



Bat-Zion Susskind-Sacks

The art of living well

Newsletter



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In this month's issue:

- Panic Attacks
- Influenza
- Childhood Obesity



"If the only prayer you ever say in your whole life is 'thank you', that would suffice."

Meister Eckhart

Panic Attacks

Panic attacks may be symptoms of an anxiety disorder. They can occur at any time, even during sleep.



Sufferers of panic attacks often report a fear or sense of dying, "going crazy," mistaken heart attack or some other life threatening medical illness. They are accompanied by "flashing vision," feeling faint or nauseated, a numb sensation throughout the body, heavy breathing or losing control of themselves. Some people also suffer from loss of peripheral vision mostly due to blood flow leaving the head to more critical parts of the body in defense.

Scientists don't know exactly why these happen and why some are more prone to have them than others. They have been found to run in families which may indicate that heredity plays a role in dictating who will suffer from it. However, it has been found that even people without family history of the disorder suffer from it.

These attacks are real and even though they can be emotionally disabling, they can be controlled with specific treatments.

Panic disorder can be effectively treated with a variety of interventions including psychological therapies and medication. Research shows that the combination of psychotherapy treatment and medication produces better results than either intervention alone.

There are other steps people may wish to take in order to help make the treatment more effective.

It is known that substances such as caffeine, alcohol or some drugs may aggravate panic attacks and they should be avoided. Those who suffer from panic attacks should also be encouraged to engage in aerobic exercise and stress relieving techniques such as yoga. If left untreated, panic attacks may worsen to the point where the person's life is deeply affected by them and by attempts to avoid or conceal them.



Influenza

The flu is a viral infection. Medically, it is referred to as influenza. Flu is a respiratory infection, that is, an infection that develops primarily in the lungs. Typically, it is transmitted through the air by coughs or sneezes. Influenza can also be transmitted by direct contact with bird droppings or nasal secretion, or through contact with contaminated surfaces.

Seasonal flu can give you any of these symptoms:

- sudden fever (a temperature of 38°C/100.4°F or above),
- dry, chesty cough,
- headache,
- tiredness,
- chills,
- aching muscles,
- limb or joint pain,
- diarrhoea or stomach upset,
- sore throat,
- runny or blocked nose,
- sneezing,
- loss of appetite, and
- difficulty sleeping.



Influenza (continued)

Babies and small children with flu may also appear drowsy, unresponsive and floppy. Symptoms usually peak after 2 - 3 days and you should begin to feel much better within 5 - 8 days. A cough and general tiredness may last 2 - 3 weeks.

There are two types of seasonal flu vaccines, the injection (with killed virus) and nasal spray vaccines (containing live but weakened virus). The vaccine is generally effective against the influenza virus within two weeks of administration, and is only effective against the strains of the virus that match the vaccine. These strains vary from flu season to flu season each year. Flu season spans from November to April, with most cases taking place between late December and March. October and November are considered the best times for vaccination, but it is still effective if administered later.

Vaccination is especially important for people at higher risk of serious influenza complications or people who live with or care for people at higher risk for serious complications. Vaccination against influenza is also crucial for members of high-risk groups who would be likely to suffer complications from influenza for example pregnant women and children and teenagers from six months to 18 years of age. Among school-age children, vaccination has a strong protective effect on the adults and elderly with whom the children are in contact. Vaccination has been shown highly effective in health care workers, with minimal adverse effects.



Childhood Obesity

Obesity among children is not just an unwanted aesthetic phenomenon, it affects children's physical and emotional health and it has become more prevalent in recent years. Research shows that overweight children have greater chances of developing diabetes, high blood pressure, breathing problems, orthopaedic problems and even early sexual development. It affects the child's self image, his emotional state and social status. The prevalence of childhood obesity increases yearly, primarily due to the society in which we live, the worship of comfort, constant pressure, the popularity of fast food and reduced physical activity.

Unfortunately, many parents believe that "it will pass as the child grows older." Some are certain that the basketball club will solve the problem. Others are afraid to cause any complexes for their children and simply believe in reducing snacks while still others are simply unable to evaluate the change that is needed in the family's lifestyle.



Treating child obesity is a long and wide-ranging process. It entails developing awareness, imparting habits, creating cognitive and emotional changes and increasing physical activity. There are four parameters that should be considered as part of the solution to the problem:

Emotional aspect -Identifying the emotional reasons for overeating:

- Bad mood as a result of being subject of mockery amongst his friends
- Good mood - celebrating through eating
- Difficulties with facing failure in exams or friendships
- Boredom

Nutritional follow-up - Acquiring proper eating habits:

- Taking the child shopping to educate about the various food products
- Involving the child in preparing festive or family meals.

Attractiveness of the Menu:

- Preparing healthy and tasty food, teaching to use various senses associated with it : taste, sight, smell, and breaking the myth that low-calorie food is tasteless.



Parental support:

- Parents should serve as a role model to their children, "walk the talk"
- Stop using the reward system of "if you do not finish your meal you will not get to watch tv."
- Changing the mistaken perception that "a healthy child is a child that eats"
- Ceasing with derogatory comments or comparing the child to others.

Happy Thanksgiving!

Yours in Health, Happiness and Success

Batzi

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