**The truth about psychiatric disorders**

MYTH – Psychiatric disorders are not true medical illnesses like heart disease and diabetes. Almost everyone you know or love has been at risk of having one or more psychiatric disorders; you or your loved one may have been among the millions of people who have sought help for these disorders at some time. Treatments are available for mental disorders and are effective in the majority of cases. Mental health disorders are treatable and not characterized by the stigma of mental illness.

ACT – Mental and addictive disorders are often overlooked when we speak of public health or medical issues. They are medical conditions that disrupt a person’s thinking, ability to relate to others, and daily functioning.

Mental and addictive disorders are treatable or even more successfully treated with common physical illnesses such as heart disease, cancer or diabetes. However, if left untreated, they are among the most disabling and destructive illnesses known.

**Blackberry Limeade**

- **Makes 8 servings**
- 6 cups water, divided
- 3 cups fresh blackberries
- 1 cup sugar
- 3 cups lime juice (about 4 limes)
- 5 thin lime slices
- Fresh blackberries for garnish (optional)

**Blackberry Limeade** makes an 8-serving blackberry limeade. Garnishes of fresh blackberries and lime slices are optional.

**Breathe Deep**

When you take deep breaths from your abdomen, rather than shallow breaths from your chest, you feel more relaxed. As a rule, the longer you breathe deeply, the more you relax. The more oxygen you get, the more alert you feel.

- Sit or stand with good posture.
- Breathe through your nose.
- Inhale, filling the lower part of your lungs then the middle part. Exhale, emptying the lower and middle part.
- As you inhale, feel your stomach expand with your breath and exhale, feeling your abdomen flatten.
- Practice these two exercises, in whatever combination best feels good for you, for ten minutes, twice a day.

**Blackberry Limeade**

**Duncan ‘fiesta’ actually a health boost to kids**

**By Steve Metzer**

Southwest Times Review

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DUNCAN – It looked like just another fun day at Southside Elementary School, except for the hundreds of kids who rolled into the school for what appeared to be a special treat.

When the bus doors opened and hundreds of kids poured out of the school building, they were greeted with a large number of people who appeared to be holding a special event.

But this wasn’t just any old day at the park. This was the Duncan Easter Egg Hunt, an annual event organized by the Stephens County Health Department.

The goal – above and beyond giving local youngsters a good time as summer nears its end and bringing some fun to the town.

The system can be set up in a doctor’s office or even in a nursing home.

**This isn’t designed to compete with primary health care physicians — radiology, internal medicine, obstetrics and family practice — it’s really designed as an adjunct for their care.** Pettit said.

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