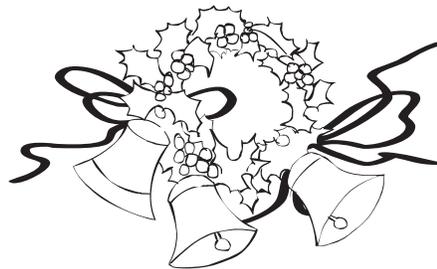


# Chronic Care Management Monthly Newsletter Clearfield-Jefferson Primary Care Associates

Dr. Brandon Roscoe, M.D.

## *Greetings!*

The holidays are here! With it comes all the great things we love about friends, family, food and holiday cheer. I wanted to encourage you to be careful on the roads and when traveling. We've already had a few good snow storms! If we can help you with refills prior to traveling please don't hesitate to call. I along with our dedicated CCM staff are so very grateful for the trust and opportunity to help you along your health journey. We want to wish you peace, comfort and a wonderful holiday season



Dr. Brandon Roscoe, MD

**CONTACT US:**

CCM Direct Line:  
**(814)-591-8254**

33 Beaver Drive  
DuBois, PA 15801  
**(814) 503-8070**

15 N Front St  
Clearfield, PA 16830  
**(814) 765-6625**

1464 N Main St  
Punxsutawney, PA 15767  
**(814)-938-1905**

### **Are you S.A.D?**

S.A.D, stands for Seasonal Affective Disorder. This is a type of depression that comes and goes with season changes. Typically, it starts in the late fall and early winter and goes away during the spring and summer months.

### **Do you experience one or more of the following?**

1. Sadness .....  Yes  No
2. Feeling hopeless, irritable, or worthless.....  Yes  No
3. Loss of interest or pleasure in activities that you use to enjoy .....  Yes  No
4. Difficulty falling or staying asleep, or sleeping too much .....  Yes  No
5. Low energy .....  Yes  No
6. Weight gain or carbohydrate cravings .....  Yes  No
7. Thoughts of suicide or death .....  Yes  No

If you answered YES to one or more of these questions, you could suffer from Seasonal Affective Disorder.

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SAD is more common in women young people, and those who live far from the equator (Pennsylvania). You also are more likely to develop S.A.D, if family members suffer from depression.

The exact cause of S.A.D is unknown, research suggests that people with S.A.D often have a decrease in **serotonin** in the brain. These people also were found that their bodies make too much **melatonin** and not enough **Vitamin D**.

What is **Melatonin**? - Melatonin is a chemical that is produced in the body to regulate sleep

What is **Serotonin**? - Serotonin, is a chemical in our brain that affects mood.

Why do we need **Vitamin D**? - Vitamin D is essential for not only bone health, but also is needed to regulate calcium and phosphorus.

Is there any treatment for S.A.D?

YES! The main treatment used is light therapy. Sun exposure is an easy reliable way (as long as you DON'T live in Pennsylvania) for most people to get vitamin D. Adding a vitamin D supplement, could be very beneficial to your overall health!

So, what if I don't get enough "Sunshine"?

For those of us who do not get enough sunlight exposure, this can greatly increase our risk of developing a vitamin D deficiency. Talk to one of our medical providers at your next appointment or give your CCM nurse a call to discuss what supplement (s) would be right for you to start absorbing that much needed vitamin D!!

## 7 Winter Time Safety Tips

1. Avoid slipping on ice- falls are a common occurrence in the elderly population, especially during the winter months when roads, sidewalks, porches, and stairs can become slippery. Make sure to wear shoes with good traction and non-skid soles. Be sure to take off those wet shoes when you get into the house, because once that ice melts, it can cause slippery conditions inside the home as well.
2. Dress for warmth- Studies suggest that over half of hypothermic related deaths are found in those age 65 and older. Cold temperatures can lead to frostbite and hypothermia quickly, so be sure to dress in layers, and stay dry!
3. Fight off wintertime depression (S.A.D)- We all know that winter time conditions, can lead to us being cooped up inside, which also can lead to wintertime depression. Be sure to take that extra Vitamin D and call your loved ones and friends often to check up on them!
4. Check the vehicle- Winter driving can be hazardous to anyone, but it can be especially dangerous to those who do not travel that often. Be sure to get your vehicle serviced for winter time traveling.
5. Prepare for outages- Winter storms can often sneak up on us, and can change from good to bad, or bad to worse in a matter of minutes. Make sure you have easy access to flashlights, a battery powered radio, keep a stock pile of blankets handy, and don't forget to keep on top of your medication refills. Also keep a stock of non-perishable foods handy!
6. Eat a varied diet- The winter weather, can cause us to have to stay indoors more often, which can often lead to over eating, or not eating enough. Maintain a healthy, vitamin D rich diet, such as grains, salmon, tuna, grains and dairy to keep you feeling good all winter.
7. Prevent Carbon Monoxide poisoning- when the cold hits, some of us often use gas heaters, fireplaces, or lanterns. These can lead to carbon monoxide poisoning. Carbon Monoxide is produced from gas and is an odorless, colorless toxic gas that can lead to death. Carbon monoxide detectors can be purchased at home stores, or local hardware stores. Remember to always change and check batteries in your carbon monoxide detectors and smoke detectors monthly!