

## February is... AMERICAN HEART MONTH



**National Wear Red Day® – Friday, February 7, 2020**

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast.

Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

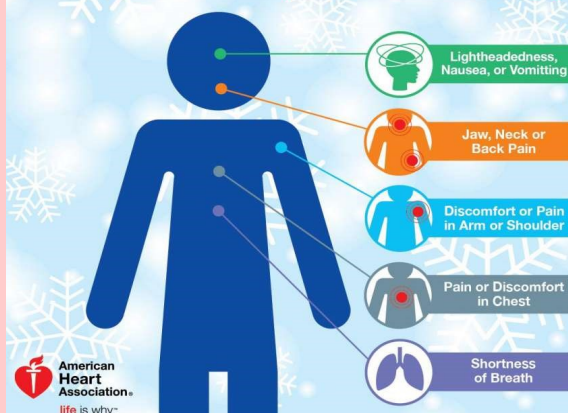
- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Source: U.S. Department of Health and Human Services and CDC

**National Wear Red Day® is celebrated the first Friday of February. Wear red and encourage others to do the same to bring awareness that heart disease is the leading cause of death in the U.S., but that it's largely preventable.**



## Common Heart Attack WARNING SIGNS



**GET THE FLU SHOT  
BEFORE THE FLU GETS YOU**  
Flu shot available now

For employee Flu Shot  
call Joan Walker, RN at  
954-847-8027

## Did you know?

Heart disease is the leading cause of death for men and women, and people of most racial and ethnic groups in the U.S.

## In this Issue:

- American Heart Month
- National Black HIV/AIDS Awareness Month
- Heart Health Exercise Tips
- Facts on Fat
- National Cancer Prevention Month
- Low Vision Awareness Month
- Healthy Eats
- Flavor Your Water
- Positive Healthy Habits



Blacks/African Americans account for a higher proportion of new HIV diagnoses, those living with HIV, and those who have ever received an AIDS diagnosis, compared to other races/ethnicities. In 2016, African Americans accounted for 44% of HIV diagnoses, though they comprise 12% of the U.S. population. In all communities, lack of awareness of HIV status contributes to HIV risk. People who do not know they have HIV cannot take advantage of HIV care and treatment and may unknowingly pass HIV to others.

A number of challenges contribute to the higher rates of HIV infection among African Americans. The greater number of people living with HIV (prevalence) in African American communities and the tendency for African Americans to have sex with partners of the same race/ethnicity mean that African Americans face a greater risk of HIV infection. Stigma, fear, discrimination, and homophobia may place many African Americans at higher risk for HIV. Also, the poverty rate is higher among African Americans than other racial/ethnic groups. The socioeconomic issues associated with poverty—including limited access to high-quality health care, housing, and HIV prevention education—directly and indirectly increase the risk for HIV infection and affect the health of people living with and at risk for HIV. These factors may explain why African Americans have worse outcomes on the HIV continuum of care, including lower rates of linkage to care and viral suppression.

The CDC recommends that everyone between the age of 13 and 64 get tested for HIV at least once as part of their routine health care. Per Florida law, all pregnant women are to be tested for HIV and other sexually transmitted infections (STIs) at their initial prenatal care visit, again at 28–32 weeks and at labor and delivery if HIV status is unknown.

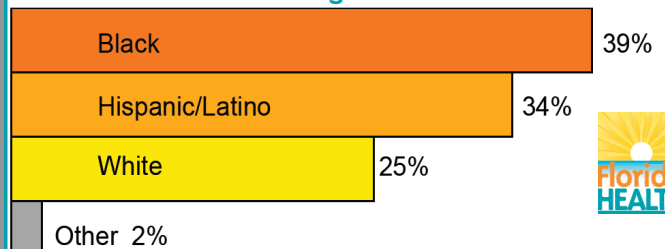
The Florida Department of Health is focusing on four key strategies to make an even greater impact on reducing HIV rates in Florida including:

- Routine screening for HIV and other sexually transmitted diseases (STDs) and implementation of the Centers for Disease Control and Prevention (CDC) testing guidelines;
- Increased testing among populations at increased risk for HIV and providing immediate access to treatment as well as re-engaging persons living with HIV (PLWH) into the care system, with the ultimate goal of getting PLWH to an undetectable viral load;
- The use of PrEP and nPEP as prevention strategies to reduce the risk of contracting HIV; To find a PrEP provider visit: [www.getprepbroward.com](http://www.getprepbroward.com)
- Increased community outreach, engagement, and awareness about HIV, high-risk behaviors, the importance of knowing one's status and if positive, quickly accessing and staying in treatment.

To find a care provider or to learn more about the resources available to persons living with HIV visit: [www.floridaaids.org](http://www.floridaaids.org)



#### Blacks represented the highest proportion of persons who received an HIV diagnosis in 2018



Unless otherwise noted, Whites and Blacks are non-Hispanic/Latino. "Other" includes Asian/Pacific Islanders, American Indians/Native Alaskans and mixed races

**54,117**

out of 119,661 (45%) persons living with an HIV diagnosis in Florida in 2018 were Black

**1,931**

out of 4,906 (39%) persons who received an HIV diagnosis in Florida in 2018 were Black

**932**



out of 1,918 (49%) persons who received an AIDS diagnosis in Florida in 2018 were Black

Source: CDC, FL Department of Health, and HIV.org

**MMWR** | **PrEP: An Essential Tool to End HIV**

**Pre-exposure Prophylaxis (PrEP)**

• A powerful way to prevent HIV

• Used daily, PrEP dramatically reduces risk of acquiring HIV through sex

**More PrEP Use is Needed**

PrEP use up from 6% to 35% among MSM\*\*

PrEP use still too low, especially among Black and Hispanic MSM

**Healthcare Providers Can Help End HIV!**

- Test for HIV
- Assess patient risk
- Prescribe PrEP as needed
- Use CDC resources\*

Footnote: Data from CDC's National HIV Behavioral Surveillance (NHBS) (20 cities) as reported in Finkelstein et al. MMWR 2019. [bit.ly/CDCVA29](https://bit.ly/CDCVA29)

\*PrEP clinical practice guidelines. <https://www.cdc.gov/hiv/pdf/mak/prep/cdc-hiv-prep-guidelines-2017.pdf>

\*\*More info: <https://www.cdc.gov/hiv/pdf/mak/prep/cdc-hiv-prep-guidelines-2017.pdf>

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**WWW.CDC.GOV**





## Take These Heart Health Tips to Heart During American Heart Month



### How much physical activity do you need?

Here are the American Heart Association recommendations for adults.



#### Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



#### Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



#### Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



#### Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



#### Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.

Move more, with more intensity, and sit less.

Find out how at [heart.org/movemore](http://heart.org/movemore).

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## MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. With motivation, dedication and great foot support, your small daily steps can add up to huge strides. Let your feet take you places you never thought possible!



**10**  
Minutes

of stretching is like walking the length of a football field



**2.5**  
Hours

of walking every week for a year is like walking across the state of Wyoming



**30**  
Minutes

of singles tennis is like walking a 5K



**1**  
Hour

of dancing every week for a year is like walking from Chicago to Indianapolis



**20**  
Minutes

of vacuuming is like walking one mile



**30**  
Minutes

of grocery shopping every other week for a year is like walking a marathon

Source: <http://www.purdue.edu/walktothemoon/activities.html>

EAT SMART ADD COLOR **MOVE MORE** BE WELL

For more ways to add activity to your life, visit [HEART.ORG/MOVEMORE](http://HEART.ORG/MOVEMORE)

Please consult your healthcare provider before starting on any diet or exercise program.

## THE FACTS ON FAT

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.



Healthy For Good™



### LOVE IT

UNSATURATED  
(POLY & MONO)



- Lowers rates of cardiovascular and all-cause mortality
- Lowers bad cholesterol & triglyceride levels
- Provides essential fats your body needs but can't produce itself



### LIMIT IT

SATURATED



- Increases risk of cardiovascular disease
- Raises bad cholesterol levels



### LOSE IT

ARTIFICIAL TRANS FAT,  
HYDROGENATED OILS  
& TROPICAL OILS



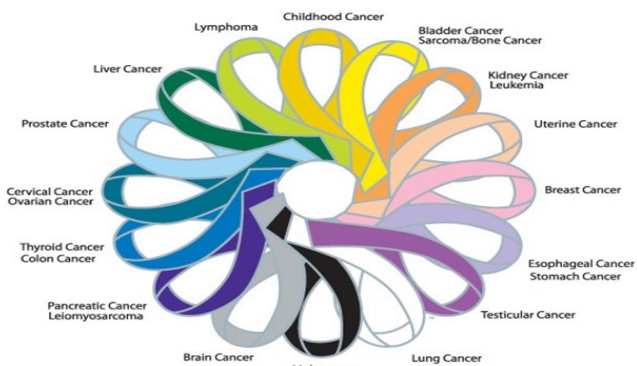
- Increases risk of heart disease
- Raises bad cholesterol levels

EAT SMART ADD COLOR **MOVE MORE** BE WELL

LEARN MORE AT [HEART.ORG/EATSMART](http://HEART.ORG/EATSMART)



## February is National Cancer Prevention Month



You can't always prevent cancer, but you can help yourself **DETECT IT EARLY.**

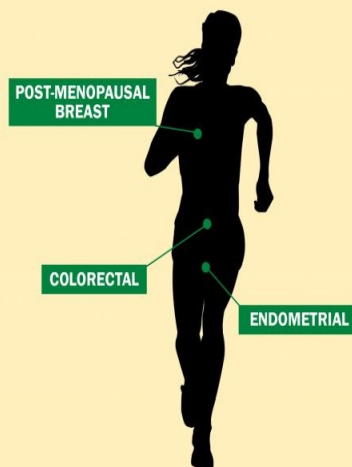
About one-third of all people in the US will develop cancer during their lifetime. Anyone can get cancer at any age, but the risk goes up with age. Nearly 9 out of 10 cancers are diagnosed in people ages 50 and older. Cancer can be found in people of all racial and ethnic groups, but the rate of cancer occurrence (called the incidence rate) varies from group to group.

The risk of developing most types of cancer can be reduced by changes in a person's lifestyle, for instance, by staying away from tobacco, avoiding too much alcohol, limiting time in the sun, and being physically active and eating healthy foods. Some cancers are caused by things people do or expose themselves to. For example, tobacco use can cause cancer of the lungs, mouth, throat, bladder, kidneys, and many other organs. Of course, not everyone who uses tobacco will get cancer, but it greatly increases a person's risk.

There are also screening tests that can be done for some types of cancers so they can be found as early as possible – while they are small and before they have spread. In general, the earlier a cancer is found and treated, the better the chances are for living for many years. There are a lot of rumors and myths about cancer that make it hard for people to know what's true about this disease. If you want to know more about how cancer starts and spreads, visit American Cancer Society for more information and if you have questions that aren't answered on the website, you can call one of their Cancer Information Specialists at 1-800-227-2345 or speak to your healthcare provider.

Source: American Cancer Society

## BEING PHYSICALLY ACTIVE DECREASES RISK OF THESE CANCERS:



### Activity helps to:

- Regulate blood levels of hormones that contribute to cancer risk
- Speed food through the colon, reducing exposure to dietary carcinogens
- Prevent the build up of body fat, a cause of many cancers

**AIM FOR 30 MINUTES A DAY, IN ANY WAY**

## February is Low Vision Awareness Month

If you have **VISION LOSS**, there is help.

Ask your doctor about vision rehabilitation.



With people in the United States living longer, eye diseases and vision loss have become major public health concerns. Currently, 4.2 million Americans ages 40 and older are visually impaired. By 2030, when the last baby boomers turn 65, this number is projected to reach 7.2 million, with 5 million having low vision.

Low vision is a visual impairment that cannot be corrected by standard eyeglasses, contact lenses, medication, or surgery. Having low vision can make activities like reading, shopping, cooking, writing, and watching TV hard to do. In addition, the consequences of vision loss may leave people feeling anxious, helpless, and depressed.

Source: National Eye Institute

## What is low vision?

It is when—even with regular glasses, contact lenses, medicine, or surgery—people find everyday tasks difficult to do.

### What causes low vision?

Low vision is usually caused by—



Eye diseases or health disorders



Eye injuries



Birth defects

### What are the numbers?

**2.9**

2.9 million Americans have low vision.

**72%**

Expected to increase 72 percent by 2030.

Most people with low vision are 65 or older.

### What can I do?



See an eye care professional.

Learn about vision rehabilitation.



Get a good support team—You, your primary eye care professional, a specialist in low vision, and your rehabilitation specialists.

### What is vision rehabilitation?

#### Vision rehabilitation services

Services that help people make the most of their vision and keep their independence by teaching them how to—

- Move safely around the home.
- Carry out daily living skills safely.
- Find resources and support.
- Use magnifiers and other adaptive devices.

Source: National Eye Institute, 2013

Where can I learn more?  
Visit [www.nei.nih.gov/lowvision](http://www.nei.nih.gov/lowvision)

# HEALTHY EATS



## Slow Cooker Meatball Soup with Potatoes and Kale

When you think of warm, satisfying comfort foods, what comes to mind? Creamy potatoes? Maybe a hot soup? The delicious meatballs you loved on top of spaghetti as a kid? What if we combined savory meatballs with tender potatoes in a velvety soup that will warm and sustain you? This recipe These meatballs are made with lean chicken, cutting fat and calories from this recipe, and red pepper flakes and chili powder add a pop of flavor to this scrumptious dish!

### Ingredients

- 1 pound lean ground turkey or chicken
- 1/2 teaspoon chili powder
- 1/2 black pepper
- 1/2 panko bread crumbs
- 1 tablespoon extra-virgin olive oil
- 1 cup diced yellow onion
- 1 clove garlic, minced
- 1 (large) Yukon Gold potato, cut into 1" cubes
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1 cup chicken broth, fat-free, low sodium
- 2 cups milk (1 - 2% recommended)
- 2 cups kale leaves, (stems removed) rinsed and coarsely chopped



Source: [www.skinnyms.com](http://www.skinnyms.com)

### Instructions

1. In a medium bowl combine meatball ingredients and shape into 1" bite size meatballs. Cover and place in the refrigerator.
2. Combine the first 4 ingredients and make into 1-inch meatballs.
3. Add oil to a large skillet and lightly brown meatballs over medium-low heat, on both sides.
3. Note: The meatballs shouldn't be cooked through all the way, but just browned on the outside. Add to slow cooker: meatballs, onion, garlic, potato cubes, red pepper flakes, black pepper, salt, chicken broth and milk, and stir just to combine. Cover and cook on low 6 to 8 hours.
4. Add kale and cook just until wilted, approximately 10 -15 minutes.
5. Optional: For a thicker soup, combine cornstarch and cold milk, stir until smooth and add to slow cooker the last 20 minutes of cooking time.

## Flavor your water with fruit and/or herbs!

Infused drinks add nutrients to your diet that can strengthen your immune system, boost your energy, kickstart your metabolism and help you maintain a healthy, hydrated body. Flavor twists motivate people to drink more water, which has plenty of its own health benefits. You can make infused water with virtually any ingredients, but here are some you can try at home. In a large clean jar/container put a few pieces of your favorite fruit and or herbs, fill it with water, place it in the fridge for an hour or more. Enjoy!

- Cucumber and citrus
- Blueberry and orange
- Grapefruit and rosemary
- Ginger and lime
- Strawberry, lemon, basil
- Strawberry, lime, cucumber
- Kiwi and cucumber
- Pineapple, mint and ginger



- |                        |            |
|------------------------|------------|
| Bell Pepper            | Papaya     |
| Broccoli               | Potato     |
| Cabbage                | Radish     |
| Carambola (star fruit) | Sweet Corn |
| Cauliflower            | Snap Bean  |
| Celery                 | Squash     |
| Eggplant               | Strawberry |
| Grapefruit             | Tomato     |
| Guava                  |            |
| Tangerine              |            |
| Lettuce                |            |
| Mushroom               |            |
| Orange                 |            |





# 10 Positive healthy habits you want to develop

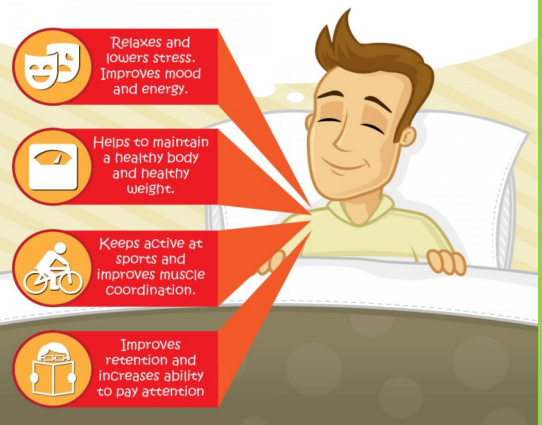


Chronic stress affects our health. Healthy habits can protect you from the harmful effects of stress.

1. Talk with family and friends. A daily dose of friendship is great medicine. Call or write friends and family to share your feelings, hopes and joys and ask them to share theirs.
2. Engage in daily physical activity. Regular physical activity can relieve mental and physical tension. Physically active adults have lower risk of depression and loss of mental functioning. Physical activity can be a great source of pleasure, too. Try walking, swimming, biking or dancing every day.
3. Embrace the things you are able to change. While we may not be able to do some of the things we once enjoyed, we are never too old to learn a new skill, work toward a goal, or love and help others.
4. Remember to laugh. Laughter makes us feel good. Don't be afraid to laugh out loud at a joke, a funny movie or a comic strip, even when we're alone.
5. Give up the bad habits. Too much alcohol, cigarettes or caffeine can increase blood pressure. If you smoke, decide to quit now. If you do drink alcohol, do so in moderation.
6. Slow down. Try to "pace" instead of "race." Plan ahead and allow enough time to get the most important things done without having to rush.
7. Get enough sleep. Try to get six to eight hours of sleep each night. If you can't sleep, take steps to help reduce stress and depression. Physical activity also may improve the quality of sleep and life in general.
8. Get organized. Use "to do" lists to help you focus on your most important tasks. Approach big tasks one step at a time. For example, start by organizing just one part of your life — your car, desk, kitchen, closet, cupboard or drawer.
9. Practice giving back. Volunteer your time or spend time helping out a friend. Helping others helps you.
10. Try not to worry.

Source: [www.heart.org](http://www.heart.org)

## 4 Benefits of Sleeping Well



## HEALTH BENEFITS OF LAUGHTER



Organization isn't about perfection; it's about efficiency, reducing stress and clutter, saving time and money and improving your overall quality of life.

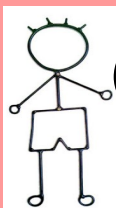
meetville.com

Christina Scalise

*good habits*  
**ARE AS**  
**ADDICTIVE**  
*as bad habits*  
BUT MUCH MORE REWARDING.

getitdone.tumblr.com

## Joke of the Day:



Do you have a date for Valentine's day?



Yes! February 14th.



## Contact Us:

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