



live well, work well

Shamong Township Schools

Employee Health Benefits Bulletin

April 2017

Steps to A Better You

Defeating Depression

Everyone has occasional 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 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 typically includes psychotherapy and/or medication. Plus, spending time with family and friends, exercise, and positive thinking helps. If you worry you are suffering from depression, see your doctor for screening. Learn more from [Aetna](#) or [Horizon](#).



New! R-Health Direct Primary Care Now enjoy no copay and no deductible when you join an R-Health practice that works with Horizon BCBSNJ or Aetna. Visit www.r-health.md/nj/ or call (800) 797-1289 to learn more.

Website Reminder

Check out our new benefits tool, *Benefits Online*, found easily at our District [website](#): go to District/Staff Resources, then scroll/click on **Employee Benefits Online** to find benefits, forms, news, and more!

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.