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May is Heart & Stroke Month & Mental Health Awareness Month!

May is Mental Health Month

Help Support Mental Health Education, Research, Awareness and Wellness for everyone.

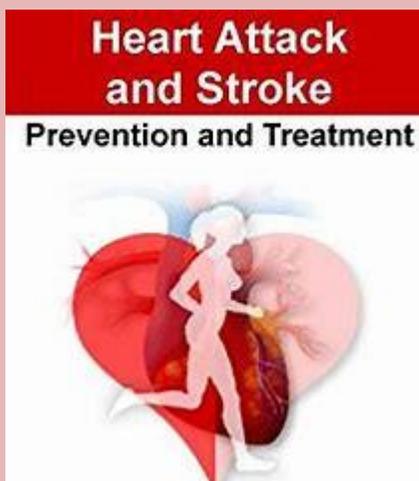
What can you do?

- Go Lime Green for the month!
- Support your local MH organizations.
- Talk about your experiences with others.
- Promote a healthy mind as well as body.
- Speak up against the stigma and educate.
- Share M.H. Info with your friends on social media.
- Support those who are living with a Mental Health Disorder.

HighAnXieties.org  fb/HighAnXieties
HighAnXieties.tumblr  HighAnXieties.pinterest

The stigma that surrounds mental health is a common problem that affects whether or not people seek treatment. In fact, [60% of adults with a mental illness](#) didn't seek out mental health services in the previous year. In order to help facilitate the mission of Mental Health Awareness Month, here are some of the most startling facts about mental health:

- Mental disorders are among the leading causes of disability and ill-health around the world, [affecting one in five people globally](#). That's more than the populations of New York and Florida combined.
- Women are [more likely to get help](#) for mental health issues.
- [90% of those](#) who die by suicide have an underlying mental illness.
- Depression is about [twice as likely](#) to occur in people with heart disease compared with the general population.



Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling

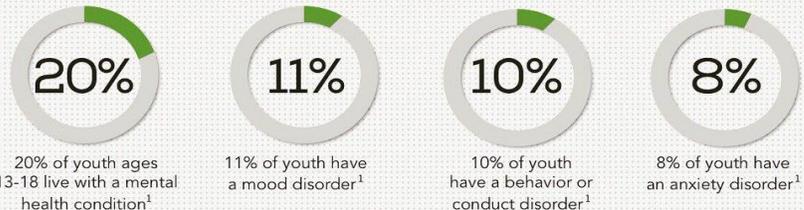
- **18% of Americans** live with an anxiety disorder, and 6.9% suffer from severe depression.
- Currently, there are various mental health treatments available. Still, even with all of these available interventions in place, **almost two-thirds of people** with a known mental disorder never seek help from a health professional. Additionally, even those who do receive contemporary treatments can sometimes find that they are ineffective.
- There is a consistent problem of patients prematurely withdrawing from their treatment programs. In fact, each year, approximately **one-fifth of adults** enrolled in mental health treatment drop out before completing the recommended course, therein reducing the effectiveness of the treatment plan.

Despite the stigmas surrounding mental illness, those who are struggling with it should seek treatment as soon as possible. Mental health conditions don't improve on their own and can be linked to together health issues if left untreated.

There are many different options available for treatment, but no single method one method fits all.

Mental Health Facts CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



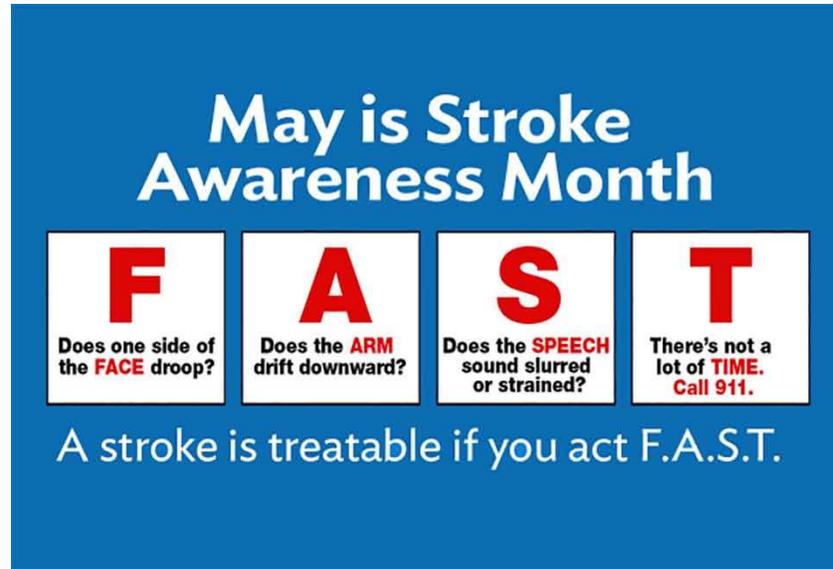
Impact

- 50%** 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹
- 10 yrs** The average delay between onset of symptoms and intervention is 8-10 years.¹
- 50%** Approximately 50% of students age 14 and older with a mental illness drop out of high school.¹
- 70%** 70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

- 3rd** Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹
- 90%** 90% of those who died by suicide had an underlying mental illness.¹

Heart & Stroke Awareness Month!



What is a stroke?

.A stroke happens when blood stops flowing to any part of your brain, damaging brain cells. The effects of a stroke depend on the part of the brain that was damaged and the amount of damage done.

Prevention is Key!

9 in 10 Canadians have at least one risk factor that can contribute to having a stroke. By creating healthy habits now, reducing your fatty intake, getting proper nutrition, exercise you can easily decrease your chances.

Not partaking in activities that can destroy your good health such as smoking, drug and alcohol abuse.

For more great ideas please check out:

www.Heartandstroke.ca

<https://www.cdc.gov/tobacco/campaign/tips/diseases/heart-disease-stroke.html>

https://www.medicinenet.com/stroke_prevention

<https://www.heart.org/en/healthy-living/healthy-lifestyle/prevent-heart-disease-and-stroke>

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Coronavirus;

Lastly, on a personal note, with the surge of the coronavirus sweeping our nation, it's imperative that we all do our part to stay home. As many of you know, we have temporarily closed our clinic to be better aide our patients in the fight against COVID 19. We see a lot of people who would be considered the vulnerable sector.

We did not make this decision lightly, and while the entire AHWC team can not wait to get back to work, we need to follow protocol and set an example for our fellow man of how we must take responsibility for our own actions and not put anyone at risk.

We sincerely look forward to seeing you all soon, We miss you!

-Your Accelerated Health & Wellness Centre Team

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

