

Understanding

Mood Disorders in Simple Terms

A basic description of the types of mood disorders.

Test Your Mood

A self-test to help determine if you might be suffering from depression.

Ask the Pharmacists

Medication questions about mood disorders.

Ask Ron Ellis

Ron answers questions submitted by our readers.

On the Cover

Testosterone, Mood and the Aging Male

A discussion about the effects of diminishing testosterone as males age and how it affects their health and mood.

By Jerald Bain, BScPhm, MD, MSc, FRCPC, CertEndo, BA

Hemochromatosis

A potentially fatal illness that is easily treated, but is often misdiagnosed as depression.

By Jeffrey A. Humbarger, MD

Eating Disorders in University Men and Women

During the first year of university more than half of female students experience eating problems.

By Jennifer Boyd, BSc

Chantal Kreviazuk, Pretty Broken

Her new movie, Pretty Broken, why she made the film, her personal experience with mood disorders and why she is passionate to educate people about mental illness.

By Rebecca DiFilippo

New Study: Improving Memory with Insulin

A new study that is testing insulin as a means of improving cognitive function and memory in the brain of people with bipolar disorder.

BY ANDREW MIRANDA, CLINICAL RESEARCH COORDINATOR AND ROGER MCINTYRE, MD, FRCPC

Your Stories

Jay Fewkes—His Courage to Come Back from Addiction

After the tragic and sudden death of Jay's sister, he started to use drugs heavily and eventually became addicted. At one point he weighed only 85 lbs., but with great determination and the proper help, he was able to beat his addiction.

BY AMBER DUNFORD

Understanding

Why Do Many Trauma Survivors Develop Addiction

A clarification of posttraumatic stress disorder, addictions, how one can fuel the other, and why asking and accepting help is the first crucial step.

BY SARAH AHARON, PHD BY SARA AHARON, PHD

Fibromyalgia defined and why it can cause depression.

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BY BRUCE FLIGG, DC, MTS

Can Our Habits Keep Us Depressed?

A look at how it is possible to remain in a depressed state due to the way one thinks and how to change.

BY SANDY SHINER, DIPCS, PHD

The Truth About Winter S.A.D.

Tapping the experience, knowledge, and commitment of people with direct experience in the mental health services system.

BY SABRINA HASSAN, BSc(HONS)

Transforming Care Through Redevelopment

A short history about mental illness and why today the care of patients is changing.

BY MICHAEL TORRES AND REBECCA DIFILIPPO

Moods on Campus

Special Services and Advocacy in Universities

Information about services available to students with special needs in the area of mental health and how to access them.

BY ANDREW TIBBETTS, MSW, TSW

Facing a Devastating Diagnosis as a Young Adult

How to deal with the diagnosis of an illness, how to advocate for yourself and how to find and accept help.

BY MARIANNE CHILCOTS

Youth Suicide—Teens in Crisis

Why youth are at risk for suicide, understanding and recognizing those at risk, and methods of prevention and treatment.

BY SCOTT MCCABE, BA, MA, MED, PHD

Healthy Living

The Value of Loneliness

A positive look at loneliness and how to get the most out of it.

BY WENDY CAMPBELL

The Health Benefits of Fibre

Details about dietary fibre, soluble and insoluble, fibre-containing foods and how to make them work for you.

BY KELLY MULCAIR RHN, RNCP

Fibre Rich Recipes

Orange date oatmeal muffins, easy and delicious chili, and homemade guacamole.

BY KELLY MULCAIR RHN, RNCP

Boost Your Immune System with Healthy Food Choices

The foods your body needs to build a strong immune system.

BY LORRAINE WILLOWS, RD

Workplace

Cubicle Bullies: Mobbing at Work

What "mobbing" is, how to recognize it, the consequences for the employee and the employer, and what both need to do.

BY MARY ANN BAYNTON

Bookshelf

The editor's/readers' choice of books