

# THINK about being healthy

Winter 2013-2014



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**MHCSI** ♦

## Seasonal Affective Disorder (SAD)

The weather often affects our mood. While noticeable, these shifts in mood generally do not affect our ability to cope with daily life. Seasonal affective disorder (also called SAD) is a type of depression that occurs at the same time every year with symptoms starting in the fall and continuing into the winter months. Generally, symptoms that recur for at least 2 consecutive winters, without any other explanation for the changes in mood and behavior, indicate the presence of SAD. They may include:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Heavy, "leaden" feeling in the arms or legs
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating



The most commonly used treatment for seasonal affective disorder is light therapy (phototherapy). Special lamps exude a bright light which mimics natural outdoor light, which in return can make us feel better. Light therapy devices can be used at work, home and some are even portable. Lawtons Drugs carries a variety of light therapy products.

**If you have any questions about Seasonal Affective Disorder and your risk factors, talk to your PROfile Pharmacist today.**

Source: <http://www.cmha.ca/>, <http://www.mayoclinic.com>

### Food for Thought...

### Sobeys Dietitians Have a World of Healthy Ideas for You



#### Warm up those cold days with Peppermint Tea Hot Chocolate

**Ingredients:** 1 Peppermint Herbal Tea bag, ½ cup Boiling Water, ¾ cup Skim Milk, 3 tbsp Hot Chocolate Mix

**Directions:** 1. Steep tea bag in boiling water for 5 minutes. 2. Heat milk in a microwaveable cup on HIGH for 1 min. Stir in hot chocolate mix until well blended. 3. Pour into steeped tea. Stir and serve

**Nutrition Information:** Calories 170, Fat 1.5 g, Carbs 0 g, Protein 7 g, Cholesterol 0 mg, Fibre 0 g, Sodium 230 mg, Potassium 0 mg

Find more recipes at [www.sobeys.com](http://www.sobeys.com)

### Body & Mind

One kind word can warm three winter months.

~Japanese Proverb

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**Get the Flu Shot,  
Not the Flu!**

Flu shots are available at the pharmacy in the following provinces:  
Nova Scotia, New Brunswick, Ontario, Alberta and British Columbia.  
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