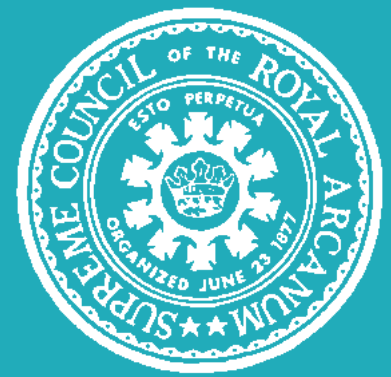


ROYAL **A**RCANUM
AN INTERNATIONAL FRATERNITY PROVIDING FAMILY PROTECTION



Bulletin

EXTRAS FOR EVERYONE



E-Bulletin Spring 2013 - Issue 14



www.royalarcanum.com

THE E. COLI MENACE: WHAT TO WATCH FOR

An outbreak of E. coli this year was responsible for several deaths in Europe and caused hundreds to get sick. The epidemic renewed concerns about E. coli in general.

Here's a quick overview.

The bacteria *Escherichia coli*, commonly abbreviated E. coli, is found in the intestines of humans and animals. Most forms are relatively harmless, causing nothing more than brief episodes of diarrhea, particularly in travelers to countries in the developing world where sanitation is primitive or ineffective. But some strains can cause kidney failure, anemia, and other major health problems.

Most cases result from eating undercooked beef or raw vegetables, or drinking contaminated water. People who work with cattle can pick up the bacteria, and it can be passed through hand-to-hand contact, especially if carriers don't wash their hands after using the restroom.



Symptoms usually crop up about seven days after a person becomes infected. They include:

- Stomach cramps and abdominal tenderness
- Nausea and vomiting
- Diarrhea that starts out watery but turns bloody
- Mild fever (sometimes)

See a doctor if you begin exhibiting these symptoms, especially bloody diarrhea. Your physician may request a stool sample to confirm the diagnosis. But there's no special treatment for infection except to drink lots of water to avoid dehydration. Patients shouldn't take anti-diarrheal medications; they can slow the digestive process and prolong the disease. Stay in touch with your doctor, and report any complications that may arise.

BIPOLAR DISORDER: SYMPTOMS AND TREATMENT

When actress Catherine Zeta-Jones revealed this year that she'd been treated for bipolar disorder, she brought attention to a mental health condition that affects millions of people—not just the sufferers themselves, but their families, friends, and employers.

People with bipolar disorder are sometimes referred to as “manic-depressive” because of the mood swings that represent the major symptoms of the disease. The disorder includes three specific conditions: Bipolar I disorder, in which symptoms wreak significant havoc with patients and their relationships (manic phases can be severe and dangerous); Bipolar II, a less-acute condition with generally more manageable symptoms; and Cyclothymia, a milder form in which manic and depressive periods are less disruptive.

Symptoms of the manic component of the disorder include feelings of euphoria and extreme optimism

mixed with poor judgment, rapid speaking, racing thoughts, and aggressive behavior. In the depressive phase, patients experience sadness and depression, suicidal thoughts and behavior, sleep problems, increased or diminished appetite, and feelings of anxiety or guilt. Seasonal changes seem to affect the mood swings in some patients.



The causes of bipolar disorder are unclear. Scientists believe it may be caused by an imbalance of neurotransmitters in the brain, along with genetic elements. Patients are commonly treated with a combination of

psychotherapy and medication, which has been shown to have a positive impact on most subjects.

If you suspect that you or a loved one is suffering from more than the occasional mood swing, check with a doctor promptly.

