

Your Health Matters

DENTON

Issue: Volume 4

A joint communication from your Health Services & Human Resources Departments.

LINKING YOU IN TO HOT TOPICS

- ◆ [The DISD Employee Assistance Program Newsletter](#)
- ◆ [Someone Help Me!](#)
- ◆ [Mental Health Screen Tool](#)
- ◆ [Calcium Basics](#)
- ◆ [7 Mind-blowing Benefits of Exercise](#)
- ◆ [Senior-Care Red Flags](#)

Trending: Osteoporosis

OSTEOPOROSIS

Can sneak up on you

Osteoporosis is often called a silent disease because you can't feel your bones getting weaker. Breaking a bone is often the first sign that you have osteoporosis or you may notice that you are getting shorter or your upper back is curving forward. If you are experiencing height loss or your spine is curving, be sure to talk to your doctor or another healthcare professional right away as the disease may be already be advanced.

About 54 million Americans have osteoporosis and low bone mass, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. <http://nof.org/learn/basics>

What Women Need to Know

Being female puts you at risk of developing osteoporosis and broken bones. There are multiple reasons why women are more likely to get osteoporosis than men.

[Click to read the article](#)

Just for Men

Although women are at greater risk, men get osteoporosis too. If you think you can't get osteoporosis because you're a man, think again. As our population ages, even more men will get the disease.

[Click to read the article](#)

Trending: Mental Health Month

May is Mental Health Month

Each year millions of Americans face the reality of living with a mental health condition including alcoholism and substance abuse. This may not be you but someone in your immediate or larger family circle. For that matter, this person could be a colleague who is barely treading water just to breathe much less work effectively in a public school environment. None the less, the impact of this condition ripples through all sectors of their life affecting those people in their wake.

A mental health crisis requires our compassion and interpersonal capacity to seek and provide support with resources that may help buoy someone to a rebound. In the context of your work-life in public education, resources abound. As we recognize the Mental Health Month of May, we encourage everyone to reflect on their emotional well-being as we strive to be the best we can be in serving our students.

The [Employee Assistance Newsletter](#) is a great source of references and tips provided to you monthly. This newsletter, combined with our [Staff Assistance website](#), are great tools for you and your family.

And remember, the District offers the benefit of [FREE COUNSELING](#) for all staff and their family members.

Your Feedback is Important

Please take a minute to complete this very short survey:

[CLICK HERE](#)

Please keep in mind, the DISD benefit for Employee Assistance.

This is a discreet, completely anonymous way to reach for support to get you through those rough patches.