



# A Healthy Outlook!

240-314-1040 • FAX 240-314-1049 • [www.montgomeryschoolsmd.org/departments/EAP](http://www.montgomeryschoolsmd.org/departments/EAP) • Vol. 16 No. 2



## Year-round HYDRATION

FROM THE HOT, sultry days of summer to the bone-chilling days of winter, your body needs water to maintain

its normal temperature. Staying well-hydrated is important no matter what the weather. Extreme temperatures act more quickly to dehydrate the body, making it important to drink water-based beverages, even though you may not feel like it. Try to drink eight 8-ounce glasses every day, with increased amounts for added activity. If you spend lots of time outside, your need will increase. Beverages that best meet hydration needs include water, juices, milk, or caffeine-free coffee or tea. Carrying a water bottle makes it easy to remember to drink. Alternating

water and coffee in your mug is another way to meet your needs.

### Bottled Water

Bottled water, in many cases, is no better than the water in your tap. Bottled water is convenient and that makes it helpful for people who have trouble remembering to consume the recommended 8 to 10 glasses of water they need each day. When it comes to nutrition, some bottled water may not have the fluoride that is found in tap water. For most people, water is the best source of fluoride so relying on bottled water may compromise this intake. Check the label for added fluoride, or try filling an empty bottle with tap water so both the convenience and fluoride are still there.

### Water, with a side of...

Bottled waters now contain everything from more oxygen to vitamins. But are those additions necessary?

## The EAP is MOVING July 2016!

**Our new location:**  
**45 West Gude Drive**  
**Suite 1300**  
**Rockville, MD 20850**  
**Phone: 240-314-1040**

Eating a variety of foods makes it easy to consume enough vitamins; more vitamins will not improve athletic performance, unless you were vitamin-deficient to begin with. If you prefer flavored water over plain, check the label for calories per serving and added sugars. If you do not want to spend extra money on bottled water, try adding a lemon, lime, orange slices, or a small amount of fruit juice to enhance the flavor of tap water.

*continued on page 2*

## Upcoming Events:

### CAREGIVER MCPS SUPPORT GROUP

To support our caregivers, the MCPS EAP offers a Caregiver Support Group, designed to provide helpful resources and establish connections among the caregivers within our MCPS community. The meetings are held one Wednesday per month from 4:15–5:30 p.m. at 45 West Gude Drive. Guest speakers present on important topics related to caring for a loved one. All are welcome to attend. For more information or to register, please contact the EAP at 240-314-1040.

## In This Issue

- 1 Year-round Hydration
- 1 Upcoming Events
- 2 Sleep Duration Recommendations
- 2 Prescription Opioids and Pain Management
- 3 Domestic Violence Increases During the Summer
- 4 Ask the EAP

## Year-round Hydration

continued from page 1

### Eat Your Water?

Water does far more for your body than just satisfy your thirst. Almost every body cell, tissue, and organ needs water to function. In fact, water is the nutrient your body needs in the greatest amount. The Dietary Reference Intakes from the Institute of Medicine advises an Adequate Intake level of 3.7 liters (125 ounces) of total water daily for males ages 19 and older, and 2.7 liters (91 ounces) daily for females 19 and older. While drinks supply a good portion of your water requirements, solid foods also provide a surprising amount. For example (number in parentheses is the percentage of water by weight):

- ♦ **Lettuce (95%)**
- ♦ **Watermelon (91%)**
- ♦ **Broccoli (89%)**
- ♦ **Grapefruit (89%)**
- ♦ **Carrot (88%)**
- ♦ **Apple (86%)**
- ♦ **Yogurt (85%)**
- ♦ **Rice, cooked (70%)**
- ♦ **Cheddar Cheese (37%)**

Keep your body functioning normally and avoid dehydration by eating healthfully and by drinking your recommended amounts of water.

Provided by [www.wellnessproposals.com](http://www.wellnessproposals.com).  
Printed with permission.

## SLEEP DURATION Recommendations from the National Sleep Foundation

NOT SLEEPING WELL can have a negative impact on your health and moods. According to the National Sleep Foundation, there are many types of sleep disorders that can affect your ability to sleep. For a detailed list and description, go to <https://sleepfoundation.org/sleep-disorders-problems>.

If you are concerned about your quality of sleep, be sure to consult with your health care provider to find out what steps you can take to start feeling better.

Chart taken from the National Sleep Foundation. For more information go to <https://sleepfoundation.org/>. Printed with permission.



## PRESCRIPTION OPIOIDS and Pain Management

LIVING WITH CHRONIC PAIN can be challenging. It is essential that you and your doctor discuss treatment options with all of the risks and



benefits carefully considered. Some medications, such as prescription opioids, can help relieve pain in the short term, but also come with serious risks and potential complications—and must be prescribed and used carefully.

### What is pain?

Before you try to treat your pain, it is important to understand how pain is defined. The International Association for the Study of Pain defines it as “an unpleasant sensory and emotional experience.” It is important to appreciate the suffering component as well as the sensory aspect of the pain.

### What are opioids?

Opioids are natural or synthetic chemicals that reduce feelings of pain. Common prescription opioid pain relievers include the following:

- ♦ Hydrocodone (Vicodin)
- ♦ Oxycodone (OxyContin)
- ♦ Oxymorphone (Opana)
- ♦ Methadone
- ♦ Fentanyl

### Are opioids safe?

Prescription opioids can help with some types of pain in the short term,

continued on page 3

## Prescription Opioids

continued from page 2

but they have serious risks. They can be an important part of treatment in some circumstances and can effectively relieve suffering for patients with active cancer or others in hospice or palliative care. But studies are not available to indicate whether opioids control chronic pain well when used over the long term.

### Before taking opioid medication for your chronic pain:

- ◆ Discuss pain treatment options, including ones that do not involve prescription drugs.
- ◆ Tell your doctor about past or current drug and alcohol use.
- ◆ Discuss all of the risks and benefits of taking prescription opioids.

### What are the risks of using opioids?

Patients who take prescription opioids are at risk for unintentional overdose or death and can become addicted. From 1999 to 2014, more than 165,000 persons died from overdose related to prescription opioids in the United States. Up to one out of four people receiving long-term opioid therapy in a primary care setting struggles with addiction.

### IN ADDITION to the serious risks of addiction and overdose, the use of prescription opioid pain relievers can have a number of side effects, even when taken as directed:

- ◆ **Tolerance**—meaning you might need to take more of the medication for the same pain relief.
- ◆ **Physical dependence**—meaning you have symptoms of withdrawal when the medication is stopped.
- ◆ **Increased sensitivity to pain**
- ◆ **Constipation**
- ◆ **Nausea, vomiting, and dry mouth**
- ◆ **Sleepiness and dizziness**
- ◆ **Confusion**
- ◆ **Depression**
- ◆ **Low levels of testosterone** that can result in lower sex drive, energy, and strength.
- ◆ **Itching and sweating**

## What are nonmedication options for treating pain?

While chronic-pain medication can be effective and important in pain management for many people, it is not the only tool available when it comes to pain treatment, and should not be the only one that is used. Therapies can be aimed at the mind as well as the body. Physical therapy is an important part of any pain-management program. Cognitive behavioral therapy helps people understand the role of pain in one's life and what one can do about it. A variety of approaches and modalities can help one deal with both the physical and emotional parts of pain. They include TENS (transcutaneous electrical nerve stimulation), meditation, relaxation techniques, visual imagery, biofeedback, heat and cold therapy, manipulation and massage, acupuncture, Reiki, and reflexology.

Remember, your doctor is a partner in your pain-treatment plan. It is important to talk about any and all side effects and concerns to make sure you are getting the safest and most effective care. Talk with your doctor about which pain medications might be right for you as well as other therapies that might help.

This information is from the Centers for Disease Control and Prevention. For more information, go to [www.cdc.gov/](http://www.cdc.gov/) and from [www.everydayhealth.com](http://www.everydayhealth.com).

## DOMESTIC VIOLENCE Increases During the Summer



THE END of the school year is a welcome time for the amazing educators in our community, but unfortunately, instances of intimate partner violence increase during these summer months. July is the month

of the year with the highest number of reported incidents of domestic violence.

You might wonder what you can do to help if you notice that a friend or family member is being controlled or abused by his/her partner. Here are hints from the National Domestic Violence Hotline:

- ◆ **Acknowledge that the person is in a very difficult and scary situation; be supportive and listen.**

Let the person know that he/she is not at fault and is not alone; there is help and support out there. It may be difficult for the person to talk about the abuse. Let the person know that you are available to help whenever needed. What is needed most is someone who will believe and listen.

- ◆ **Be non-judgmental.**

Respect your friend or family member's decisions. There are many reasons why victims stay in abusive relationships. They may leave and return to the relationship many times. Do not criticize the person's decisions or imply guilt. Your support will be needed even more during those times.



continued on page 4

## Domestic Violence

continued from page 3

### ♦ If the person ends the relationship, continue to be supportive.

Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. He/she will need time to mourn the loss of the relationship and will especially need your support during that time.

### ♦ Encourage the person to participate in activities outside of the relationship with friends and family.

Support is critical and the more he/she feels supported by people who care, the easier it will be to take the steps necessary to get and stay safe away from the abusive partner. Remember that you can call the domestic violence hotline 1-800-799-7233 to find local support groups and information on staying safe.

### ♦ Help the person develop a safety plan.

Check out the information on creating a *safety plan* for wherever

the person is in the relationship—whether choosing to stay, preparing to leave, or has left already.

### ♦ Encourage the person to talk to people who can provide help and guidance.

The Montgomery County Family Justice Center (FJC), in Rockville, offers one-stop help and support for victims of intimate partner violence. Contact the FJC at 240-777-0444 and offer to go with the victim. If he/she has to go to the police, court, or lawyer's office, offer to go along for moral support. You both can call the EAP for support and suggestions.

### ♦ Remember that you cannot "rescue" your friend or family member.

Although it is difficult to see someone you care about get hurt, ultimately that person is the one who has to make the decisions about what to do. It is important for you to support the person no matter what he/she decides, and help him/her find a way to safety and peace.

From [www.thehotline.org](http://www.thehotline.org)

*"You may be disappointed if you fail, but you are doomed if you don't try."*

~ BEVERLY SILLS,  
OPERA SINGER  
(1929 - 2007)

## Q. Does MCPS have a workplace bullying policy?

**A. Yes.** Unfortunately, workplace bullying is not uncommon and, when it happens, it can be extremely stressful to be the target of such behavior. You should know that bullying is not tolerated and is spelled out in Montgomery County Public Schools Board of Education Policy ACH, Workplace Bullying ([www.montgomeryschoolsmd.org/departments/policy/pdf/ach.pdf](http://www.montgomeryschoolsmd.org/departments/policy/pdf/ach.pdf)). In the near future, there will be a related regulation that will provide specific steps on what to do in order to get the situation addressed. In the meantime, actions you can take may include, but are not limited to, directly requesting that the behavior stop (not easily done but it could be useful to document that you did this); informing your supervisor; and meeting with the EAP for support and ideas about how to handle the stress of your situation. You can reach the EAP at 240-314-1040. If you are a coworker who is witnessing such behavior, and you are concerned but you are not the target, you also may call the EAP office for a consultation.

Do you have a question for the EAP? Send your questions via Outlook to Jeff Becker.

## A Healthy Outlook!

To help employees with troubling issues before they become overwhelming.



EMPLOYEE ASSISTANCE

SPECIALISTS: Jeff Becker  
Robyn Rosenbauer  
Debra Tipton

### EAP

45 West Gude Drive, Suite 1300  
Rockville, Maryland 20850  
phone: 240-314-1040  
[www.montgomeryschoolsmd.org/departments/eap](http://www.montgomeryschoolsmd.org/departments/eap)

Important Notice: Information in *A Healthy Outlook!* is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns, contact your employee assistance professional.

You may contact us or send your questions and comments to [Jeffrey\\_Becker@mcpsmd.org](mailto:Jeffrey_Becker@mcpsmd.org)

Please note that e-mail communication is not necessarily confidential.

Published by the Department of Materials Management  
for the Employee Assistance Program

1253.16 • EDITORIAL, GRAPHICS & PUBLISHING SERVICES • 6.16

