

MEDIC MESSENGER

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Conquering Depression

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The holidays and start of a new year can bring with them a sense of renewed hope and promise, although for many they can bring feelings of despair and angst—with finances being strained, unmet expectations, challenges that can emerge at extended family gatherings, numbers on the scale demanding attention, or simply adjusting to regular routines after a holiday break. Challenges can also stem from frequent or multiple deployments, high ops tempos in garrison, or struggling to readjust following a deployment. Regardless of the specific factors that may be related to feelings of despair, they can contribute to signs and symptoms known as depression. Once mistakenly thought to be a sign of weakness, depression is now accurately understood as a bona fide disorder marked by changes in certain brain chemicals.

Symptoms associated with depression can include feelings of hopelessness, sleep problems, lack of interest or pleasure in activities typically enjoyed, feelings of worthlessness or guilt, low energy, concentration difficulties, significantly decreased or increased appetite, agitated or slowed movement, or thoughts of death or suicide. If you or someone you know is experiencing problematic symptoms of depression, be aware that help is available, that effective treatments are available, and that people recover. There is no need to suffer in silence—reach out for help early before symptoms become more serious. A variety of resources are available to help this be a positive and rewarding year. Helping resources to consider include the following:

Primary Care Providers / Behavioral Health Consultants
(TRICARE Appts: 801-728-2600)

Occupational Medicine Providers (Civilians: 801-777-1163)

Employee Assistance Program (Civilians: 800-222-0364)

Military and Family Life Consultants (801-586-8582)

Team Hill Chaplains (801-777-2106) or other religious advisors

Mental Health Clinic (AD: 801-777-7909)

VA/DoD 24-hr Crisis Hotline (800-273-TALK, press 1)

MilitaryOneSource.com

(AD, Dependents, Guard/Reserve: 800-342-9647)

www.hill.af.mil/library/factsheets/factsheet.asp?id=19094

www.realwarriors.net

www.resilience.army.mil

www.afterdeployment.org



7321 Balmer St
Hill AFB, Utah

Hours of Operation:

Mon-Fri 0700-1700

Wed 0900-1700

Clinic Telephone Tree:
Appt Line: 801-728-2600

Pharmacy Refill:
801-775-3630

Closures/Changes in Operating Hours:

12 Nov 12: Clinic Closed
Veterans Day

22 Nov 12: Clinic Closed
Thanksgiving Day

23 Nov 12: Clinic Closed
AFMC Family Day

14 Dec 12: Clinic Closed
12:00-5:00

75 MDG Holiday Function

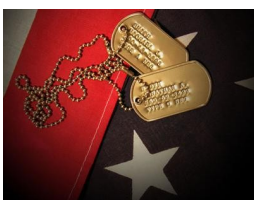
24 Dec 12: Clinic Closed
AFMC Family Day

25 Dec 12: Clinic Closed
Christmas Day

1 Jan 13: Clinic Closed
New Year's Day



Please visit us on
www.facebook.com/75MDG



Veterans Day....

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

Footnote: This publication is intended to provide our customers with timely basic information about happenings in the clinic. If you have feedback or suggestions about content, please contact Ms Julie Piper at (801) 586-9761.

Hill AFB Pharmacy Pick-up Times

To reduce wait times at the Hill AFB Pharmacy, please keep the following prescription processing times in mind:

- Refills called in before 1700 will be ready the next duty day at 1200.
- Faxed prescriptions will be ready one business day after the fax is received.
- Allow one additional day for processing refill or faxed prescriptions after federal holidays and Hill AFB down days.

If a medication is needed the same day as the appointment with the provider, either call ahead or hand carry the hard copy prescription to the pharmacy for expedited processing. The pharmacy phone number is 801-777-0418.

Ways to Eat Healthy During the Holidays

When presented with all of the beloved family recipes and tasty dishes expected at any holiday get-together, it can become difficult to say “no”. Good news, you don’t have to! The holiday season is not the time to place added stress on yourself by attempting to lose weight. Here are a few simple tips to make the holiday season more healthful and less guilt ridden:

- * Eat a healthy snack before going to a party to ease your hunger.
- * Move away from the buffet so you won’t be tempted to eat while you talk.
- * Balance what you eat at parties with what you eat during the day.
- * Scope out the entire buffet before you make your selections.
- * Use smaller plates at a buffet-style parties, and watch your portion sizes by taking small “tastes” of high calorie dishes.
- * Beverages contain calories as well. Alcoholic beverages, home-made punches, etc tend to have sneaky calories. Consume these in moderation!
- * EXERCISE! Thirty minutes of moderate exercise every day is important to resisting weight gain and keeping your body healthy.

Join CHPS and the HAWC for our upcoming Healthy Holiday Challenge! Challenge will run from November 14, 2012 through January 4, 2013. Program includes: *maintaining* your weight, *healthy eating* during the holidays, *stress management*, fun holiday cooking demonstration, *fitness events*, and much more! Call CHPS at 586-9586 or e-mail:

Jennifer.Sedgwick.ctr@hill.af.mil for more information.



Notice anything new outside of OMS (Bldg 249)?

The OMS clinic is trying to protect as many people as possible from getting sick this year from the flu. Get your flu vaccination while supplies last! This vaccine is eligible free of charge to all DoD federal service employees, TRICARE eligible or not.



DENTAL BITES

Does your child go through a tube of toothpaste in two weeks? Too much toothpaste early in life accounts for more than 70 percent of fluorosis cases (staining or mottling of tooth enamel that develops when children swallow fluoridated toothpaste), according to a study at the University of Connecticut <<http://sdm.uhc.edu>> The problem is purely cosmetic, but it is recommended that children under six years only use a pea-sized amount of toothpaste and be reminded to spit it out after brushing.

Today's tooth fairy needs a lot more silver than she did in 1900 when she left an average of twelve cents. In 1998, the tooth fairy left an average of \$1.00. The average tooth fairy amount in 2011 was \$2.60, down from \$3.00 in 2010. That's right, the tough economy means that even the tooth fairy has had to cut back!!