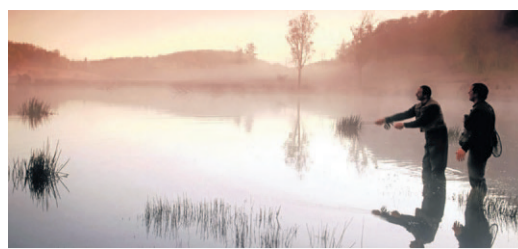


HEALTH



<< FAMILY TRAVEL

Take a younger cousin or nephew to one of these five fun treks, like fly fishing. C5

BOOK NOTE

Oprah picks prison memoir as her latest book club selection. C4

INSIDE

HOW DOES 988 WORK?

Effective crisis care is a call away

BY LILA SEIDMAN
LOS ANGELES TIMES

Help for a mental health crisis is now just three digits away: 9-8-8. Early data show that people are increasingly reaching out to a national mental health hotline launched July 16 as an easy-to-remember alternative to 911. But how does it work? And is it “friendly”?

THE BASICS

Instead of being directed to police, callers (or texters) are connected to compassionate listeners trained to talk about crises ranging from suicidal thoughts to drug addiction. They can even advise people who aren't in crisis but hope to help a struggling friend. It's free and staffed around the clock.

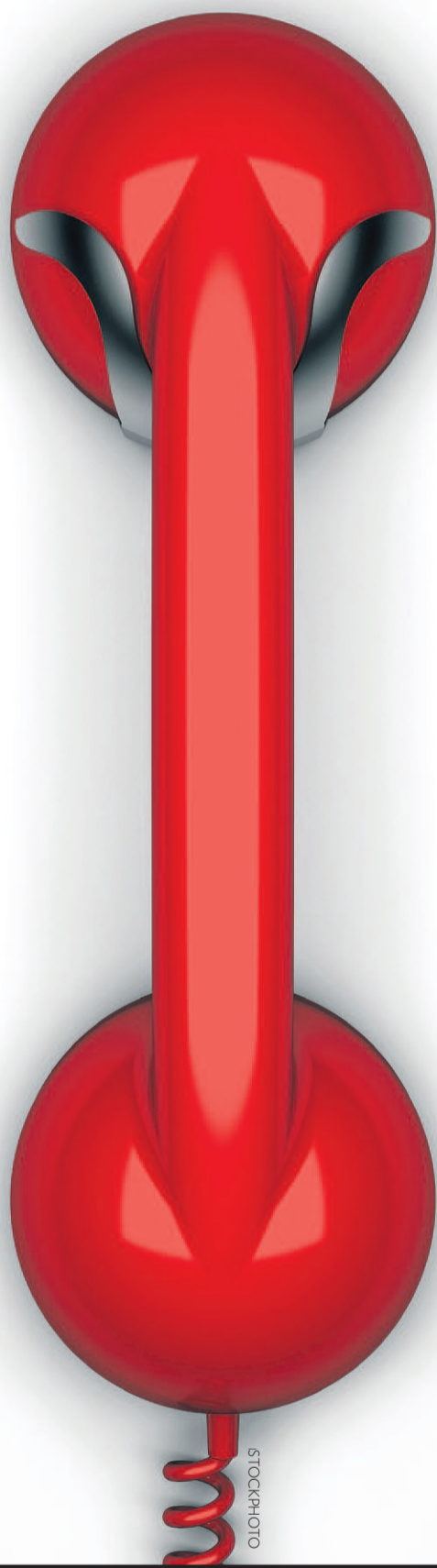
“We want to make sure that we're giving people effective evidence-based care in a crisis, rather than giving them care that results in them cycling through incarceration, hospitalization, emergency department visits, over and over again, which has historically been how we've addressed crisis in this country,” said Hannah Wesolowski, chief advocacy officer for the National Alliance on Mental Illness.

Before 988 went live, those seeking help had to dial a 10-digit 800 number to reach the National Suicide Prevention Lifeline. Calls to that number—800/273-TALK—will still be answered.

A BUMP IN USAGE

In August, the hotline's first fully operational month, its overall volume—including calls, texts and chats—jumped 45% across the country, compared with the same month last year for the Lifeline, according to the U.S. Department of Health and Human Services.

Meanwhile, the average time it took for a response decreased year over year



from 2 1/2 minutes to 42 seconds. The Substance Abuse and Mental Health Services Administration, a part of Health and Human Services, oversees the hotline.

Didi Hirsch Mental Health Services, which leads the crisis call response for most of Southern California, said its call volume doubled the day 988 went live.

The number has fallen off since, but the West Los Angeles agency said that, as of Sept. 12, its overall volume since the July launch has increased by 27%. Texts shot up 176%, and chats decreased by 20%. Calls have increased 27%.

“This is a good thing. This means people are calling. They are understanding that 988 is there to help,” Didi Hirsch Chief Executive Lyn Morris said.

It sounds warm and fuzzy, but what about the fine print?

How do I access 988 services?

Anyone in the U.S. can call or text 988. There is also an online chat option, 988lifeline.org/chat.

Didi Hirsch offers English- and Spanish-speaking crisis counselors 24/7. Korean speakers are available during peak evening hours and there is support for the deaf and hard of hearing. Check the website, didihirsch.org, for details.

Who will pick up or respond?

A crisis counselor trained in suicide prevention and handling other

SEE 988, C3



ISTOCKPHOTO

Those who got COVID are at a higher risk of blood clot-related issues, which can last for 49 weeks after.

Study: Clot risk high after COVID

BY MICHAEL MERSCHEL
AMERICAN HEART ASSOCIATION NEWS

People who got COVID-19 had a higher risk of dangerous blood clots for close to a year later, according to a large new study on the aftereffects of a SARS-CoV-2 infection during the period before vaccines became available.

As seen in previous studies, COVID-19 was linked to a sharply increased risk of blood clot-related issues—including heart attack and stroke—immediately after diagnosis compared to people who never had COVID-19. But the new study found that risk remained higher for some problems up to 49 weeks later.

At that point, the risk of deep vein thrombosis—clots that form in large veins—was nearly double in people who'd had COVID-19 compared to those who had not, according to the study published recently in the American Heart Association journal Circulation.

The study used data collected anonymously from 48 million people—nearly every adult in England and Wales—in Great Britain's National Health System from January 2020 until the day before COVID-19 vaccines were made available that December.

The findings reinforce the message that for people who have cardiovascular conditions, “taking established preventative medications and managing your risk factors is even more important now

ANALYSIS: HOSPITALIZED COVID VICTIMS MAY HAVE MORE HEART ISSUES

BY TEDDY ROSENBLUTH
THE CHARLOTTE OBSERVER

People hospitalized for COVID-19 were more likely to have heart failure after their discharge than those hospitalized for another reason, a Duke University study published recently found.

The study's findings, published in Nature Communications, support a growing body of research that suggests some people infected with COVID-19 go on to develop long-term heart problems.

Using health records of more than 580,000 patients admitted to U.S. hospitals, Duke researchers tracked how often those who had COVID went to the hospital for heart issues in the year after their discharge. They

SEE HEART, C2

than it was before the pandemic,” said Jonathan Sterne, the study's senior author and a professor of medical statistics and epidemiology at England's University of Bristol.

The study looked at

SEE CLOTS, C2

Research says mom's weight may cue ADHD

BY ANAGHA RAMAKRISHNAN
THE ATLANTA JOURNAL-CONSTITUTION

More than 6 million children in America are affected by ADHD, according to the Centers for Disease Control and Prevention. Yet, two new studies show how birth conditions may increase the likelihood of developing this mental disorder.

A recent study published in the Journal of Clinical Endocrinology & Metabolism found women with gestational weight gain and diabetes were two times more likely to give birth to a child with ADHD than mothers without obesity. From 1991 through 2008, the researchers studied 1,036 children whose mothers had gestational diabetes and weight gain.

Of those children, 13% were diagnosed with ADHD. Although



MACIEJ M. BOGACZ / ISTOCKPHOTO

Being obese and diabetic while pregnant may cause mental issues, like ADHD, in the child.

a mother's weight gain played a role in the likelihood of children developing mental health problems, the risk didn't occur

SEE ADHD, C2

Anxiety disorders can be managed with care and a plan

THE WORLD feels pretty heavy these days, doesn't it? And if that's left you feeling anxious, you're not alone.

Throughout the COVID-19 pandemic, Americans reported feeling

HEALTH MATTERS

Amy Umble



anxious quite frequently. We've all had those moments of anxiety—when

we're worried about something or dreading an event.

But for many people, anxiety is more than fleeting. When distress or panic interrupt daily life, an anxiety disorder is a likely cause. Before

the pandemic, about 20% of Americans had anxiety disorders. That number jumped 25% during the pandemic, and we don't know what the long-term effects will be.

Anxiety disorders
SEE HEALTH MATTERS, C2



DREAMSTIME

Better ways to stop the migraine pain

BY DEB BALZER
MAYO CLINIC NEWS NETWORK

Migraine is a genetic neurologic disease that often goes undertreated. It's more than a typical headache. Sometimes migraine headaches come with pain

so intense they can interrupt day-to-day activities.

The good news says Dr. Amaal Starling, a Mayo Clinic neurologist, is newer migraine headache treatment options are available that are more effective and better tolerated.

“Migraine is abnormal function in the brain. And this abnormal function results in abnormal sensory processing,” says Starling.

And the most common sensation processed is

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