



# The Advanced Times

Advanced Counseling Services

Providing Hope. Changing Lives.

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## Mental Health Impacts Physical Health

Advanced Counseling is proud to announce our participation in a pilot project with Blue Care Network to coordinate treatment between primary care physicians and behavioral specialists. We believe that people stay well and get healthier when they also get treatment for depression, anxiety, addictions and other mental disorders. Cardiac disease, diabetes, hypertension (to name a few) are all more effectively managed when a patient's mental health is also treated.

Mental illnesses and addiction disorders are chronic illnesses with significant disability and mortality, according to officials who spoke at the Centers for Disease Control and Prevention's 20th National Conference on Chronic

Disease Prevention and Control held in February. Mental disorders are costly, accounting for lost earnings of \$193.2 billion dollars annually in the U.S.

Not only is the economy effected, but mental illnesses have a major impact on overall health. A 2006 study found that people with severe mental illnesses die, on average, 25 years earlier than the general population. A study published in the Journal of the American College of Cardiology on women with cardiovascular disease found that depression was associated with 15 - 53 % increases in costs of medical care compared to nondepressed women with cardiovascular disease. The study concluded that these results "reinforce the importance of assessing de-

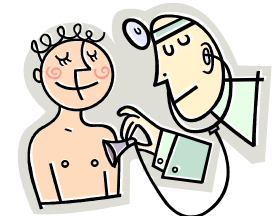
pression in clinical populations and support the hypothesis that improved management of depression . . . could reduce medical costs."

What does all of this mean? Studies have shown that 80-85% of people seeking care from their primary care doctor are there for a stress-related condition. Any emotional disorder gone untreated will impact your overall health.

Be sure to tell your doctor if you have experienced symptoms of depression, anxiety, mood swings or struggle with addiction. **It could save your life!**



Better mental health = better physical health!



### Did you know . . .

An estimated 26.2 percent of Americans ages 18 and older — or 1 in 4 adults — suffer from a diagnosable mental disorder in a given year. Using the 2004 U.S. Census, this figure translates to 57.7 million people.

4 of the 10 leading causes of disability in the United States are mental disorders, (including major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder).

Mental illness accounts for over 15 % of the burden of disease in the US economy. This is more than the disease burden caused by all cancers.

## Psychiatry and Mental Health

Treatment practices for psychiatrists have changed over the years. The focus has moved from psychoanalytic treatment to more biological approaches.

Psychiatrists well trained in neuropharmacology are becoming increasingly valu-

able in Behavioral services.

Our psychiatrists provide psychiatric evaluations, medication management and oversight and consultation to our psychologists and clinical social workers. We believe in the multi-disciplinary approach to

mental health and we are always looking for specialists in our clinics to fill this need.

We offer excellent % fee splits, along with electronic billing and complete clerical support staff.

Interested in joining our team? Please send resumes to: [deraab@advancedcounseling.org](mailto:deraab@advancedcounseling.org)