



live well, work well

# Branchburg Township School District

Employee Health Benefits Bulletin

April 2017

## Steps to A Better You

### Defeating Depression

Everyone occasionally has bouts of sadness, but these feelings are usually temporary. When one has a depressive disorder, it interferes with daily life.

Depression is a serious but common illness. There is no single cause; is likely a mix of genetic, psychological, biochemical, and environmental factors.

It often co-exists with substance abuse or anxiety disorders, and can affect both adults and children alike.

Depression is treatable. The first step is to rule out other causal factors, like thyroid disorder or medications. Once diagnosed, treatment may include

medication and/or psychotherapy. Plus, it's important to spend time with family and friends, exercise regularly, and think positively.

If you worry you suffer from

depression, see your doctor for screening. Learn more from [Aetna](#) or [Horizon BCBSNJ](#).



**Better Prevention** Get tools and guidance on preventive health from both [Horizon BCBSNJ](#) and [Aetna](#): track immunizations and screenings, learn how to improve your care, find and store your personal data and health information in one place—right at your fingertips.

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## National Health Observances

**April: Alcohol Awareness Month**  
*National Council on Alcoholism and Drug Dependence, Inc.*  
[www.ncadd.org](http://www.ncadd.org)

**April: Irritable Bowel Syndrome Awareness Month (IBS)**  
*International Foundation for Functional Gastrointestinal Disorders*  
[www.aboutibs.org](http://www.aboutibs.org)

**May: Arthritis Awareness Month**  
*Arthritis Foundation*  
[www.arthritis.org](http://www.arthritis.org)



## Irritable Bowel Syndrome Awareness

Irritable Bowel Syndrome (IBS) has become one of the most common disorders primary care physicians are seeing today. IBS interferes with the normal function of the large intestines (or colon).

### Symptoms

The symptoms associated with IBS are thought to be related to the faulty communication between the brain and the intestinal tract, which causes abnormal contractions in the intestines. Symptoms can include bloating, excess gas, diarrhea and/or constipation, mucus in the stool, nausea, and heartburn.

### Risk Factors

The exact cause of IBS is unclear, but doctors know that IBS tends to be more common with:

- Those younger than 35
- Women
- Those with panic or other psychological disorders
- Those with a family history of IBS



### Treatment

Treatment options are available to manage IBS whether symptoms are mild, moderate, or severe. Talk to your doctor to find the best treatments available for your particular symptoms.

Treatment does not necessarily have to include medication, but can include reducing stress levels, relaxation techniques, exercise, counseling, and more. Visit [www.aboutibs.org](http://www.aboutibs.org) for more information.



## Healthy Recipe

### Spring Vegetable Quiche

#### Ingredients

- 1 9-inch pie crust (baked)
- 1 cup broccoli, zucchini or mushrooms (chopped)
- ½ cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup nonfat milk
- ½ tsp. salt
- ½ tsp. pepper
- ½ tsp. garlic powder

#### Preparations

1. Preheat oven to 375 F.
2. Cook vegetables in skillet until fork-tender.
3. Put cooked vegetables and shredded cheese into prepared pie crust.
4. Mix remaining ingredients in medium bowl; pour over vegetables and cheese.
5. Bake for 30-40 minutes; cool for five minutes before serving.

Makes 6 servings.