

# Talk to your doctor about mental health

KIM HISSONG  
FOR NO SWEAT YORK

According to information gathered by the Healthy York County Coalition in 2015, nearly three in five adults in York and Adams counties reported experiencing depressive symptoms.

Depression is a common health problem, and often makes it difficult for people to manage their physical health concerns — to regulate their diabetes, control their blood pressure, lose weight or manage pain issues.

Depression is also treatable. By breaking down some of the barriers to accessing behavioral health services and addressing the anxiety, depression, stress or other behavioral health issues, providers can help patients improve their overall health and, most importantly, feel better.

How do you start this conversation with your doctor? It might seem like a difficult subject to broach, but it is just as important as discussions about your physical health. Sometimes depressive feelings are caused by medications or other health issues, so it is especially critical to discuss with your provider how you are feeling.

» Start by mentioning some of the symptoms that have been causing difficulty for you like sleep disturbances, lack of appetite or overeating, problems with attention or focus, increased irritability or not being interested in previously enjoyed activities. This will help your doctor see a full picture of how you've been doing.

» If you don't get a positive or satisfactory response from your primary care doctor, don't be afraid to follow up with an evaluation by a behavioral health provider. There are many community agencies that can help assess your symptoms and provide you with support.

In July 2013, TrueNorth Wellness Services and Family First Health began a partnership to integrate behavioral health screenings and services into primary care. A survey greets all Family First Health patients 12 years and older at its York, Hanover and Gettysburg locations.

Through this partnership, primary care physicians screen patients at each visit. Then, depending on a patient's answers, providers can immediately refer him or her to an on-site behavioral health consultant with TrueNorth Wellness Services, sometimes even walking them down the hallway for a

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same-day appointment. Patients work with the consultant and their primary care physician in a collaborative, team approach to identify achievable goals.

Consider John, a middle-aged man with diabetes, obesity, high blood pressure and high cholesterol. Through a conversation with his primary care provider, he also admitted to having some suicidal thoughts and struggles with depression. Recently laid off from his job, he was losing hope that his life would improve.

Quickly referred to an on-site behavioral health consultant, John received support and encouragement to start walking his dog every night, which helped him to lose weight. Through collaboration with his doctor, John was able to start taking medication for depression, which improved his quality of sleep and gave him more energy.

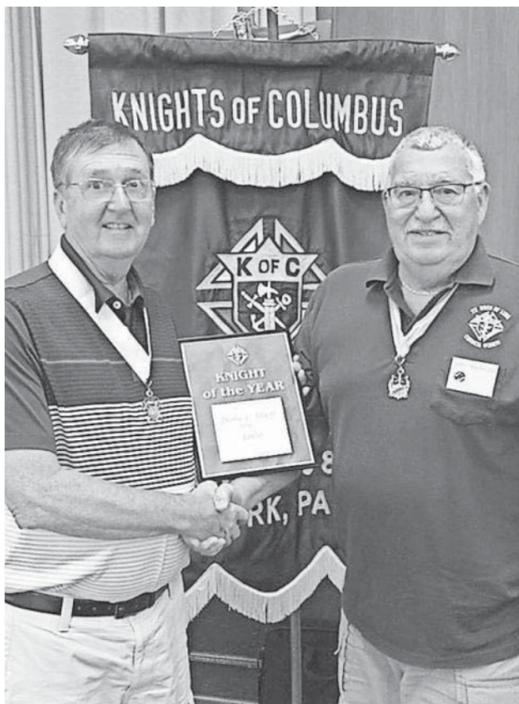
As he felt better overall, he had more motivation to check his blood sugars regularly and improve his diet. He was connected to an employment agency and found a new job. He no longer was having suicidal thoughts and started to see positive improvements in his life.

By recommending small changes, the primary care provider and consultant were able to work in tandem with John to address his complaints — just one example of how addressing behavioral health in a primary care setting can improve a patient's overall health.

*Kim Hissong, LCSW, is a behavioral health consultant coordinator with TrueNorth Wellness Services, a behavioral health and wellness nonprofit serving southcentral Pennsylvania.*

## Knight of the Year goes to Thomas Althoff

Thomas Althoff, left, is presented the "Knight of the Year Award" by Past Grand Knight Gary Amsbaugh. This Award is for the Knights of Columbus Council #10870 St. Rose of Lima Catholic Church in York, and is presented annually to a Knight who demonstrates his commitment to the Knights of Columbus values of charity, unity and fraternity. He has participated in many events for his church and community during our fiscal 2015-16.



## Organist to retire



Church organist, Yvonne Holtzapple, practices for her final church service at Christ Lutheran Church of Spry. She will retire after 55 years of service to Christ Lutheran. She has served the congregation with inspiring music and accompanied the chancel and children's choirs, special vocalists, and the congregation. She also played an important part in the Patriotic Musicals performed each November. She will be honored on August 28th during the 10:00 church service and with a reception following the service at 2385 S. Queen St.

# New Men's Pleasure Pill Makes ED Remedies Obsolete

Soaring Demand for New Sex Pill that Gives Men Longer, Better and More Intense Sex

By Harlan S. Waxman  
Health News Syndicate

New York – If you're like the rest of us guys over 50; you probably already know the truth... "Viagra" doesn't work! Simply getting an erection doesn't fix the problem" says Dr. Bassam Damaj, chief scientific officer at the world famous Innovus Pharma Laboratories.



New men's pill overwhelms your senses with sexual desire as well as firmer, long-lasting erections. There's never been anything like it.

As we get older, we need more help in bed. Not only does our desire fade; but erections can be soft or feeble, one of the main complaints with Viagra®. Besides, Viagra® is expensive... costing as much as \$50.00 a pill.

Plus, it does nothing to stimulate your brain to want sex. "I don't care what you take, if you aren't interested in sex, you can't get or keep an erection. It's physiologically impossible," said Dr. Damaj.

### MADE JUST FOR MEN OVER 50

But now, for the first time ever, there's a pill made just for older men. It's called Vesele®. A new pill that helps you get an erection by stimulating your body and your brainwaves. So Vesele® can work even when nothing else worked before.

The new men's pill is not a drug. It's something completely different

Because you don't need a prescription for Vesele®, sales are exploding. The maker just can't produce enough of it to keep up with demand. Even doctors are having a tough time getting their hands on it. So what's all the fuss about?

winning scientists; Vesele® has become the first ever patented supplement to harden you and your libido. So you regain your desire as well as the ability to act on it.

In a 16-week clinical study; scientists from the U.S.A. joined forces to prove Nitric Oxide's effects on the cardio vascular system. They showed that Nitric Oxide could not only increase your ability to get an erection, it would also work on your brainwaves to stimulate your desire for sex.

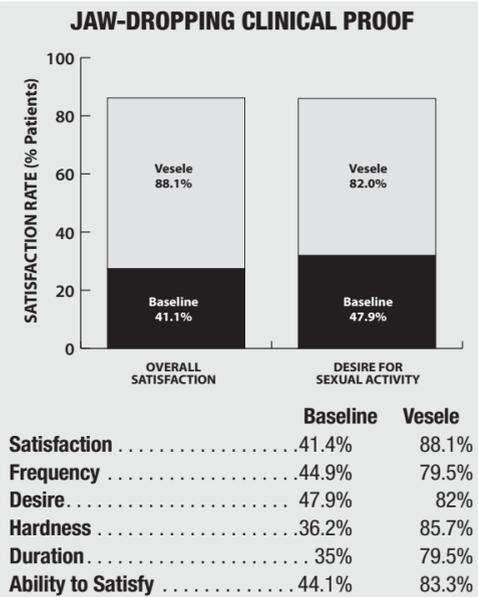
The results were remarkable and published in the world's most respected medical journals.



More and more men are seeking alternatives to costly ED prescriptions that don't always work.

### THE SCIENCE OF SEX

The study asked men, 45 to 65 years old to take the main ingredient in Vesele® once a day. Then they were instructed not to change the way they eat or exercise but to take Vesele® twice a day. **What happened next was**



### WORKS ON YOUR HEAD AND YOUR BODY

The new formula takes on erectile problems with a whole new twist. It doesn't just address the physical problems of getting older; it works on the mental part of sex too. Unlike Viagra®, the new pill stimulates your sexual brain chemistry as well. Actually helping you regain the passion and burning desire you had for your partner again. So you will want sex with the hunger and stamina of a 25-year-old.

### THE BRAIN/ERECTION CONNECTION

Vesele takes off where Viagra® only begins. Thanks to a discovery made by 3 Nobel-Prize

remarkable. Virtually every man in the study who took Vesele® twice a day reported a huge difference in their desire for sex. In layman's terms, they were horny again. They also experienced harder erections that lasted for almost 20 minutes. The placebo controlled group (who received sugar pills) mostly saw no difference.

**AN UNEXPECTED BONUS:** The study results even showed an impressive increase in the energy, brain-power and memory of the participants.

### SUPPLY LIMITED BY OVERWHELMING DEMAND

"Once we saw the results we knew we had a game-changer said Dr. Damaj. We get hundreds of calls a day

from people begging us for a bottle. It's been crazy. We try to meet the crushing demand for Vesele®."

### DOCTOR: "VESELE® PASSED THE TEST"

"As a doctor, I've studied the effectiveness of Nitric Oxide on the body and the brain. I'm impressed by the way it increases cerebral and penile blood flow. The result is evident in the creation of Vesele®. It's sure-fire proof that the mind/body connection is unbeatable when achieving and

maintaining an erection and the results are remarkable" said Dr. Damaj.

### HERE'S WHAT MEN ARE SAYING

- I'm ready to go sexually and mentally.
- More frequent erections in the night (while sleeping) and in the morning.
- I have seen a change in sexual desire.
- Typically take 1 each morning and 1 each night. Great stamina results!
- An increased intensity in orgasms.
- My focus (mental) has really improved... Huge improvement.
- Amazing orgasms!
- I really did notice a great improvement in my ability.

### HOW TO GET VESELE®

This is the first official public release of Vesele® since its news release. In order to get the word out about Vesele®, Innovus Pharma is offering special introductory discounts to all who call.

A special phone hotline has been set up for readers in your area; to take advantage of special discounts during this ordering opportunity. Special discounts will be available starting today at 6:00am. The discounts will automatically be applied to all callers. The Special TOLL-FREE Hotline number is **1-800-656-9629** and will be open 24-hours a day.

Only 300 bottles of Vesele® are currently available in your region. Consumers who miss out on our current product inventory will have to wait until more become available. But this could take weeks. The maker advises your best chance is to call 1-800-656-9629 early.

Vesele is a Registered Trademark of Innovus Pharmaceuticals publicly trading on the OTCQB under the Symbol INNV. THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE U.S. FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS NOT TYPICAL.