

## 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

### **Sexual Dysfunction Associated with Medications**

Sexual dysfunction related to antidepressant medication, as well as other causes, and various solutions to this problem.

BY JANINE ROBB, RN, MSC

### **Another Passionate Trudeau Aiming at Changing Lives**

Sophie Grégoire-Trudeau, Quebec reporter for eTalk Daily, and wife of Justin Trudeau, reveals her history with bulimia and the work she is doing to help other young women.

BY REBECCA DIFILIPPO

### **Why Diets Don't Work**

Life strategies for weight management and things that influence our weight.

BY KELLY MULCAIR RHN, RNCP

### **SAD, Shift Work and Safety**

An understanding of our body clock and how it affects us with respect to SAD, shift work and safety in the workplace.

BY ROBIN HARVEY

### **Government, Research, Money and Medication**

The need for pharmaceutical research and government policies that allow us access to all new approved medications.

BY LEMBI BUCHANAN

## Your Stories

### **My Fight for Freedom and Joy**

Karen's abuse as a child led to early alcoholism and mental illness. After many electroshock treatments and being institutionalized for over 13 years, she continued to fight for a better life. Karen tells her story and how she finally found hope.

BY KAREN LACLAIR

## Understanding

### **Anger and Addiction: When Their Paths Meet**

Understanding addictions and anger, and learning how to express this emotion in a healthy manner to enable healing.

BY NADIA VAUGHAN, MSW, RSW

### **The Power of Self-help Groups**

Self-help groups and what makes them so beneficial.

BY ELLEN KARR

### **When Your Child or Loved One has an Eating Disorder**

Important information for families who suffer in silence when a loved one has an eating disorder.

BY TANIA K. LEMOINE MSSW, LCSW

### **When Worrisome Thoughts Won't Stop**

Obsessive-compulsive disorder explained.

BY LORAH PILCHAK-HARLEY, MA

### **Music Soothes the Soul**

The role music can play in healing.

BY WENDY CAMPBELL

### **When It Hurts to Have a Baby**

How to prevent and/or recognize and treat posttraumatic stress related to child birth.

BY JANE GREGORY PAYNE

### **The Effects of Consumer Culture**

How media affects our spending and why retail therapy doesn't work.

BY ALISON ROBERTS, MA

## Moods on Campus

### **Stresses on Gifted Students in University**

Why academic stars sometimes fail to shine in their new environment at university.

BY SANDY SHINER, DIPCS, PHD

## Healthy Living

### **Healthy, Fast and Easy Menus**

Tasty recipes that are a perfect illustration of the versatility and ease of healthy cooking.

BY KELLY MULCAIR RHN, RNCP

## Workplace

### **Ouch! That Hurts**

Resources, education, awareness, and prevention of workplace injuries caused by repetitive and postural strain.

BY BRUCE FLIGG DC, MTS

## Bookshelf

### **The editor's/readers' choice of books**