

OCTOBER WELLNESS



TOPICS NATIONALLY RECOGNIZED DURING OCTOBER INCLUDE: **DEPRESSION & MENTAL HEALTH, BREAST CANCER AND DENTAL HYGIENE**

Depression in adults may be overlooked. The two most common indicators of depression are feeling down or hopeless and losing interest in activities that you once enjoyed. If these symptoms last for more than 2 weeks, you may be experiencing depression. Assessing your level of depression is a good first step towards taking action, such as seeking help through counseling or implementing lifestyle changes like getting more exercise. If you think you may have depression, click here to reach Harvard Pilgrim's website: [Health and Wellness Page](#).

Then click on Health Topics A-Z under Search, and type **Interactive Tool: Are You Depressed?** into the search engine to reach the link to the quiz.

Although breast cancer is one of the most common cancers in women, a definite cause has not been determined. There are several different types of breast cancer, which begin in different parts of the breast and have different symptoms. Breast cancer can spread to the tissue around the breasts, the axillary lymph nodes and other parts of the body. Noninvasive breast cancer, which occurs only in the ducts or lobules and has not spread past those areas, can be treated before becoming invasive. This is one of the reasons why breast cancer awareness, screening and treatment is so important. Click here to reach an article, through BCBS's *a healthy me* website, which gives an overview of breast cancer:

[Breast Cancer: Introduction](#)

Some conditions which may fall under mental health include: bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder and schizophrenia. Those experiencing mental health problems may want to hide their problem due to the stigma it may hold. When mental health problems are not understood, negative views may be formed. When it is understood that mental health problems are medical and that they can be treated, stigmas can be broken. To learn more about living with mental health problems, and ways to break through stigmas, click here to reach an article through Fallon's website:

[Mental Health Problems and Stigma](#)

Proper dental care can help reduce the likelihood of tooth decay and gum disease, the need for fillings and other costly dental procedures. Part of proper dental care is visiting your dentist for regular checkups. However, some people experience genuine anxiety regarding visits to the dentist. It may help to first consider the reason behind the anxiety. After the reason is determined, there are ways to decrease the anxiety. Ideas that can help include: talking with your dentist about your fears and about the specifics of your visit, using headphones to listen to music during the visit, and practicing relaxation techniques such as deep breathing. To learn more, visit Tuft's website by clicking here: [Tufts Health Plan Website](#). Click on Health & Wellness. Then click on "library of high-quality content" under Health Library A-Z and type **Dental Anxiety** into search engine to reach the link to the article.
