

HealthMatters

Because Your Health Matters To Us



Join us for Mental Health Mondays: Parenting A Teen

Does parenting your teenager leave you stressed, overwhelmed and exhausted? You are not alone!

Knowing how to best parent your child during this transition is one of the hardest challenges parents face. This webinar will help you learn what to expect when parenting your teenager, understanding where your teenager is developmentally during this stage, the 5 basics of parenting adolescents and when to seek help for your teenager. We will also discuss how self awareness is the key to surviving the teenage years!

Join us on Monday, April 25th 11:00a-12:00p CT

How To Register for Mental Health Mondays & Teaching Tuesdays!

- Go to www.carehere.com and log on with your username and password.
- Click on Wellness Registration (April-June) on the green navigation bar. This will pull up an enrollment form, where you may register for this program.
- Fill out the form to register and click done.
- Information on how to join the webinar will be sent to you after you register.
- You may also call 877-423-1330 to register.

**If you are unable to view any of the the webinars at the scheduled times, you may request a recorded version by e-mailing recordings@carehere.com.*



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Please visit us at www.carehere.com.

Tune in for Teaching Tuesdays

Pregnancy can be one of the most exciting times of a woman's life. There is no doubt that whether this is your first pregnancy or fifth pregnancy you may have many questions. The *Teaching Tuesdays* webinars will help answer these questions. For each of these webinars, you will also have the option to consult with the nurse who will screen patients for a level of possible depression during pregnancy and post-partum depression.



First Trimester: What You Need to Know

This webinar is intended to instruct the pregnant woman on what to expect during the first trimester. It will cover topics such as the importance of prenatal visits, screenings your doctor may order and the importance of prenatal vitamins during pregnancy.

Join us for this webinar on:
April 5th • 11:00a-12:00p CT
April 12th • 5:15-6:15pm CT
April 19th • 4:00-5:00pm CT
April 26th • 11:00a-12:00p CT

Second Trimester: What You Need to Know

This webinar is intended to instruct the pregnant woman on what to expect during the second trimester. It will cover topics such as the importance of healthy eating, recommended weight gain and the benefits of exercise during pregnancy.

Join us for this webinar on:
April 5th • 4:00-5:00pm CT
April 12th • 11:00a-12:00p CT
April 19th • 5:15-6:15pm CT
April 26th • 4:00-5:00pm CT



Third Trimester: What You Need to Know

This webinar is intended to instruct the pregnant woman on what to expect during the third trimester. It will cover topics such as planning for birth, pediatrician information, and what to expect after the baby is born.

Join us for this webinar on:
April 5th • 5:15-6:15pm CT
April 12th • 4:00-5:00pm CT
April 19th • 11:00a-12:00p CT
April 26th • 5:15-6:15pm CT

***Please note: All webinars and programs must be completed outside of work hours.**

Keep household products or medicines in a safe place and reduce hazards such as uneven surfaces to prevent falls.



Celebrate National Public Health Week

It only takes a moment for an injury to happen – a fall on a stair, a moment's glance away from the road, a biking or sports-related injury, a medication mix-up.

But it also takes just a moment to protect against injuries and make communities safer. The potential for injury is all around us. Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room.

Injuries are not "accidents", and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries. You can protect yourself, your family and community by taking action, both big and small, to prevent injury.

To learn more, you may visit www.nphw.org.

Source of article: American Public Health Association, APHA – 800 I Street, NW Washington, DC 20001-3710 (Ph) 202-777-APHA (Fax) 202-777-2534.

Article information submitted by: CareHere Health Coach and Registered Dietitian, Cindy Vallo. If you are interested in speaking with Cindy, you may contact her at wellness@carehere.com.



**Safety is NO Accident:
Live Injury-Free**
National Public Health Week
April 4-10, 2011 - www.nphw.org

What is Irritable Bowel Syndrome?



Irritable Bowel Syndrome (IBS) is a long-term gastrointestinal condition. The symptoms of IBS can occur over and over again, but can also change over time for each individual. IBS symptoms include abdominal

pain, cramping, bloating, constipation and even diarrhea. However, individuals with IBS present with different symptoms, which is part of why it is difficult to diagnose. Causes of IBS are unknown; however, stress, diet, drugs and hormones may aggravate the symptoms.

Regularly scheduled meals, which should include a variety of foods along with plenty of fluids, may help to improve IBS symptoms. Avoiding specific food and drink items that cause gas or flatulence is recommended. These include fatty meats, whole

milk, whole-milk cheeses, corn, cauliflower, broccoli, Brussels sprouts, onions, artificial sweeteners (fructose or sorbitol) and alcohol or caffeine.

For individuals who suffer from IBS, keeping a food diary may be very beneficial in order to help identify which food and drink items make the symptoms worse. Other strategies that may help to improve IBS symptoms include eating a diet high in fiber (25-35 grams per day), getting regular exercise, adequate sleep and if possible, removing stressful situations and activities from one's life.

Resources: <http://www.rd411.com>
<http://www.aboutibs.org/>

Article submitted by: CareHere Health Coach and Registered Dietitian Emily Maddux. If you have a question about this article, you may contact Emily at wellness@carehere.com.