



Paris
Community
Hospital
Family
Medical
Center

May 2017

Too much to handle

staying
healthy

Anxiety disorders affect 40 million adults

Feeling anxious is the body's natural reaction to stressful, dangerous, or unfamiliar situations. But for those suffering from an anxiety disorder, anxiety feels anything but normal.

1 People with anxiety disorders frequently have intense, excessive, and persistent worry and fear about everyday situations. Symptoms can include headaches, nausea, trembling, sleeplessness, and problems concentrating. When normal anxiety becomes irrational and begins to recur and interfere with daily life, it is classified as a disorder.

According to the National Institute of Mental Health, anxiety disorders are the most common mental illness in the US, affecting 40 million adults.

2 Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events. Examples of anxiety disorders include the following, with statistics provided by the

Anxiety and Depression Society of America:

Generalized Anxiety Disorder *Affects 6.8 million people*

A constant sense of worry and fear that interferes with daily life. Symptoms include restlessness, fatigue, difficulty concentrating, irritability, and sleep problems.

Panic Disorder *Affects 6 million people*

Sudden periods of intense fear that may include heart palpitations, sweating, shortness of breath, and feeling of impending doom. Individuals have intense worries about when the next attack will happen and fear or avoidance of places where panic attacks have occurred in the past.

Social Anxiety Disorder *Affects 15 million people*

Involves a strong and persistent fear of social or performance situations in which humiliation or embarrassment may occur. Individuals experience intense distress, self-consciousness, and fear of judgment in everyday social interactions.

Specific Phobias

Affects 19 million people

Strong reactions to irrational fears. Individuals work hard to avoid common places, situations, or objects even though they know there is no threat or danger. Specific phobias commonly focus on animals, insects, germs, heights, driving, public transportation, flying, dental or medical procedures, and elevators.

Obsessive-Compulsive Disorder (OCD)

Affects 2.2 million people

Unwanted and intrusive thoughts that people cannot seem to get out of their heads (obsessions). This often compels individuals to repeatedly perform ritualistic behaviors and routines (compulsions) to try and ease their anxiety.

3 It is not uncommon for someone with an anxiety disorder to also suffer from depression, or vice versa, according to the Anxiety and Depression Association of America. Anxiety disorders are generally treated with therapy, medication, or both.

Jane Furry, RN, BSN



Jane Furry, RN, BSN, is a registered nurse and the manager of Senior Care, a department of PCH/FMC. Senior Care is a voluntary behavioral health service for Medicare patients ages 65 and older, as well as Medicare disability patients.

Jane has more than 30 years of nursing experience (half in the behavioral sciences), having held various clinical, instructional, and administrative positions.

Jane earned her nursing degrees at Indiana State University. As a nurse, her passion has been working with adolescents suffering from psychological problems and chronic health conditions, such as diabetes and asthma.

She served as the school nurse at Paris High School and Mayo Middle School for six years.

Jane is a lifelong Paris resident. She and her husband, Donnie, have four adult sons and six grandchildren. In her spare time, she enjoys spending time with family and friends, and taking short vacations with her children and grandchildren.



Depression, anxiety can occur together

While depression and anxiety disorders are different conditions, they share some common ground.

People with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping and concentrating (see front page article). But each disorder has its own causes and its own emotional and behavioral

symptoms.

According to the Anxiety and Depression Association of America, many people who develop depression have a history of an anxiety disorder earlier in life. There is no evidence one disorder causes the other, but there is clear evidence that many people suffer from both disorders.

Depression, also called "clinical depression," is a mood disorder that causes chronic feelings of sadness and hopelessness. It affects how a person feels, thinks, and handles daily activities, such as sleeping, eating, or working. To be diagnosed with depression, symptoms must be present most of the day, for nearly every day for at least two weeks, notes the National Institute of Mental Health.

Research suggests that a combination of genetic, biologi-

cal, environmental, and psychological factors play a role in depression.

Depression can occur along with other serious illnesses, such as diabetes, cancer, heart disease, and Parkinson's disease. Depression can make these conditions worse and vice versa. Sometimes medications taken for these illnesses may cause side effects that contribute to depression symptoms.

According to the National Institute of Mental Health, women experience depression more often than men. Their symptoms include sadness, worthlessness, and guilt. Men are more likely to be very tired, irritable, and sometimes angry.

Once diagnosed, depression can be treated with medications, therapy, or a combination of the two.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs May & June

National Nurses Week

May 6-12

This year's theme is "Nursing: The Balance of Mind, Body, and Spirit." Join us as we celebrate the role nurses play in delivering the highest level of quality care to their patients.

National Hospital Week

May 7-13

This year's theme is "The Healing Heart of Healthcare." Join us in thanking the men and women who provide healthcare services in our community.

Monthly Health Screenings

May 10; June 21

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 4228.

Twilight Walk, Honoring Nurses

May 10

PCH/FMC will sponsor its fourth annual Twilight Walk honoring active, retired, and deceased nurses on the Edgar County Courthouse lawn at 6 pm. The walk is free, but participants may purchase a luminary for \$3 to honor a nurse (LPN or RN) of their choice, which will be displayed the evening of the walk. Call Somer Nagrodski at 217-465-2606, Ext. 4320.

Medical Weight Loss Seminar

May 16; June 20

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Free Adult CPR/AED Class

May 17; June 14

This free, non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED). The class takes place from 8 am to 1 pm in Conference Room D. To register, email Somer Nagrodski at SNagrodski@pchfmc.com or call 217-465-2606, Ext. 4320. When calling, leave your name and you will be registered.

Volunteers' Chocolate Sale

May 24 & 25

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the FMC.

Andy Hogan Memorial Golf Outing

June 3

The Andy Hogan Memorial Golf Outing to benefit the Edgar County Diabetes Association will take place at 12:30 pm at Eagle Ridge Golf Course in Paris. Entry fee is \$65 per person, which includes cart, green fee, drinks, lunch, and prizes. Entry deadline is June 3 by noon. Call Leighsa Cornwell for more information at 217-465-2606 (or toll free 1-866-465-4141), Ext. 4228.

Safe Sitter Class

June 5

A Safe Sitter class for boys and girls ages 11-13 will take place from 8:30 am to 3 pm in Conference Room D. This nationally recognized class teaches adolescents basic lifesaving techniques so that babysitters are prepared to act in a crisis. Cost is \$35. Scholarships may be available based on financial need. Register by May 25. Call Leighsa Cornwell at 217-465-2606, Ext. 4228.

Hospital Annual Meeting

June 12

The annual meeting of the Hospital & Medical Foundation of Paris, Inc. will take place at 7 pm in the Family Medical Center. Members are encouraged to attend and refreshments will be served.