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Behavioral Health Systems EAP Newsletter

About EAP

Judi Braswell, Director, Education & Training

Your employer provides an Employee Assistance Program for you and your dependents to provide assessment, referral and/or short-term problem resolution.

The value of EAP? By providing an assessment, at no cost to you, the issues can be clarified, options identified, and the appropriate resources located. By assessing the problems first, you potentially save time and money by scheduling an appointment with the professional able to assist you.

- Grief Counseling
- Substance Abuse
- Depression
- Eating Disorders
- Anxiety
- Other Addictions

If you, or a covered family member, is struggling with any personal issue, give a clinical coordinator a call today at 205-879-1150 or 800-245-1150. Clinical coordinators are

familiar with your benefit plan and can assist you in scheduling an appointment for an assessment.



Hurricane Katrina: after the storm

Along with the physical devastation and loss of life, Hurricane

Katrina also brings many powerful emotions. These feelings usually lessen over time and impact daily life less and less. But some people may have a more profound and debilitating reaction. Knowing what is a normal response to an abnormal situation, and what signs might indicate you have a more serious problem, will help you determine if and when to seek help from a mental health professional.

These signs include:

- Nightmares and reoccurring thoughts about the event
- Being unable to stop thinking about what happened
- Avoiding thoughts, feelings or conversations that remind you of the event

- Avoiding places or people that remind you of the event
- Having a sense of a foreshortened future
- Continued difficulty falling asleep or staying asleep
- Feeling jumpy or easily startled
- Being overly concerned about safety
- Feeling guilty, worthless or hopeless
- Not taking pleasure in activities once enjoyed
- Having thoughts of death or suicide

If you experience any of these symptoms, call BHS right away. Help is only a phone call away!

What Is High Blood Pressure?

http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html

High blood pressure is a blood pressure reading of 140/90 mmHg or higher. Both numbers are important.

Nearly one in three American adults has high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. The good news is that it can be treated and controlled.

High blood pressure is called "the silent killer" because it usually has no symptoms. Some people may not find out they have it until they have trouble with their heart, brain, or kidneys. When high blood pressure is not found and treated, it can cause:

- The heart to get larger, which may lead to [heart failure](#).
- Small bulges (aneurysms) to form in blood vessels. Common locations are the main artery from the heart (aorta), arteries in the brain, legs, and intestines, and the artery leading to the spleen.
- Blood vessels in the kidney to narrow, which may cause [kidney failure](#).
- Arteries throughout the body to "harden" faster, especially those in the heart, brain, kidneys, and legs. This can cause a [heart attack](#), [stroke](#), [kidney failure](#), or amputation of part of the leg.
- Blood vessels in the eyes to burst or bleed, which may cause vision changes and can result in blindness.

Category	Systolic (Top number)	Diastolic (Bottom number)
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High Blood Pressure	Systolic	Diastolic
Stage 1	140-159	90-99
Stage 2	160 or higher	100 or higher

- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- Use the handrail to enter and exit the bus.
- Stay away from the bus until the driver gives his/her signal that it's okay to approach.

Actual want ad:

Nordic track \$300 hardly used, call Chubby

Blueberry Banana Soy Smoothie

3/4 cup frozen sliced bananas
 1/2 cup frozen blueberries
 1 cup [WestSoy® Low Fat Plain Soymilk Drink](#)
 1 Tablespoon honey (optional)

Let fruit stand at room temperature about 5 minutes, to soften lightly. Add all ingredients to a blender or food processor and whirl until mixture is slushy.

Makes 1 serving.