

Managing The Behaviors Of Bipolar Disorder

BY DR. MIKE ROSMANN

Bipolar disorder occurs in about one percent of farm and nonfarm people, whereas major depression occurs in about six percent of the general population and somewhat more frequently in the agricultural population, according to the National Institute of Mental Health. The Farm and Ranch Life column, "Depression: Common for Farm People," which was published around July 12, 2012, provides additional explanation.

Today's article is a follow-up to last week's column, "Bipolar Disorder: Difficult to Accept and Treat," about the signs of this mood disorder and some medications used for this difficult-to-treat mental health problem. How persons who are prone to bipolar disorder manage themselves can help deter episodes of low mood (depression) or high states (mania).

"John," a 45-year-old farmer, had his first bipolar episode around age 25 and had been hospitalized several times during severe episodes when he felt suicidal or was so "high" his judgment got him into trouble (spending sprees, inability to complete his work satisfactorily). As he aged and went through successive episodes, John learned the signs of an episode and to give over temporary control of some aspects of his life (paying bills, completing farm chores) to "Pam," his wife.

But Pam was tiring of "stepping in" and getting berated by John when she cajoled him to take his medication or found it necessary to arrange for his hospitalization during severe episodes. She needed help, as did John.

John usually found winters to be difficult because he felt down. His bipolar disorder had a "seasonal affective" component, such that he became depressed when the days were short.

Usually John stopped his mood-stabilizing medication, lithium, during the winter. Not everyone's bipolar disorder is seasonal.

As spring approached and the amount of sunlight increased, John's mood brightened and he became energized. There was optimism in his voice and outlook and he felt on top of the world.

Often John did not resume taking lithium because he liked feeling euphoric; he was convinced his ideas were superior to the cautions he was reaping from Pam and friends who could see him becoming manic. Plus, he felt rested after sleeping only four hours and there was so much to do, like his hog chores, driving around the countryside and going to the coffee shops and bars throughout the day.

The trouble was, John seldom completed the tasks around the farm that he started. Pam noticed the hog feeders often were empty. She called me, asking for help.

Together, Pam and I pursued John's hospitalization on a psychiatric unit to reinstate and regulate his medication and to protect him until his judgment improved. Then we embarked on a plan to find others besides Pam who could give John beneficial feedback when he developed mood disorder symptoms in the future.

John chose whom he wanted to rely on for assistance. We met together for a discussion.

We found a light therapy system which John used while reading during the winter months when he was prone to feeling blue. These are available from many companies, most of which can be located online.

Low amounts of sunlight trigger depressed mood in persons with a seasonal component to bipolar disorder when the days are short because the pineal gland, which is sensitive to light, helps to regulate brain chemicals associated with mood, such as serotonin and melatonin.

When days are long and the sun shines brightly, or when regularly using a tanning booth, persons like Jon are prone to manic behaviors. During the spring and summer I asked John to wear a cap with a long bill to reduce the amount of sunlight signaling his pineal gland through his eye retinas.

As Richard Rapport's book, *Nerve Endings*, indicates, there was a time when many of the earth's first sea creatures had a "third eye" which pointed upward from the tops of their heads to detect sunlight. As animals and humans progressed from sea creatures, the "third eye" modified into the pineal gland, but it still serves a powerful role in regulating transmitter chemicals that influence the brain, called the circadian rhythm.

John felt better that he could take charge of regulating his mood to some extent through his behaviors, and he also realized he could moderate the amount of mood stabilizing medication he consumed as the seasons and his mood changed, under the guidance of his psychiatrist.

It also helped John to know that many well-known and respected scientists, musicians and political leaders learned to use the disorder to accomplish much in their lives, and by great dedication, to not let bipolar disorder wear them down to take their own lives or overcome their productivity. Lists of famous persons with bipolar disorder are available online.

It takes John effort and courage each day to gauge how he is doing, to manage behaviors under his control that affect his mood and to consume medication, but he is succeeding.

Readers may contact Dr. Rosmann and obtain previously published columns through the website: www.agbehavioralhealth.com.

Dr. Rosmann is a Harlan, Iowa, farmer and psychologist, available at: www.agbehavioralhealth.com.

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Dr. Mike ROSMANN

Visiting Hours

Cooling Off Inflammation

BY SARA GERMAN, RD, LN
Dietitian at Avera Sacred Heart Hospital

Inflammation: A good thing or a bad thing? Easy answer, right? Actually, it depends. If you're sick, inflammation can be a good thing. It means your body is activating the immune system to help fight off the sore throat or sinus infection. Sometimes, however, inflammation occurs even when there is no infection. Over time, inflammatory markers and chemicals can wear down the body, increasing the risk for diseases like cancer, heart disease, diabetes, and depression.

Fortunately, there are plenty of things you can do to help reduce inflammation: getting enough sleep, reducing stress, keeping your teeth and gums in good health by flossing and brushing and engaging in moderate exercise. Your doctor may suggest a low dose of aspirin. Choosing to follow a healthy diet can also play a role.

The "Western diet" that many Americans adhere to - high in saturated fat, refined grains and sugars - actually seems to promote inflammation. On the other hand, the Mediterranean diet - rich in plant foods (fruits and vegetables, whole grains, nuts, beans and legumes), olive oil and spices - appears to do just the opposite. Part of the reason the Mediterranean diet has so many health benefits may be due to its anti-inflammatory properties.

Nutrients that may have anti-inflammatory properties include the antioxidants, omega-3 fatty acids, folate, fiber, unsaturated fats, zinc, vitamin D, vitamin E and vitamin C. Simply taking supplements isn't the answer. Nutrients work best when you get them naturally in food as part of a healthy diet. So where can you find these nutrients?

- Antioxidants - Have you ever heard the phrase, "eat the rainbow?" The pigments that color fruits and vegetables are antioxidants. Berries and tomato products are especially dense in antioxidants, as are dried fruit and green leafy vegetables. Some other good sources are red wine, dark chocolate, walnuts, coffee and tea. Spices and herbs like cinnamon, turmeric, green herbs, garlic, ginger, pepper and cloves are also high in antioxidants.

- Omega-3 fatty acids - These can be found in fish (especially fatty cold-water fish, like salmon), algae and grass-fed meat, such as grass-fed beef or bison. Walnuts, ground flaxseed and chia seeds are good plant sources of omega-3 fatty acids.

- Folate - You can get this vitamin in dark green leafy vegetables, citrus fruits and legumes. Brussels sprouts and asparagus are good sources. Many grain products are also fortified with folic acid - most breakfast cereals are a good source.

- Fiber - Any unprocessed plant food (including fruits and vegetables, whole

grains, legumes and nuts) contains fiber. Some products, such as breakfast cereals or snack bars, have extra fiber added.

- Unsaturated fats - Olive oil is a great choice for salad dressings or sautéing food over low to medium heat. Most other vegetable oils are high in unsaturated fat as well, the exceptions being palm oil and coconut oil.

- Zinc. Most high protein foods are high in zinc. Red meat, poultry, oysters and other seafood are especially good sources.

- Vitamin D. The sunshine vitamin can be found in fortified dairy products and egg yolks. Many people in South Dakota are deficient in vitamin D because of the cold, dark winter. This is one nutrient that you may need to supplement - talk with a health professional.

- Vitamin E. Nuts and seeds (such as sunflower seeds, almonds, and peanuts), and vegetable oils are the best sources of vitamin E. Sunflower and safflower oil are the oils highest in vitamin E.

- Vitamin C. Citrus fruits (oranges, grapefruit, and lemons), tomatoes, and potatoes are high in vitamin C. Other good sources are red and green peppers, kiwifruit, broccoli, strawberries, tropical fruits, Brussels sprouts, and cantaloupe.

Woman Worries Her Friend May Harbor A Dark Side

BY ABIGAIL VAN BUREN

DEAR ABBY: I'm incredibly fond of my friend "Russell." He is always supportive, considerate and kind to me. However, I know that he is into S&M and this worries me, as I can't reconcile the two different people - a gentle person with someone wanting to dominate and possibly hurt a woman in bed.

Should I be worried that Russell is hiding a dark side that will eventually come out and ruin our friendship? - WORRIED FRIEND IN AUSTRALIA

DEAR WORRIED: You and Russell must be very close friends if he is describing his sexual practices with you. My experts tell me that acting out on aggressive fantasies does not necessarily mean a person is aggressive.

As long as your relationship remains platonic, what he does in the bedroom shouldn't affect it. But if you're considering taking your friendship with Russell to another level, it's important that you talk further about this. If this isn't something you're interested in exploring - and it isn't for everyone - then draw the line or move on.



DEAR ABBY

Jeanne Phillips

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

week ago. What do I do, Abby? - CONFUSED TEEN

DEAR CONFUSED: You have my sympathy. I hope your mother's rehabilitation will be successful. It's good that she is going to meetings, and I agree with you that it's too soon for her to be staying with her boyfriend.

However, she's unlikely to accept hearing it from you or me, which is why you should talk to your grandmother about your feelings. Your mother might accept it if she hears from your grandmother that should there be any "bumps" in her relationship with this man - and there usually are a few - that they could jeopardize her sobriety.

DEAR ABBY: I have a 19-month-old son, "Nicky." He stays at my in-laws' house most days while my husband and I work. Lately, I've noticed when I go to pick him up that Grandma and Grandpa like to give him "kiss attacks," where they hold him "hostage" and give him several kisses.

Sometimes he lets them, and it's not a problem. Other times he squirms, whines and tells them no. It's painful to watch, especially when they respond with, "I know

you're not going to like this, but I'm going to do it anyway."

I think this is a huge violation of my son's boundaries. It teaches him he should just give in because nobody cares that he's uncomfortable. My husband thinks Nicky is too young to understand, and that it's not going to hurt him to have extra affection.

I'm an affectionate person who likes to hug and kiss my son, too, but if he's not in the mood, I let him be. Who is right? - LOVING MOMMY IN COLORADO

DEAR LOVING MOMMY: You are. Affection is something welcome. If you don't want it, it's not affection. The most significant issues in child development have to do with nurturing and building trust. However well meant, holding a child "hostage" is more a display of power than affection.

If your in-laws stopped "attacking," your son would be more likely to seek their affection when he wants it. A better way to demonstrate their love for him would be to do something creative, like draw a picture showing their affection for him.

Asbestos Certification Courses To Be Held

BROOKINGS - The South Dakota State University Engineering Extension Office will hold various courses on asbestos abatement and handling. In addition to offering one-day refresher/recertification courses, the office will hold multiday initial courses for management planners, inspectors and contractor/supervisors.

The initial courses will be held:

- Contractor/Supervisor Course - March 10-14, SDSU
- Inspector Course - April 28-30, SDSU
- Management Planner Course - May 1-2, SDSU

The refresher/recertification courses will be held:

- Contractor/Supervisor Refresher/Recertification Course - April 30, Days Inn, Brookings
- Inspector Refresher/Re-

certification Course - May 1 (a.m.), Days Inn, Brookings

- Management Planner Refresher/Recertification Course - May 1 (p.m.), Days Inn, Brookings

Once an individual has completed an initial course and passed the certification exam, a one-day recertification class must be taken each year to remain certified. In addition, once every three years, the individual must successfully pass the recertification test, which is given at the end of the recertification class each year. Participants in the initial courses would then be eligi-

ble to attend the SDSU Refresher Courses, which are typically held annually during the second week of May.

"They put on a good class, they're very thorough on what they do and make sure everyone is well trained on what they need to know to do their jobs properly," said Bruce Smidt, a program specialist with the Sioux Falls Community Development Office. Smidt has attended the class annually since 1996. "We've recommended it to other organizations because they do such a good job of putting on the class."

According to the South Dakota Department of Environment and Natural Resources, an individual is permitted to attend the recertification course up to 90 days prior to the expiration date of one's current certification card. One is also permitted to take the course up until 90 days after the expiration date of the current certification card.

For more information or to request a registration form, email or call SDSU Engineering Extension at SDSU.EngineeringExtension@sdstate.edu or (605) 688-4101.

SCHOLARSHIPS

STUDENT OF INTEGRITY AWARD SCHOLARSHIPS

OMAHA, Neb. - The Better Business Bureau (BBB) Foundation, a 501(c)3 charitable organization of the Better Business Bureau, Inc., invites high school seniors, throughout its service area, to apply for its annual Student of Integrity Awards. In 2014, eight students will each be granted \$2,000 college scholarships: two from South Dakota, two from metro Omaha and southwest Iowa, two from the Kansas Plains area, and two from metro Lincoln and greater Nebraska.

The Student of Integrity Award Scholarships were created to recognize and nurture future ethical business leaders. The winners will be selected by four pan-

els of independent judges representing the academic and business communities in Sioux Falls; Omaha, Neb.; Lincoln, Neb.; and Wichita, Kan. They consider each student's character, leadership, academics and the content of their essays. The students who are granted the scholarships will be those who best demonstrate their commitment to honesty and accountability both inside and outside the classroom.

The award winners will be announced in April and recognized at a BBB Integrity Awards Luncheon in the fall. "It is always a very difficult task for the judges to choose the winners because of the fine quality of the applications. But now, more than ever, it is important to reward our students, our future leaders, for their

integrity. Receiving applications for these scholarships is confirmation that moral character and the understanding of ethics are alive and well in students throughout our BBB's service area," said BBB President and CEO Jim Hegarty.

The application guide with full details and required forms can be downloaded from the BBB's website, in the Announcement section, at www.bbb.org/. For more information, contact Sioux Falls Branch Manager Jessie Schmidt at 605-271-2067, 800-649-6814 #8700 or JSchmidt@bbbsouthdakota.org. The BBB and its Foundation look forward to rewarding eight well-deserving students for upholding high ethical standards. Application deadline is Friday, March 7.

HELLO MY NAME IS
Matthew West
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