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by M. Scott Stanley, MS, Wellness Coordinator

September is national cholesterol education month. Cholesterol is a naturally occurring fatty substance with a variety of important uses in the body. However, when levels become too high, the risk of cardiovascular disease increases greatly. Cholesterol can build up and cause narrowing of arteries carrying blood and oxygen to the heart, increasing one's risk of heart attack and possibly stroke. There are two main types of cholesterol: LDL and HDL. LDL cholesterol is the "bad" type that clogs your arteries. HDL is the "good" type that keeps your arteries clean and prevents heart disease. Triglycerides are another type of blood fat that can cause disease in high levels. The following is a guide for understanding cholesterol numbers.

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by M. Scott Stanley, Wellness Coordinator

Deptember is also prostate cancer awareness month. The prostate is a walnut-sized gland located in the male reproductive system. Other than certain types of skin cancer, prostate cancer is the most common form of cancer in men. In fact, 189,075 men were diagnosed with the disease in 2004, and 29,002 men died of the disease. The prostate-specific antigen (PSA) test from their physician every year starting at the age of 50. However, regardless of age, notify your physician immediately if you have any of the following symptoms: blood in the urine, difficulty urinating, or constant pain in the lower back, pelvis, or upper thighs.

Source: Centers for Disease Control and Prevention

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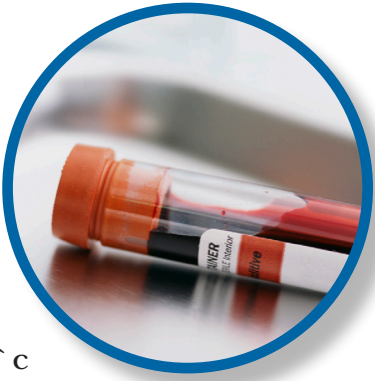
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by Jeannine Virtue

2cc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á the ADD adult largely under served. Most of the information presented about C^ecc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Áæ } áÁ&@ [!|á••^•ÉÁ All but one ADHD medication currently on the market achieved FDA approval for æá~|c^Ecc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á

C^ecc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á a child decades ago. While today many express concerns of over diagnosis of C^ecc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á [-Áæá~|c^Á, ác@ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á

CEá~|c^Á, ác@ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á own child is diagnosed. Looking through the list of symptoms, the parent often sees similarities in their own present or past behavior.

Y^cÉÁc@^Á~|á!^•Á [-ÁCEcc^}cá [} ÁÖ^, &áčÁæ!^Á [-c^}Ác@^Á•æ { ^ÉÁ, @^c@^!Áá}ÁæÁ&@á!^}Áæ } Á adult. The ADD adult might have trouble with staying on task, staying organized æ } áÁ! [!&!æ•cá } æçá } *ÉÁ~•c^æ•Ác@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á Ö^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á their mood, just like an ADD or ADHD child. The main difference between the ADD æá~|c^æ } áÁc@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á sophisticated coping mechanisms.

Ø [!Ác@^Áá^cc^!Á } æ!cÉÁc@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á for children is about the same for the adult, with the word “work” substituted for %•&@ [!É+ÁY [^Á&æ } Áæ] • [Á] [!ÁæcÁc@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á ask yourself if, as a child, you had such symptoms or currently have such Attention Ö^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á

Ó^| [, Áá^Áæ } Áæá~|c^Á • []c [{ Ác^•cá, ác@Á • []c [{ •Á~ } á~^Ác [Ác@^ÁCEcc^}cá [} ÁÖ^, &áčÁ Disorder adult. This self test is not a diagnostic test but a source of information - [!Ác@^Áá^ } c^c!^á } *Ác [Áá^c^! { }á } ^Áá-ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á their life.

2Ufje255 D^ ae ^ EVD If you experience more than 10 points on this æá~|c^Ecc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á

- » An internal sense of anxiety
- » Impulsive spending habits
- » Frequent distractions during sex
- » Frequently misplace the car keys, your purse or wallet or other day-to-day items
- » Lack of attention to detail
- » Family history of ADD, learning problems, mood disorders or substance abuse problems
- » Trouble following the proper channels or chain of commands
- » An attitude of “read the directions when all else fails”
- » Ø!^~^}Ác!æ-, &Áçá [!æçá] •
- » Impulsive job changes
- » Trouble maintaining an organized work and/or home environment
- » Chronically late or always in a hurry
- » Frequently overwhelmed by tasks of daily living
- » Ú [!Á, }æ } &áæ!Á { }æ } æ^ { } ^ } c^æ } áá frequent late bills

- » Procrastination
- » Spending excessive time at work á~^Ác [Áá } ^-, &á^ } &á^•
- » Inconsistent work performance
- » Sense of underachievement
- » Frequent mood swings
- » Trouble sustaining friendships or intimate relationships
- » A need to seek high stimulation activities
- » Tendency toward exaggerated outbursts
- » Transposing numbers, letters, words
- » Tendency toward being argumentative
- » Addictive personality toward food, alcohol, drugs, work and/or gambling.
- » Tendency to worry needlessly and endlessly
- » “Thin-skinned” - having quick or exaggerated responses to real or imagined slights.

So you hit a number of points on the adult ADD self symptom test, now what?

First, it is important that a physician rule out conditions like anxiety, depression, hypothyroidism, manic-depressions or obsessive compulsive disorder that can { } á } á&Ecc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á and menopause can produce foggy thinking, anxiety and exaggerated outbursts. Y [{ } ^ } Á • @ [~ |á!^ | ^Á [^cá] ^!á { } ^ }] æ~•Áá-Ác@^ÁCEcc^}cá [} ÁÖ^, &áčÁ • []c [{ •Áæ }] ^æ!Á in their late 30s or 40s.

Ú@~•á&æ } •Ác^] á&æ!^Á, !•cá] !^•&!á^Áæ } c^á^!^••æ } c^Á | á^ÁÚ! [: æ&Á- [!Áæ } Áæá~|c^Á, ác@Á ADD, since depression issues often go hand-in-hand with adult ADD. Physicians usually move to stimulant medications like Adderall, Concerta or Ritalin or Strattera if antidepressants do not work.

The stimulant medication treatment route is not recommended for people with a history of drug or alcohol use or abuse since these are controlled substances with æá~æá!^Á@*•Áá^*!^Á [-Áæáá&cá [} Á] [c^ } c^æ!Áá } Áæá~|c^ÉÁÚ [{ ^Áæá~|c^Á, } áÁc@æcÁc@^Áá^Á^~Á&c^Á [-ÁEÖPÖÁ { ^áá&æçá [} •Áæ!^Á } [c^Á,] !c@Ác@^Áá^ } ^, c^Á [-Ác@^Á { ^áá&æçá [} É

V@^Á CEcc^}cá [} Á Ö^, &áčÁ Öä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á effects of ADD medication treatment by incorporate diet, exercise and lifestyle { [áá, &æçá] • É

CJNRVAVDAR LBfZæeV> ZU+ Regular and vigorous exercise can á^Áç^!^Á@^!~|Á- [!Ác@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á adults tend to have addictive personalities. Exercise is a good addiction. Aside - [!Ác@^Á } áçá [~•Á@^æ!c@Áá^ } ^, c^ÉÁ!^*~|æ!Á^c^!&á^Áá^Áæ! • [Áæá*!^æçá, æ^Ác [Á!^!^æ•Á^Á steam and quiet the mind. Some studies also link regular exercise to decreased á^!^••á [} ÁÉÁæÁ& [} ááçá [} Á& [{ [} Á, ác@ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á

5Zæ-The brain is a hungry organ that cannot function at optimal levels without the proper fuels. To keep the brain functioning at top performance, ADHD diets packed with brain boosting essential fatty acids and amino acids is a must. A diet high in lean protein provides amino acids necessary for brain functioning.

The ADD adult can also meet these crucial dietary requirements for Attention

Ö^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á are giving the brain the fuel it needs to function properly.

CVæfTæZ X æV 255 Rfje V gæ _ ^ V e^ V@^Á CEcc^}cá [} Á Ö^, &áčÁ Disorder adult should get into the habit of making lists. The list should include any æ } áÁæ!Áææ~•Á!^~!á^!Áá- [!Ác@^Ááæ~ÉÁ- [{ Á%T []Ác@^Ááæ&@^ } Á' [!+Ác [Á%Öá } á • @Ác@^Ááæ!^Á proposal.”

Y !áç^Á [~ |Á!á^cá, ác@Ác@^Áææ~•Á [-Á@á*•Ácá] á [!áç^Á, !•cÉÁU } &Ác@^Áá*•Ácá] !á [!áç^Áææ~•Á is completed, mark it off and go to the next. Warding off the urge to skip around on the list will take some discipline but the sense of accomplishment at completed tasks is well worth the effort.

V@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á coat and on their bed stand. Thoughts come and go quickly. Jotting the good ideas down will ensure that they don't go away quickly - assuming the notepad does not get lost in the process...

The alarm clock or a wristwatch with an alarm can be a great tool for the Attention Ö^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á certain time, set the alarm. If you have food cooking on the stove and you leave the kitchen, set the alarm. If you have an important appointment, set the alarm.

Šæ!^Áææ~•Ác^}áÁc [Áç^! , @^! | Ác@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á] c^Á [-Á!æ!^Áææ~•Áæ~•Á! [] } *Áæ•Á [] ••á!^Ááçá^Á } [c^~ } & [{ [] } Á- [Ác@^ÁCEcc^}cá [} ÁÖ^, &áčÁ Disorder adult to procrastinate until the “11th Hour” and then pull an all-night jam session trying to meet a deadline.

Ø [!Á!æ!^Áææ~•ÁÉÁc@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á into smaller, more manageable tasks and attach deadlines to the smaller tasks. If ^ [^ } Á } ^ÁáÁc [Á, } á • @Áæ!áæ!^Á] [!^Á&c^Á } Á] ^Á, ^Á^ÉÁ- [!Áá } •cæ } &ÉÁ&•@^á~|Á^ } ^á, &Ác { ^Á ^Á&@Ááæ~Ác [Á, [!ÁÁ [] Áæá^ } ^á, &Áæ } ^Á&c [-Ác@^Á] [!^Á&cÉ

CE } áæá~|c^Á, ác@ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á of a coach. A coach is a close and trusted friend, co-worker or therapist whose •] ^Á&á, &Á~ } &cá [} Áá^Ác [Á@^!] Ác@^ÁCEcc^}cá [} ÁÖ^, &áčÁÖä • [!á^!Ác^}á•Ác[-&~•Á]!^á [{ }æc^!^Á []Á&@á!^}ÉÁ!^æçá } *Á track and focused while providing encouragement.



About the Author: Jeannine Virtue is a freelance writer and mother of an Attention Ö^, &áčÁc^}ÉÁØ [!Áá } - [! } æçá [] Áæá [~c^Á^Á&c^ÁÁá!~*É-!^ÁÁCEÖPÖÁc!^æc { } ^ } c^ÉÁçá } áç <http://EæááÉæá@áÉ^!|É&^c^Á&f m> [!Á^É { æ!Á@^!Áæc^!çá!c^ÁÖæáÉæá@áÉ^! } &^ } c^Á& [{ } É

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