

Ft Irwin EAP Newsletter

May is National Stroke Awareness Month

Learn how to raise stroke awareness during **National Stroke Awareness Month** in May and throughout the year. Public knowledge of stroke is low. It is time for stroke champions to band together and elevate stroke in the mindset of everyone in the U.S. Simple prevention and treatment education can help reduce stroke incidence. Influence loved ones to adopt healthier lifestyles and decision-makers to advocate for stroke by sharing personal stories.

Up to 80 percent of all strokes can be prevented by working with a healthcare professional to manage risk.

Although stroke can happen to anyone, certain risk factors such as high blood pressure and diabetes can increase chances of a stroke. By following the latest prevention guidelines and filling out a stroke risk scorecard to discuss with a doctor, you are on the path to preventing a future stroke.

Stroke symptoms include: Sudden numbness or weakness of face, arm or leg - especially on one side of the body.

Sudden confusion, trouble speaking or understanding.

Sudden trouble seeing in one or both eyes.

Sudden trouble walking, dizziness, loss of balance or coordination.

Sudden severe headache with no known cause.

Call 9-1-1 immediately if you have any of these symptoms.

Note the time you experienced your first symptom. This information is important to your healthcare provider and can affect treatment decisions.

National Stroke Association Newsletter

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Special points of interest:

- ASAP annual employee training, 5.1.12; 0830-1030, bldg 573
- ASAP annual supervisor training, 5.15.12; 0830-1030, bldg 573
- In accordance with AR 600-85, all civilians will have a minimum of 2 hours of alcohol and other drug awareness training per year.

Mother's Day

Sunday May 13, 2012 is Mother's Day in the United States. This is the day that is set aside to honor and pay tribute to those women in our lives who are mothers. So don't forget to pamper the special mothers in your life.

Breakfast in bed, going out to eat, flowers, gift certificates for massages, manicures or pedicures, are always popular and well received gift ideas. I would like to wish all you moms a Happy Mother's Day!



Stress and Weight Gain

Take The Stress and Weight Gain Test

Stress can contribute to weight gain in several ways. If you're having trouble with your weight and wonder what role stress may be playing, or if you just want information and resources for healthy change, this is the quiz for you! The following 10 questions are each designed to help you assess a different aspect of your lifestyle to determine if you may benefit from some simple changes that

can help you keep your weight under control when you're stressed. At the end of the quiz, you'll find resources that pertain to your specific situation.

(Press Control + click over the link to complete the test)

What Are Some Common Stress Symptoms?

Because stress can impact your immune system anything from a cold to a heart attack can be a sign that you need to de-stress. However, there are some

common symptoms of stress: Head aches, High Blood Pressure, Low Libido, Emotional Eating, Burnout, Memory Lapses and "Fuzzy Thinking", Sleep Problems.

About.com: Stress Management, Newsletter, Elizabeth Scott, M.S.



Looking for a Rush, Kids Play the Deadly Choking Game

The choking game has been around for decades, billed as a "safe" way to get a rush or a high from passing out. According to a new study, about 6 percent of adolescents have played it at least once. But doctors believe kids who play it may have little idea how deadly it is.

In the choking game, a person cuts off oxygen and blood flow to the brain with a towel, belt or rope, or hyperventilates until they pass out. When the blood and oxygen rush back to the brain, it creates a euphoric high. Also called knock out, space monkey or the pass out game,

the choking game can lead to brain damage, seizures and head trauma. Although the choking game is not new, very little research has been done to investigate how often it happens or which kids are more likely to try it. But the new study published in the journal Pediatrics



Looking for a Rush, Kids Play the Deadly Choking Game, cont'd

gives a snapshot of who is engaging in this risky activity. Researchers surveyed nearly 5,400 Oregon eighth graders, and 6.1 percent reported playing the choking game at least once in their lives. Among those who had played, 64 per-

cent had played more than once and 27 percent had done it more than five times. Boys and girls were equally likely to have participated. The researchers found that kids who participated in the game commonly engaged in other risky health be-

haviors. About 16 percent of boys and 13 percent of girls who reported using alcohol, tobacco or marijuana on the health survey also reported playing the choking game. Girls who reported being sexually active were four times as likely to participate in

Looking for a Rush, Kids Play the Deadly Choking Game, cont'd

the choking game as those who had never had sex. Robert Nystrom, adolescent health manager at the Oregon Public Health Division and one of the study's authors, said it's significant that kids who play the choking game are also experimenting with alcohol, drugs and sex. "Risk-taking is a part of normal adolescent development. The fact that a lot of ado-

lescents are participating in these behaviors shouldn't surprise us," Nystrom said. "What we want to do is prevent it." It is important to emphasize that this can kill you the first time you do it," said Dr. Hatim Omar, chief of adolescent medicine at the University of Kentucky. "It is also practiced by 'good kids' who do not

want to do drugs so they perceive that this is a 'legal' way to get high." Even the name diminishes the serious health risks involved, doctors say, and may give kids and teens a false impression of its dangers. "Having the word 'game' in the name works against us," Nystrom said.

Excerpts from article by CARRIE GANN, ABC News Medical Unit

This and That



"Ms. Jennings, have you seen my 'ORGANIZATION IS THE KEY TO SUCCESS' poster?"



"Notice how few people fiddle with the heating controls since putting up that sign?"



Memorial Day

Memorial Day is celebrated on the last Monday of May. Formally known as Decoration Day, it commemorates all the men and women who have died while in military service for the United States.

Memorial Day started as an event to honor Union soldiers, who had died during the American Civil War. It was inspired by the way people in the Southern states honored their dead. After World War I, it was ex-

tended to include all men and women, who died in any war or military action.

It is traditional to fly the flag of the United States at half mast from dawn until noon. Many people visit cemeteries and memorials, particularly to honor those who have died in military service. Many volunteers place an American flag on each grave in national cemeteries.



www.timeanddate.com



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Basic EAP services include free, voluntary, short term counseling and referral for various issues affecting employee mental and emotional well-being, such as alcohol and other substance abuse, stress, grief and family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to help address employee and organizational challenges and needs. EAP services are available to DA Civilians including NAF/AF and their family members, military dependents, military retirees and their family members.

Healthy Diet Goals

Heart disease is the No. 1 killer of Americans. We can reduce heart disease by promoting a healthy diet and lifestyle. Getting information from credible sources can help you make smart choices that will benefit your long-term heart health.

For the first time, the American Heart Association has defined what it means to have ideal cardiovascular health, identifying seven health and behavior factors that impact health and quality of life. We know that even simple, small changes can make a big difference in living a better life. Known as "Life's Simple 7," these steps can help add years to your life:

1. don't smoke; 2. maintain a healthy weight; 3. engage in regular physical activity; 4. eat a healthy diet; 5. manage blood pressure; 6. take charge of cholesterol; 7. and keep blood sugar, or glucose, at healthy levels.

The American Heart Association has a new national goal:

By 2020, to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.

- **Fruits and vegetables:** At least 4.5 cups a day
- **Fish (preferably oily fish):** At least two 3.5-ounce servings a week

- **Fiber-rich whole grains:** At least three 1-ounce-equivalent servings a day
- **Sodium:** Less than 1,500 mg a day
- **Sugar-sweetened beverages:** No more than 450 calories (36 ounces) a week

Other Dietary Measures:

- **Nuts, legumes and seeds:** At least 4 servings a week
- **Processed meats:** No more than 2 servings a week
- **Saturated fat:** Less than 7% of total energy intake

Taken from: The American Heart Association, Nutrition Center, www.heart.org