



HEALTHY MIND

Let's Talk

World Health Day

April 7 is World Health Day and this year's theme is depression. According to the World Health Organization (WHO), an estimated 350 million people worldwide are affected by depression. In Canada, about 11% of Canadians aged 15-24 experienced depression at some point in their lives, cites Statistics Canada.

Those experiencing depression isn't just going through a short "rough patch" or having a bad day here and there. Depression is a mental disorder and those who are experiencing it feel severe despair for a long time, as it impacts every aspect of their life. It is an illness that requires time, effort, support and understanding.

While there are successful treatments depending on the severity of the symptoms, there are also barriers to receiving effective care on a worldwide scale. Some of the barriers include a shortage of services, lack of trained health care professionals, and of course a social stigma associated with having a mental illness.

The prevalence of depression is on the rise and it can't be ignored. In fact, it's become one of the

priority conditions under WHO's Mental Health Gap Action Programme (mhGAP), aimed to help countries in need of resources to properly treat this illness. It's time to talk about it.

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Source: Statistics Canada

TRG
GROUP BENEFITS

HEALTHY LIVING

Goodness for Your Gut

A Recipe for Healthier Gut Flora

Cold and flu season may be on its way out but boosting your immune system should be a daily effort all year long. One surefire way is to maintain good gut flora. Courtesy of registered dietician, Desiree Nielsen, try this gut friendly recipe, which includes two powerful spices, turmeric and ginger, both known to combat inflammation and provide digestive support.

Turmeric Ginger and Mango Smoothie

Serves One

Vegan, Vegetarian, Gluten Free, Dairy Free

Ingredients

- 1/2 of a fresh mango (or generous 1/2 cup of frozen mango)
- 1 tsp ground turmeric
- 1 inch piece of fresh ginger, peeled
- 1 cup plant-based milk alternative (extra calcium) or coconut water (lighter texture)
- 1/4 cup cashews (a healthy fat to boost absorption and blood sugar-balancing protein)
- tiny pinch of sea salt
- a crack of black pepper

Method

Blend all ingredients together and serve. If you want, you can also soak the cashews in water in the fridge overnight but it isn't necessary.



HEALTHY HEART

Sudden Signs

Raising Stroke Awareness

Have you ever experienced or seen anyone exhibit sudden numbness in the face, arm or leg, especially on one side of the body? How about sudden confusion with speech or have sudden trouble with vision in

one or both eyes? And what about sudden trouble with walking, dizziness, loss of balance, or lack of coordination and sudden severe headaches with no known cause? These could all be signs of a stroke.

A stroke occurs when blood stops flowing to any part of your brain. According to the Heart and Stroke Foundation of Canada, the severity of a stroke depends on the following factors:

- the type of stroke (ischemic or hemorrhagic)
- the side of the brain where the stroke occurred (right or left hemisphere)
- the lobes of the brain affected by the stroke
- the size of the damaged area in the brain
- the body functions controlled by the affected area
- the amount of time the brain area had no blood flow
- the time it took to get to hospital.

While we cannot control any of these factors, it's important to recognize the signs that you or someone may be having a stroke and act F.A.S.T. by doing the following simple test:

F – Face: Ask the person to smile. Is there a droop on one side of the face?

A – Arms: Ask the person to raise both arms. Is one of the arms drifting downward?

S – Speech: Ask the person to repeat a simple sentence. Do the words come out slurred or confusing?

T – Time: Call 911 immediately, if you see any of these signs.

