

A HEALTHIER YOU!

Keeping you informed & up to date on your health care at Samuel U. Rodgers Health Center

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Warning Signs of Suicide and 5 Action Steps to Help

<https://www.nimh.nih.gov/health/topics/suicide-prevention>

- **Warning signs that someone may be at immediate risk for attempting suicide include:**
- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Other serious warning signs that someone may be at risk for attempting suicide include:
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun.
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits
- Showing rage or talking about seeking revenge
- Saying goodbye to friends and family

It is important to note that suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress and should not be ignored. If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

"How Can I Help Someone who is Struggling Emotionally?"

1. **ASK:** "Are you thinking about killing yourself?" It's not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.
4. **HELP THEM CONNECT:** Save the 988 Suicide & Crisis Lifeline number (call or text 988) in your phone so it is there if you need it. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

ASK A PROVIDER: Mckenzie Beech, ARPN

How long have you been with Sam Rodgers?

I'm about to come up on my 2-year work anniversary!

What was your first impression of Sam Rodgers Health Center?

I first came to SURHC as a student. I was struck by the passion of the mission of caring for patients and how many services we offer at the clinic.

What has surprised you the most about working at Sam Rodgers?

I love learning about all of my patient's backgrounds and cultures.

What's the best thing to happen since you started working at Sam Rodgers?

Interacting with patients. It warms my heart anytime a patient reaches a health goal, is no longer in pain, or gets the care they truly need.

What might someone be surprised to know about you?

Previous to becoming a Nurse Practitioner I worked as a NICU nurse.

What do you do when you aren't working at the clinic?

When I'm not here I'm spending time with my husband and our two cats. We love to travel when we can. I have started baking over the last few years, the best thing I make is sourdough bread.

What is one thing you wish your patients knew prior to their healthcare visit?

How important routine screenings are. It is important to get your yearly physical for cancer screenings and lab work for your general health. It's important to know your risks and we can help you with targeted health goals at this time.

Recipe of the Month	Ingredients	Directions
<p>Mouth-Watering Oven-Fried Fish</p> <p>https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=15&cId=3&rId=234</p> <p>Calories: 183 Total fat: 2g Saturated fat: 0g Cholesterol: 80mg Sodium: 325mg Total fiber: 1g Protein: 30g Carbohydrates: 10g Potassium: 453mg</p>	<ul style="list-style-type: none">• 2 lb fish fillets• 1 Tbsp lemon juice• ¼ C fat-free or 1 percent buttermilk• 2 drops hot sauce• 1 tsp fresh garlic, minced• ¼ tsp ground white pepper• ¼ tsp salt• ¼ tsp onion powder• ½ C cornflakes, crumbled, or regular bread crumbs• 1 Tbsp vegetable oil• 1 fresh lemon, cut in wedges	<ol style="list-style-type: none">1) Preheat oven to 475 °F.2) Clean and rinse fish. Wipe fillets with lemon juice and pat dry.3) Combine milk, hot sauce, and garlic in a mixing bowl.4) Combine white pepper, salt, and onion powder with cornflakes, and spread on a plate.5) Let fillets sit briefly in milk mixture. Remove a fillet, coat on both sides with seasoned crumbs, and let stand briefly until coating sticks to each side of fish. Repeat for all fillets.6) Arrange fillets on a lightly oiled shallow baking dish.7) Bake for 20 minutes on middle rack without turning.8) Cut into 6 pieces. Serve with fresh lemon.