

Results for Life

Monthly tips and topics for a healthier lifestyle



Seasonal Affective Disorder (SAD)



With winter and a decreased amount of daylight approaching, Seasonal Affective Disorder (SAD) symptoms kick into full gear for individuals prone to this disorder. Let's find out the warning signs and what to do if you think you have symptoms.

What is it?

SAD is a type of depression that occurs at a certain time of the year, usually in the winter.

Causes

SAD may begin during the teen years or in adulthood. People who live in places with long winter nights are at greater risk for SAD. A less common form of the disorder involves depression during the summer months.

Specific factors may play a role in the development of SAD. Reduced sunlight in fall and winter disrupts the body's internal clock that regulates when we should sleep and when we should be awake. This disruption of the circadian rhythm may lead to feelings of depression. Reduced sunlight can also cause a drop in serotonin (a brain chemical that affects mood), which can trigger depression. Additionally, the change in season can alter the balance of the natural hormone melatonin, which plays a role in sleep patterns and mood.

Fit Tip of the Month

Take the Plunge



Swimming and other water workouts are an ideal way to stay in shape. If you don't already swim, it's not too late to start. Here are 5 aquatic benefits:

- 1) Improved heart and lung capacity** - swim laps for 20-40 minutes at a pace that keeps the heart rate elevated. Swimming places less demand on the heart relative to running and some other sports; therefore, heart rate will be a bit lower.
- 2) Better blood sugar control and blood pressure** - several studies have found that swimming can improve various measures of blood sugar control, such as insulin sensitivity and help reduce blood pressure.
- 3) Calorie burning** - while swimming burns a lot of calories (about 600 an hour, on average, depending on the stroke and intensity), recreational swimmers tend to lose less weight than would be expected from other aerobic activities, like running, cycling, or brisk walking. But swimming can reduce body fat and waist circumference while toning muscles.
- 4) Arthritis relief** - exercising in warm water, in particular, can relieve joint stiffness and pain and increase flexibility.

Risk Factors

- Being female - Seasonal affective disorder is diagnosed more often in women than in men
- Living far from the Equator - SAD appears to be more common among people who live far north or south of the Equator
- Family history - As with other types of depression, SAD is more likely to occur when family members are prone to it
- Clinical depression or bipolar disorder - Symptoms of depression may worsen seasonally if you have one of these conditions



Symptoms

Symptoms usually build up slowly in the late autumn and winter months. Symptoms are typically the same as with other forms of depression:

- Hopelessness
- Increased appetite with weight gain (weight loss is more common with other forms of depression)
- Increased sleep (too little sleep is more common with other forms of depression).
- Less energy and ability to concentrate
- Loss of interest in work or other activities
- Social withdrawal
- Unhappiness and irritability
- Heavy, “leaden” feelings in the arms or legs

Signs and symptoms of SAD should be taken seriously. Seek help right away from your health care provider if you have thoughts of hurting yourself or anyone else. As with other types of depression, SAD can get worse and lead to problems if not treated.

5) Back pain relief - aquatic exercise is a safe and effective way to relieve chronic lower-back pain. It also reduces the incidence of back pain in pregnant women. Working out in water reduces the stress on the spine, promotes muscle relaxation, and improves joint flexibility.

So with the colder weather kicking in, check out an indoor pool facility and start gaining the benefits that swimming offers!

Suzanne Toon, MS CPT – Exercise Physiologist



Diabetes Prevention and Control

To view this recorded webinar, visit www.interactivehs.com

**Coming Soon:
Weight Loss: Fact or Fiction**

Date: January 24, 2013
Time: 12:00pm CST-1:00pm CST

[Register Now](#)

Recipe of the Month



Gingerbread Holiday Cookies

Are you looking for a delicious, but low-fat holiday cookie?

Treatments

Treatments for SAD include light therapy (phototherapy), psychotherapy and medications. Additionally, there are other measures you can take on your own that may help.

- Make your environment sunnier and brighter
- Get outside more often
- Take care of yourself by getting enough sleep, take time to relax, eat a healthy diet and exercise regularly
- Stick to your treatment plan
- Learn techniques to manage your stress better
- Make an effort to connect with people and socialize
- Take a trip, if possible by taking winter vacations in sunny, warm locations

Additionally, there is no known way to prevent the development of SAD. However, with treatment, the outcome of SAD is usually positive. Take note immediately if symptoms begin to occur, and take steps early to manage the symptoms. You may be able to prevent them from getting worse over time.

Suzanne Toon, MS CPT – Health Coach

Resources:

[U.S. National Library of Medicine](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/)

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/>

[Mayo Clinic](http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195)

www.mayoclinic.com/health/seasonal-affective-disorder/DS00195

[Interactive Health Solutions](https://interactivehs.com/Education/HealthAZ?HealthWiseUrl=articles%2Fcontent%2Fmini%2Fhw169553.html)

<https://interactivehs.com/Education/HealthAZ?HealthWiseUrl=articles%2Fcontent%2Fmini%2Fhw169553.html>

These cookies are soft, chewy, and fun to decorate with the whole family. To make these cookies even healthier, you can substitute two egg whites for one whole egg and 6 tbsp. SPLENDA® Brown Sugar Blend, which will save 10 calories per cookie. In addition, you can substitute 5 tbsp. canola oil for the 6 tbsp. of butter to save 1 gram of saturated fat. Please note that making these substitutions may change the texture and structure of the cookies.

Makes 2 ½ dozen cookies

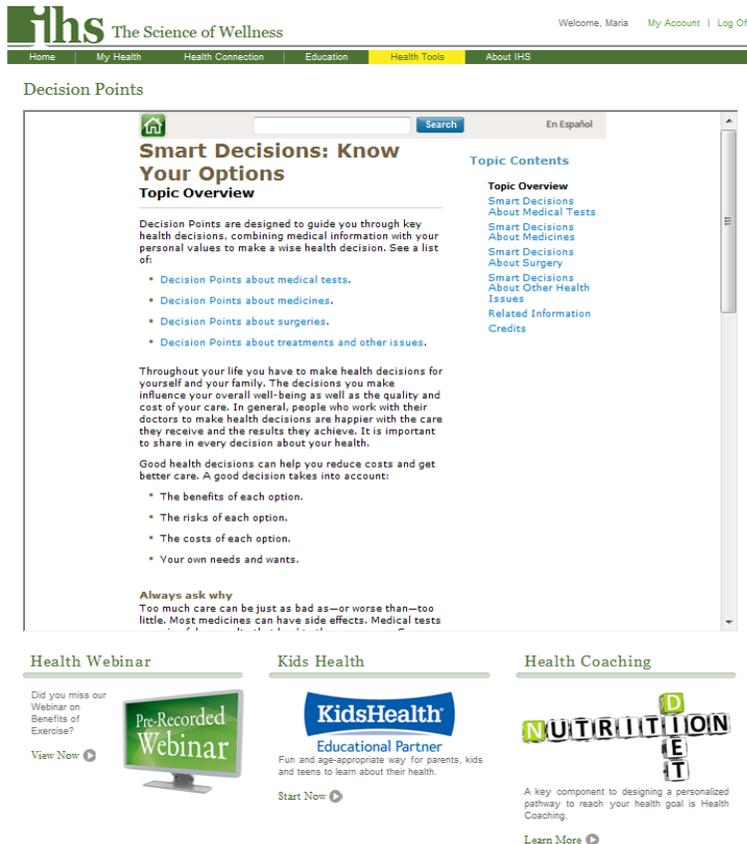
Ingredients:

6 tablespoons butter, softened
¾ cup packed dark brown sugar
½ cup molasses
1 egg or 2 egg whites
2 teaspoons vanilla extract
1 teaspoon grated lemon or orange zest
3 cups all-purpose flour
3 teaspoons ground ginger
1½ teaspoons baking powder
1¼ teaspoons ground cinnamon
¾ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon ground cloves
Icing and candies of your choice

Directions:

1. In a large bowl, cream butter and brown sugar until light and fluffy.
2. Beat in the molasses, egg, vanilla and lemon zest. Combine the flour, ginger, baking powder, cinnamon, baking soda, salt and cloves in a separate bowl; gradually add to creamed mixture and mix well.
3. Divide dough in half. Refrigerate for 30 minutes or until easy to handle.
4. On a lightly floured surface, roll out each portion to ¼-inch thickness. Cut with a floured 4-inch gingerbread boy or other holiday cookie cutter. Place 2 inches apart on greased baking sheets. Reroll scraps.
5. Bake at 350° for 7-9 minutes or until edges are firm. Remove cookies to a wire rack to cool completely. Decorate as desired.

Member Spotlight



The screenshot shows the IHS website interface. At the top, there's a navigation bar with 'Home', 'My Health', 'Health Connection', 'Education', 'Health Tools', and 'About IHS'. Below this is a 'Decision Points' section with a search bar and 'En Español' link. The main content area is titled 'Smart Decisions: Know Your Options' and includes a 'Topic Overview' section with a list of decision points: medical tests, medicines, surgeries, and treatments. There's also a 'Topic Contents' sidebar with links to various topics. At the bottom of the screenshot, there are three promotional boxes for 'Health Webinar', 'Kids Health', and 'Health Coaching'.

Serving size: 1 cookie

Nutritional analysis per serving
(calculated without decorations):

Calories: 99

Fat: 2 grams

Saturated fat: 1 gram

Cholesterol: 12 milligrams

Sodium: 88 milligrams

Carbohydrates: 18 grams

Chef Cheryl Bell MS RD CDE

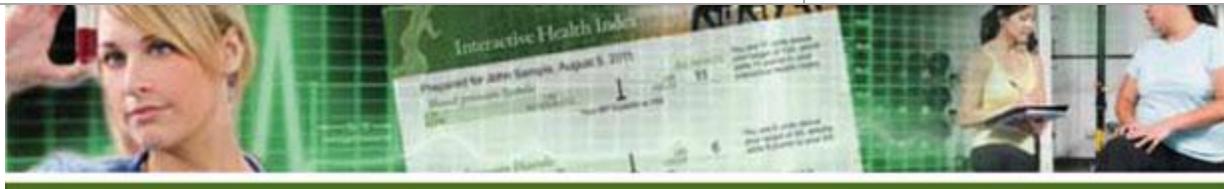
About Interactive Health Solutions

Interactive Health Solutions provides comprehensive wellness programs to individuals across the nation. Our worksite wellness program is designed to engage you in the management of your health through early detection and identification of risk factors. Our goal is to *measure, motivate and reward* you as you begin a journey on the pathway to better health. We create a personalized pathway that is unique to your health status. Our program provides you with the specific tools and resources you need to achieve your personal health goal.

Decision Points

Need assistance making an informed medical decision? Want to know what questions to ask your physician about your care? [Decision Points](#), found in the [Health Tools](#) section of the Interactive Health member website, are designed to guide you through key health decisions, combining medical information with your personal values to make a wise health decision. Learn the pros, cons and medical facts to take into consideration when evaluating medical tests, medicines, surgeries and more.

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