

The Well

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Moving beyond the stigma of mental illness

Mental health issues are more common than you may realize. According to the most recent statistics:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans live with a serious mental illness, such as schizophrenia, bipolar disorder or major depression

Part of the stigma surrounding mental illness may be the myth that people with mental health problems are violent and unpredictable. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to those with a serious mental illness. The truth is, people with severe mental illnesses are more than ten times more likely to be victims of violent crime than the general population.

Mental health problems are not caused by a personality weakness or character flaws. It's not something that someone can be "snapped out of" and many people may need a combination medication, therapy, social support and education to get better. Treatments vary because the contributing factors are wide ranging as well and can include genes, physical illness, injury or brain chemistry; trauma or a history of abuse; or a family history of mental health problems.

Mental health issues can take many forms, including:

- **Anxiety disorders** (obsessive-compulsive disorder, panic disorders, and phobias)
- **Behavioral disorders** (Attention Deficit Hyperactive Disorder (ADHD) and Oppositional-Defiant Disorder (ODD))
- **Eating disorders** (anorexia, bulimia and binge eating)
- **Mood disorders** (depression, bipolar disorder, Seasonal Affective Disorder (SAD) and self-harm)
- **Personality disorders** (antisocial personality disorder and borderline personality disorder)
- **Psychotic disorders** (such as schizophrenia, which can include hallucinations and delusions)
- **Trauma and stress-related disorders** (PTSD can occur after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident)

The more awareness that exists about mental health problems — their prevalence, causes and treatment — the less pervasive the stigma becomes. And that's good news for everyone.

For more information visit:
mentalhealth.gov/basics

Find help in a crisis

Approximately one in five adults in the U.S. live with a mental health condition. The National Alliance on Mental Illness offers information and assistance by texting "NAMI" to 741741.

Breast cancer signs and risks

What's the best way to stay on top of signs of breast cancer? Know how your breasts normally look and feel so you can recognize any changes. The most common symptom of breast cancer is a new lump or mass that is painless with irregular edges.



Other possible symptoms include:

- Swelling, skin irritation or dimpling (like an orange peel)
- Breast or nipple pain
- Nipple turning inward
- Redness, scaliness or thickening (nipple or breast skin)
- Nipple discharge
- Swollen lymph nodes under the arm or collar bone

In addition to family history, other risk factors include level of alcohol consumption, being overweight or obese after menopause, lack of regular physical activity, not having children, type of birth control and hormone therapy after menopause.

Finding breast cancer as early as possible gives you a better chance of successful treatment.

For more information visit:
[cancer.org](https://www.cancer.org)

A tangy fruit dessert perfect for cooler days!

Winter Crisp

Apples, cranberries, oats and whole wheat flour make for a healthier treat.

Makes: 6 servings

Ingredients

For filling:

- 1/2 cup sugar
- 3 tablespoons all-purpose flour
- 1 teaspoon grated lemon peel
- 3/4 teaspoon lemon juice
- 5 cups apples, unpeeled and sliced
- 1 cup cranberries

For topping:

- 2/3 cup rolled oats
- 1/3 cup whole-wheat flour
- 2 teaspoons ground cinnamon
- 1 tablespoon soft margarine, melted

Directions

1. Preheat oven to 375 degrees.
2. To prepare the filling: in medium bowl combine sugar, flour and lemon peel, mixing well. Add lemon juice, apples and cranberries. Stir to mix. Spoon into a six-cup baking dish.
3. To prepare topping: In a small bowl, combine oats, brown sugar, whole-wheat flour and cinnamon. Add melted butter and stir to mix.
4. Sprinkle topping over filling.
5. Bake for 40 to 50 minutes or until the filling is bubbly and the top is brown. Serve warm or at room temperature.

Nutrition Information	
Serving Size: 1 cup	
Calories	289
Total fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	54 mg
Total Carbohydrates	58 g
Dietary Fiber	6 g
Total Sugars	39 g
Added Sugars included	27 g
Protein	3 g
Calcium	50 mg
Iron	1 mg
Potassium	197 mg

Source: Stay Young At Heart