JENNA HOWE

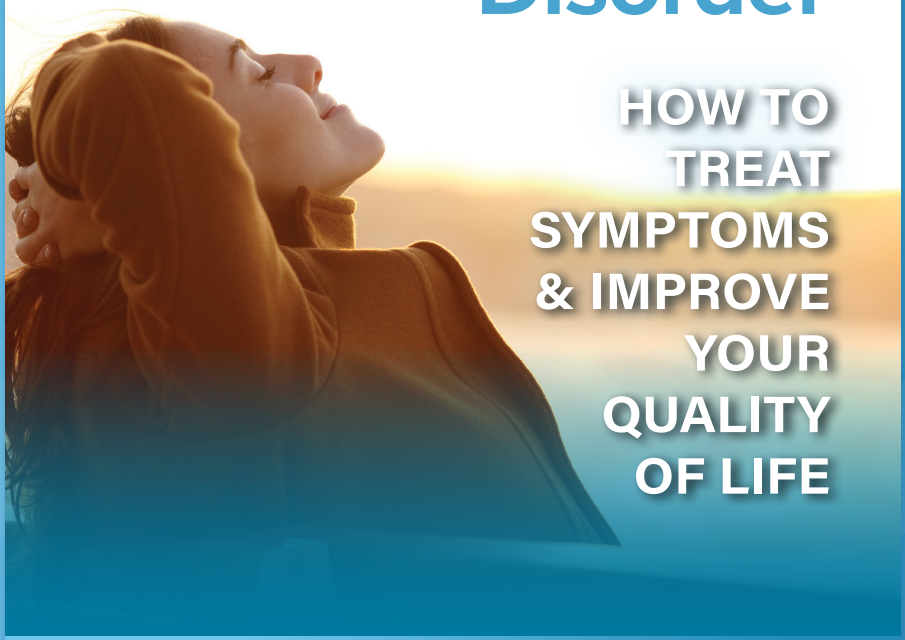
Osteopathy and Concussion Recovery

FEBRUARY 2023 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle

Understanding Seasonal Affective Disorder



HOW TO TREAT SYMPTOMS & IMPROVE YOUR QUALITY OF LIFE

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Healthy Recipe: Simple Grilled Salmon & Vegetables

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Your Resource for a Healthy Lifestyle

Understanding Seasonal Affective Disorder



HOW TO TREAT SYMPTOMS & IMPROVE YOUR QUALITY OF LIFE

Do you feel spikes in depression when the season changes, specifically during the winter months? Are you experiencing much stronger symptoms during certain times of the year? If your answer is "yes" to either of these questions, then you may have Seasonal Affective Disorder, also known as SAD, and benefit from a consultation at Jenna Howe.

Seasonal Affective Disorder is a specific type of depression triggered by seasonal changes. Sometimes, SAD can occur in the spring or early summer months rather than in winter. Most people experience SAD once temperatures drop and cabin fever starts to hit.

If you're experiencing Seasonal Affective Disorder, you are not alone. About 15 million people in the United States and Canada suffer from SAD each year, and the condition is much more common in those who struggle with Bipolar Disorder and chronic depression.

The key to finding solutions is to get help sooner than later. At Jenna Howe, we can help identify the possible factors contributing to your situation and give you solutions tailored to your specific needs.

Common Symptoms of SAD and What to Do to Help Yourself

Often, we associate winter with dark, dreary days. Unfortunately, the lack of sunlight can lead to Seasonal Affective Disorder. The most common symptoms of SAD include the following:

- Fatigue or excessive sleep
- A lack of motivation



- Low confidence and self-esteem
- Difficulty concentrating
- Changes in eating patterns
- Weight fluctuations

With spring right around the corner, there are plenty of ways that you can (get rid of) SAD and enjoy the warmer weather. At Jenna Howe, we understand the struggles of managing SAD, which is why we compiled a list of ways you can help improve your symptoms.

- **Brighten your environment:** You may not know that small environmental changes can positively impact your mental health. During household activities, make sure to sit closer to bright windows.

  If you're experiencing symptoms of SAD, try opening the blinds to let natural light in, replacing dark curtains with lighter-colored ones, and removing any branches or bushes that block sunlight.

- **Normalize sleep patterns:** Getting enough sleep is essential for physical and mental health. You may notice your SAD symptoms worsening if you're falling behind on sleep. Try going to bed consistently earlier in the evening and waking up earlier to take advantage of the sunny morning hours.

- **Get outside:** A breath of fresh air is rejuvenating our mental health. It's best to get out at least once a day. Try taking a daily walk, especially when it's sunny outside, participating in an outdoor hobby, or sitting outside and reading on a nice day.

- **Talk to your doctor:** If you notice mood swings, depression, or any other changes to your mental health, it's important to get help right away. This way, you can rule out any underlying issues and get the right support for your particular situation.

- **Exercise regularly:** Exercise helps to relieve stress and anxiety, both of which are triggered by SAD. Physical activity is not only great for your physical health, but it also releases endorphins and helps to boost confidence. At Jenna Howe, we will guide you through a program tailored to you!

- **Learn how to manage your stress:** Stay away from unhealthy habits and learn techniques for stress management. For example, you can try implementing some calming activities into your routines, such as yoga, painting, and meditation. If you don't find healthy coping skills, unmanaged stress can worsen Seasonal Affective Disorder.

- **Socialize:** Being social can be hard when feeling down or not quite like yourself. However, connecting with friends and family can lessen depressive symptoms and offer much-needed support. Having people to laugh with, confide in, and engage in activities with will positively impact your mood and self-worth.

Request an Appointment at Jenna Howe today!

As you prepare for spring, keep a positive attitude about the warm weather and the refreshing air that awaits you! Call Jenna Howe today to request an appointment and learn more about how we can help you find solutions to any seasonal affective conditions you may be experiencing!

Sources: https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder; https://www.psychiatry.org/patients-families/seasonal-affective-disorder

HEALTHY GRILLING FOR ARTHRITIS SUFFERERS

MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients — olive oil, basil and sundried tomatoes — are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads, try...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

Simple Grilled Salmon & Vegetables



- 1 medium zucchini, halved lengthwise
- 2 red, orange and/or yellow bell peppers, trimmed, halved and seeded
- 1 medium red onion, cut into 1-inch wedges
- 1 tbsp extra-virgin olive oil
- ½ tsp salt, divided
- ½ tsp ground pepper
- 1¼ pounds salmon fillet, cut into 4 portions
- ¼ cup thinly sliced fresh basil
- 1 lemon, cut into 4 wedges

Preheat grill to medium-high. Brush vegetables with oil and sprinkle with ¼ teaspoon salt. Sprinkle salmon with pepper and the remaining salt. Place the vegetables and salmon pieces, skin-side down, on the grill. Cook the vegetables, turning once or twice, until just tender and grill marks appear, 4 to 6 minutes per side. Cook the salmon, without turning, until it flakes when tested with a fork, 8 to 10 minutes. When cool enough to handle, roughly chop the vegetables and toss together in a large bowl. Remove the skin from the salmon fillets (if desired) and serve alongside the vegetables. Garnish each serving with 1 tablespoon basil and serve with a lemon wedge.

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Jenna is incredibly gentle and knowledgeable. I wasn't sure what to expect, and she walked me through each step and procedure. The effect was immediate, and I look forward to continue working with her."

— Shannon W.

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Concussions and Prepping for Springtime Activities

Have you or a loved one had a concussion, or are you looking for ways to avoid one? Jenna Howe can help you resolve any lingering symptoms and teach you how to prevent concussions in the future!

As spring approaches and we say goodbye to cabin fever, it's time to get outside and soak up the nice weather. The warmer months are the best times to engage in outdoor activities such as hiking, cycling, and playing sports. However, this time of year opens the door for common injuries such as a concussion to occur. A concussion is a traumatic brain injury that is caused by a direct or indirect force sustained to the head and neck area. Common concussion symptoms include moderate to severe headaches, dizziness, fatigue, blurred vision, and trouble falling asleep.

Ways to Avoid a Concussion This Spring

- Always wear your seat belt
- Wear a helmet when biking and/or, horseback riding
- During athletic games and practices, ensure all equipment is fitted and properly maintained
- If you notice recurring headaches or suspect a concussion, don't engage in physical activity

While concussions cannot be cured, they are highly treatable, especially when working with an experienced osteopathic therapist. If you have symptoms of a concussion, contact Jenna Howe today!

Sources: https://onlinelibrary.wiley.com/doi/epdf/10.1111/jspn.12357; https://www.tandfonline.com/doi/full/10.1080/02699052.2019.1692369; https://bjsm.bmj.com/content/51/12/978.abstract

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