



live well, work well

Pompton Lakes Public Schools

Employee Health Benefits Bulletin

April 2017

Better with Horizon BCBSNJ

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; it is likely a mix of genetic, psychological, biochemical, and environmental factors. It often co-exists with other illnesses, such as substance abuse or anxiety disorders, and can affect both adults and children alike.

Depression is a treatable disorder. The first step is to rule out other causal factors, like thyroid disorder or medications.



Once diagnosed, treatment may include medication and/or psychotherapy. And it's important to spend time with family and friends, exercise regularly, and

think positively. Postpone major life decisions until feeling better.

If you worry you suffer

from depression, see your doctor for screening. Learn more at www.horizonblue.com.

Your Preventive Health Horizon BCBSNJ offers online webinars and guidance on common health topics to stay healthy. Get started at www.horizonblue.com.

Journey to Wellness Achieving wellness is a daily, ongoing journey. Horizon BCBSNJ can help with the [HorizonbFit](#) fitness program, [Blue365](#) member discounts, and [Balance Living](#) online support.

National Health Observances

April: Alcohol Awareness Month
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

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

May: Arthritis Awareness Month
Arthritis Foundation
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 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.