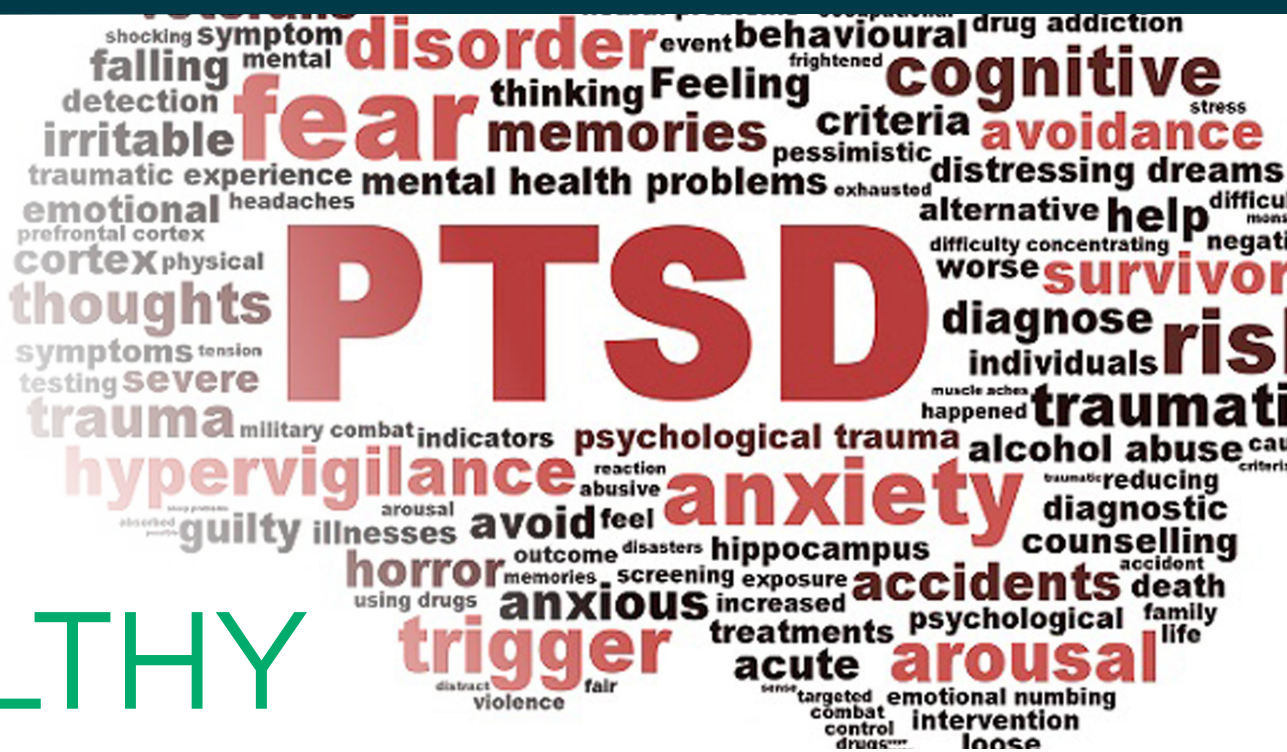




staying
HEALTHY



Understanding PTSD

Post-Traumatic Stress Disorder (PTSD) can affect more than military veterans. It can occur in anyone who has experienced a traumatic event, such as mass violence, a disaster, the unexpected death of a loved one, or physical abuse.

PTSD is a mental health condition that is triggered by a terrifying event that a person experienced or witnessed. Symptoms may include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event. Symptoms usually begin within a few months of the traumatic incident, but sometimes begin years later.

According to the National Institute of Mental Health, an adult must have all of the following for at least one month to be diagnosed with PTSD:

- **At least one re-experiencing symptom.** These include flashbacks, bad dreams, or frightening thoughts.
- **At least one avoidance symptom.** These include staying away from things that are reminders of the traumatic experience, or avoiding thoughts or

feelings related to the traumatic event.

- **At least two arousal and reactivity symptoms.** These include being easily startled, feeling tense or “on edge,” having difficulty sleeping, or having angry outbursts.
- **At least two cognition and mood symptoms.** These include trouble remembering key features of the traumatic event, negative thoughts about oneself or the world, distorted feelings like guilt or blame, or loss of interest in enjoyable activities.

The National Institute of Mental Health states that young children can have extreme reactions to trauma, but their symptoms may not be the same as adults. Older children and teens are more likely to show symptoms similar to those seen in adults.

According to the National Center for PTSD, approximately seven out of every 100 Americans will experience PTSD at some point in their lives. Women are more likely to develop PTSD than men, and genes may make some people more likely to develop the disorder than others.

(continued on back)

Abby Barrett, MSW, LSW

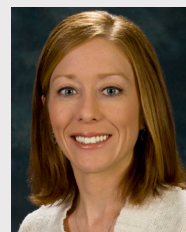
Abby is a licensed social worker who joined Horizon Health in 2015.

She provides psychosocial assessments and interventions for inpatients and outpatients. She also provides social service assistance to patients in the emergency department and critical care unit. She works in collaboration with Horizon Health’s telepsychiatry service and facilitates the Cancer Friendship Group and Caregivers Support Group.

Abby has a master’s degree in social work from the University of Illinois, a bachelor’s degree in social work from Olivet Nazarene University, and an associate’s degree in liberal studies from Kankakee Community College.

She is an Illinois Behavioral Health Workforce Education, Learning & Leadership (BHWELL) Scholar with a specialty in integrated behavioral health.

In her spare time, Abby enjoys gardening, traveling, and spending time with family.



Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

MyHorizonHealth.org

How much sleep do you need?

American inventor Thomas Edison reportedly slept three hours at night, regarding sleep as a waste of time. Renowned painter Leonard da Vinci slept only two hours a night. Did these intellectual minds simply require less sleep than everyone else, or is sleep a matter of personal choice and lifestyle?

According to the National Sleep Foundation, sleep is a vital indicator of overall health and well-being. A continued lack of sleep can cause long-term health problems, including high blood pressure, diabetes, heart attack, and stroke. Other potential problems include obesity and depression.

Research cannot determine exactly how much sleep people need for optimal health. However, the National Sleep Foundation provides recommendations for how much sleep people should get based on their age.

Recommendations are provided for nine age groups, ranging from newborns to older adults. For example, toddlers (1-2 years) should get 11 to 14 hours of sleep a night; school-age children (6-13), 9 to 11 hours; and adults (26-64), 7 to 9 hours. The National Sleep Foundation recently added recommended sleep durations for two new age categories: younger adults (18-25), 7 to 9 hours; and older adults (65+), 7 to 8 hours.

People who do not get enough sleep may have a medically diagnosed sleep disorder. These conditions can include sleep apnea, periodic limb movement disorder, narcolepsy, restless legs syndrome, insomnia, and nighttime behaviors like sleepwalking and REM sleep behavior disorder. However, not getting enough sleep is not always due to an underlying medical reason.

The American Academy of Sleep Medicine states that behaviorally-induced Insufficient Sleep Syndrome (ISS) is a prevalent cause of excessive daytime sleepiness and fatigue. It occurs when a person fails to get enough sleep, resulting in sleep deprivation.

ISS is a result of choices that people make that keep them from getting enough sleep. Common causes of ISS include working long hours and/or shift work, or restricting sleeping in favor of some other activity, such as watching TV. To further complicate matters, stimulants such as coffee, energy drinks, and lights from electronic devices can interfere with the sleep cycle.



PTSD *(continued from front)*

Primary treatments for people with PTSD are medications (antidepressants), one-on-one therapy, group therapy, or both. The National Institute of Mental Health notes that PTSD affects people differently. So, a treatment that works for one person may not work for another.

The number of Veterans with PTSD varies by service era. The National Center for PTSD contends that as much

as 20 percent of Veterans who served in Afghanistan and Iraq have PTSD in a given year. Similarly, about 12 percent of Veterans from the Gulf War have PTSD in a given year. Approximately 30 percent of Vietnam War Veterans have had PTSD in their lifetime.

Contact a healthcare provider if you or someone you know has symptoms of PTSD.

JUNE & JULY

Community Health Programs

MONTHLY HEALTH SCREENINGS

June & July

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be available at the following clinic locations.

Oakland Clinic—June 7 @ 7:30–8:30 am

Paris Clinic—June 21 & July 19 @ 7–9 am

Chrisman Clinic—July 9 @ 7:30–8:30 am

Fasting for eight hours in advance required. Cost is \$25 at each location. Call 217-466-4228.

ANDY HOGAN MEMORIAL GOLF OUTING

June 1

» Fifteenth annual event to benefit Edgar County Diabetes Association; 12:30 pm, Eagle Ridge Golf Course, Paris. Entry fee \$65 per person; includes cart, green fee, drinks, lunch, prizes. Entry deadline for golfers is June 1 by 11:30 am. Call 217-466-4228.

EZ CARE-MARSHALL OPEN HOUSE

June 3

» Meet the staff and enjoy refreshments at this open house event from 4 to 6 pm. A ribbon cutting ceremony will take place at 4:30 pm at the walk-in clinic, located at 1602 N. IL Highway 1, in Marshall.

FREE ADULT CPR/AED CLASS

June 3 & July 1

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4045. When calling, leave your name and you will be registered.

SAFE SITTER CLASS

June 10

» Teaches boys and girls ages 11-13 basic lifesaving techniques. From 8:30 am to 3 pm, Conference Room D. \$35. Call 217-466-4228.

CLINICS CLOSED

July 4

» Horizon Health clinics in Paris, Chrisman, and Oakland will be closed for Memorial Day. EZ Care in Paris will be open from 9 am to 7 pm.

DINE WITH A DOC

July 12

» Dr. Ronald Wheeler, orthopedic surgeon at Horizon Health, will be the featured speaker at this free monthly program at 11 am at Trinity United Methodist Church, 503 S Michigan Ave., in Marshall.