if their child has the disorder or is simply misbehaving. If you suspect your child may have ADHD it is important to get an assessment by a qualified practitioner. A thorough assessment should include a parent interview, determine if the symptoms are at developmentally inappropriate levels and rule out physical causes for the symptoms.

Most children with ADHD experience functional impairment across multiple settings, including home, school and peer relationships. Because ADHD children typically have poor social skills, in part due to the impulsivity, and may have experienced frustration it is important to assess for anxiety, depression and poor self-esteem.

ADHD can be treated by teaching compensation techniques and social skills. Learning about ADHD allows the child and family members to maximize the strengths of the child. By recognizing the situations and tasks that the ADHD individual excels in, along with those that are more difficult, appropriate accommodations can be made and a more accurate self-view is possible.

Medication may be necessary to control symptoms. It is important to present the medication as one part of the treatment program, a partnership between the child, who must learn new skills for managing symptoms, and the medication.

For more information or to schedule an assessment, contact your BHS Care Coordinator at (800) 245-1150.

The EAP is a free and confidential program provided by your employer. Contact your Company's designated Care Coordinator or visit our website at www.behavioralhealthsystems.com for more information.

*Don't Give Up!
Thomas Edison
knew 1800
ways
not to build
a light bulb.*



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