

WHAT'S IN THE BROWN BAG?

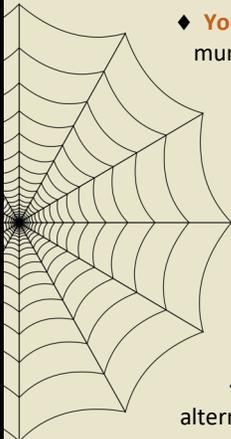
It was a dark and stormy night. Thunder crashed outside, and the dimly lit store was briefly illuminated by a flash of lightning. After a long day at work, Gasen was preparing to close, already dreading the long drive home in the rain. Just then, the door opens and a hunched silhouette shuffles out from the darkness. Dressed in all black, a tall slender man quietly creeps towards the counter with his eyes fixed to the ground. And in his right hand... a brown paper bag. He slams the wet bag firmly on the counter without uttering a single word. Shaken, Gasen quietly asks, "Sir, what's in the bag?"



No worries, don't hit the panic button just yet! He's just here for "National Check Your Meds Day."

On National Check Your Meds Day (October 21) consumers are encouraged to bring their prescription drugs and supplements to their local pharmacy or physician for a brown bag medication review. **They are often called "brown-bag reviews" because most people will toss all their medications and supplements into a brown bag.** According to the Mayo Clinic, almost 70% of Americans take at least one prescription medication. But approximately 50% of people do not take their medications as prescribed. A pharmacist can help you gain a clearer understanding of your medications, how they affect you, if you're taking them correctly, and even the best time of day to take them for a greater effect and fewer side effects.

If even one of the six statements below describes your drug regimen, it is encouraged that you to make an appointment to see your doctor or pharmacist this October:



- ◆ **You receive prescriptions from multiple healthcare providers** — A review can catch miscommunication between providers and eliminates duplicate prescriptions.
- ◆ **You regularly take over-the-counter drugs or dietary supplements** — Although they don't require a prescription, it's important to inform your doctor and pharmacist.
- ◆ **You take more than one drug to treat a health problem**
- ◆ **Do you need a drug to control the side effects of another?** — A pharmacist can check to see whether you can ease side effects by lowering the dose, switching to another drug, or trying lifestyle changes instead.
- ◆ **Have you been taking your medication for more than three months?**
- ◆ **Your meds are unaffordable**—You can ask about less expensive but equally effective alternatives, including generic versions.

Take the mystery out of your medications by going for a medication review. To prepare for a review, it's a good idea to have a comprehensive log of everything you take including the dosage and schedule, the reasons you take them, the name of the prescribing physicians, and special advice, such as whether you should take them with food or drink.

Call your local pharmacy to see if they are participating in National Check Your Meds Day! And if you can't head to a drugstore on **October 21**, you can always set up an appointment for another day. Many pharmacies will work with your schedule or even see you on the spot and free of charge. Mystery solved!



DID YOU KNOW?

Is it Autumn or Fall? Based on our poll of FDOH-Broward employees, 78% refers to this season as "Fall" Learn more on page 11!



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- Love Your Bones!
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DOMESTIC VIOLENCE

AWARENESS MONTH

DID YOU KNOW?



1 in 3 WOMEN ♀
1 in 4 MEN ♂

WILL EXPERIENCE DOMESTIC VIOLENCE

18-24 
the age of women most commonly abused by an intimate partner

30-60% 
of perpetrators also abuse children in the household

24 PEOPLE PER MINUTE 
are victims of domestic violence

MEN WHO ARE VICTIMIZED ARE **LESS LIKELY** TO REPORT THEIR SITUATION TO POLICE THAN WOMEN 

3 WAYS TO HELP



DON'T IGNORE IT

Many may feel they shouldn't get involved in someone else's business, but if you see or hear violence, don't ignore it: **call the police.**

LISTEN & HELP WHEN YOU CAN

Listen without judgment, acknowledge their situation, and be supportive. Help them get the resources they need.

KNOW THE LOCAL SHELTERS

WHAT IS IT?

Domestic violence (DV) includes physical violence, sexual violence, psychological violence and emotional abuse caused by an intimate partner. The abuse can also be financial when the abuser makes a victim entirely financially dependent on them, with no power or say in the relationship.

The frequency and severity of domestic violence can vary, however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other. **Domestic violence can happen to anyone regardless of age, gender, religion, education, etc. Domestic violence can happen in heterosexual or same-sex relationships.**

Every year, in the United States there are more than 10 million incidents of reported domestic violence. This doesn't take into account the cases that go unreported. Unfortunately, extra stress during the COVID-19 pandemic caused by income loss, lack of ability to pay for housing and food and lockdowns have exacerbated the often silent epidemic of domestic violence. Now more than ever there is a need for more awareness and support.

YOU ARE NOT ALONE!

If you're in an abusive situation, you might recognize this pattern: **(1)** Your abuser threatens violence. **(2)** Your abuser strikes. **(3)** Your abuser apologizes, promises to change and offers gifts. **(4)** The cycle repeats itself.

The longer you stay in an abusive relationship, the greater the physical and emotional toll. You might become depressed and anxious, or begin to doubt your ability to take care of yourself or work. If there are children witnessing the abuse at home, it can also have a lasting effect on them.

If any of these things have happened to you, you may have feelings of helplessness, fear, shame, guilt and anger. You may blame yourself for the things that are happening and feel responsible for what happens to your abuser. **Please remember that it is NOT your fault and you are not alone! There are people and agencies willing and able to help you.**

In an emergency, call 911! Reach out to trusted friends and family. The **Florida Domestic Violence Hotline** can provide support including shelter referrals, as well as advice on legal matters, advocacy and support services.



FLORIDA DOMESTIC VIOLENCE
HOTLINE
1(800)500-1119



Global Handwashing Day is dedicated to increasing awareness and understanding the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.

It is estimated that washing hands with soap and water could reduce diarrheal disease-associated deaths by up to 50%. Appropriate hand washing practices can reduce the risk of respiratory infections by 16% and also reduce the risk of food-borne illness. **Especially now, in an effort to stop the spread of the COVID-19 pandemic, handwashing at regular intervals is a must!** Sanitizers can quickly reduce the number of germs on our hands but they do not get rid of all types of germs. Washing hands with soap and water is the best way to get rid of germs in most situations.

In general, it is recommended that you wash your hands before and after eating, after visiting a public space, after using the restroom, blowing your nose, coughing or sneezing.

Yes, we know you most likely already know how to wash your hand but a little refresher is always great. See the infographic below for a quick review of proper handwashing techniques!

Source: Centers for Disease Control & Prevention, World Health Organization

Did You Know?

The term "Hygiene" comes from "Hygieia", the Greek goddess of health, cleanliness and the moon.



80% of infections are spread by hand.



Most germs can survive on your hands for 3 hours.



The average computer mouse is 3x dirtier than a toilet seat.



HAND WASHING

Stay healthy. Wash your hands!



1 Get your hands wet.



2 Put on soap.



3 Rub soapy hands for as long as it takes to sing "Happy Birthday" two times or about 20 seconds.



4 Scrub fingertips and between fingers. Make lots of bubbles!



5 Scrub just below your wrists.



6 Rinse off. Wash all those bubbles away!



7 Dry your hands with a paper towel.



8 Turn off water with the towel. Throw the towel away.





Keeping Baby Safe while sleeping

Sudden Infant Death Syndrome (SIDS) is the unexplained death of a seemingly healthy baby usually during sleep. Although the exact cause is unknown and all babies are vulnerable, certain sleep environments have been linked to an increased risk.

9 ways to help protect your baby from SIDS



Ensure the crib is properly assembled and if there is any question, call the manufacturer



Always place baby on his/her back to sleep



Remove everything other than the mattress and fitted sheet from the crib when baby is sleeping. No pillows, blankets, toys, or bumpers.



Use a blanket sleeper, never use loose blankets



Use a firm mattress with no more than two fingers width between the crib and mattress



Keep baby in Mom's room for the first few months, but in a separate sleeping area.



Once breastfeeding is established offer a pacifier.



Do not over-clothe baby while sleeping, baby should be warm but not sweating or hot to the touch.



Keep a smoke-free zone around your baby



There shouldn't be more than a soda can's width between bars.

October is #SIDS Awareness Month



Educate everyone who cares for your baby on these safe sleep rules

Please remember, if your baby is not moving or breathing, begin CPR and call 911! Parents and caregivers of all infants and children should be trained in CPR. Find a class near you by visiting cpr.heart.org



Breast cancer is cancer that forms in the cells of the breasts. When some breast cells begin to grow abnormally, they continue to accumulate, forming a lump or mass. Cells may spread, or metastasize, through your breast to your lymph nodes or to other parts of your body.

According to the American Cancer Society, 1 in 8 women in the U.S. will develop breast cancer in her lifetime. However, the number of women who have died of breast cancer has decreased by 41% from 1989 to 2018 thanks to early detection and treatment improvements. The earlier breast cancer is found and diagnosed, the better the chances are of beating it. **If you're over 40 or at a high risk of breast cancer, you should also have an annual mammogram and physical exam by a doctor.** In addition, breast self-exams should be part of your monthly health care routine, and you should visit your doctor if you experience breast changes.

Myths vs Facts

1. **“You won’t develop breast cancer unless it runs in your family”** : Roughly 2/3 of women who are diagnosed with breast cancer have no family history of breast cancer. However, risk may increase for women with family history
2. **“Antiperspirants, bras, hair dyes, dairy, and cell phone use all cause breast cancer”**: There’s no scientific evidence linking bra type (including underwire bras), breast size, or other products mentioned above to an elevated risk for breast cancer. To help lower your risk, experts recommend maintaining a healthy weight, exercising regularly and limiting the amount of alcohol you drink.
3. **“Breast implants can raise your cancer risk”** : Research shows that women with breast implants are at NO greater risk of getting breast cancer than women without them. That said, breast implants may make it harder to read mammograms, so additional X-rays are sometimes needed to more fully examine breast tissue.
4. **“Men can’t get breast cancer”** : Although less common, breast cancer is diagnosed in about 2,000 men in the U.S. each year, or about 1 percent of all new cases.
5. **“Breast cancer always causes a lump you can feel”** : Breast cancer might not cause a lump, especially when it first develops. That’s why regular screening with mammography is so important for early detection



If you haven't scheduled your mammogram this year, below are Broward County area hospitals that offer mammograms. There are local imaging centers as well that take insurance.

Broward Health
(954) 759-7500

Holy Cross Hospital Healthplex
(954) 202-0277

Memorial Hospital
(954) 276-5500

If you are uninsured, contact the Florida Breast and Cervical Cancer Early Detection Program at 954-762-3649

We can't let the pandemic stop us from making our health a priority! That's especially true if you're due for a mammogram. **The Society of Breast Imaging recommends scheduling mammograms before getting your first dose of the vaccine or four to six weeks after getting your second dose. Get screened and talk to your loved ones about getting screened today!**

Source: Mayo Clinic, Aetna, Breastcancer.org, Centers for Disease Control & Prevention



How do I do my monthly breast self-exam? Check this out!



ON WEDNESDAYS WE WEAR PINK

WAYS TO REDUCE YOUR BREAST CANCER RISK

- Do not smoke
- Control your weight
- Limit or avoid alcohol
- Breastfeed
- Be physically active
- Avoid exposure to radiations



#Cancer

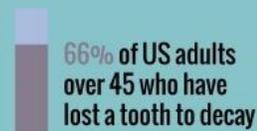
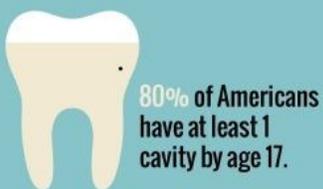
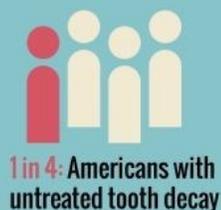
5 STEPS TO DETECTING BREAST CANCER EARLY:

1. Practice routine self-exams
2. Know your risks and family history
3. Visit your doctor regularly
4. Know when to get a mammogram
5. Follow-up after a screening or test

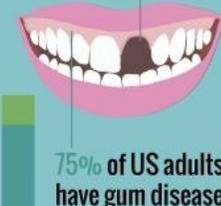
NATIONAL DENTAL HYGIENE MONTH



POOR ORAL HEALTH EPIDEMIC



164 million: Work hours lost each year due to dental health issues.



Your dental health is important to your overall health so practicing good dental hygiene is an essential part of our everyday life. Without proper oral hygiene, bacteria in your mouth can reach levels that might lead to oral infections, such as tooth decay and gum disease. Diseased, crooked or missing teeth can interfere with your speech and chewing and can lead to expensive corrective procedures. Another complication of poor oral health is gum disease, which may cause loss of teeth, infections and other complications, including heart complications, strokes and respiratory issues.

Good dental health is a combination of proper daily maintenance (brushing and flossing) along with regular visits to your dental care professional. Keep up that wonderful smile!

Source: Marshfield Clinic Health System, Mayo Clinic



The American Dental Association recommends brushing for two minutes twice a day and flossing daily!



Smoking can lead to gum disease. Contact Tobacco Free Florida for tobacco cessation resources at 1-877-822-6669



When you finish lunch at work, get a drink of water. Water helps to remove small particles of food that can remain on your teeth after your meal or snack.

Helpful Tips



Brush Regularly, Not Aggressively

Use Fluoride



Floss Daily

Schedule Regular Dental Checkups



Use Mouthwash

If you're ever tried to have a conversation with a two year old, you'll probably notice that they may stutter a bit. It's common for young children to stutter as their speech and language abilities develop. This is called developmental stuttering. Sometimes, however, stuttering is a chronic condition that reoccurs or persists into adulthood. We know that stuttering is neurological, but the exact cause is still unknown. In general, research has shown that the pathways in the brain responsible for language, look and function differently when stuttering occurs.

Children who have developmental delays or other speech problems may be more likely to stutter. It also tends to run in families. **Interestingly enough, boys are 2 to 3 times more likely to stutter than girls. They are also more likely to continue stuttering as they get older.**

There are two other main types of stuttering. The most common form of stuttering found in adults is "neurogenic" and is caused by signal abnormalities between the brain and nerves/muscles. It can be a result of a traumatic event such as a stroke or other brain injury. This stuttering may be present for just a few hours or can go on for a longer period. On the other hand, "psychogenic" stuttering is a type that originates in the part of the brain that governs thinking and reasoning. It may happen after emotional trauma.

According to the National Institute on Deafness and Other Communication Disorders, roughly 3 million Americans stutter. There are nearly as many ways to stutter as there are people who stutter. Stuttering may involve repeating parts of words (repetitions), stretching a sound out for a long time (prolongations), or having a hard time getting a word out (blocks). Stress or excitement can lead to more stuttering. Unfortunately, the condition can have psychosocial effects on people, including the loss of social, school, or work participation and success. Many people are bullied or teased which may affect their self esteem.

When talking with a person who stutters, avoid finishing their sentences unless they invite you to do so. Keep eye contact and be patient, remember, many people who stutter just need a little extra time to finish their sentences. And although there is no cure for stuttering, there are many proven ways to reduce stuttering. For children, early treatment may keep stuttering from continuing into adulthood. Speech-language pathologists can help. Visit [ASHA ProFind](#) to locate a professional in your area!



International Stuttering Awareness Day."



^Source: American Speech-Language-Hearing Association , Mayo Clinic, National Institute on Deafness and Other Communication Disorders , Beaumont Health

NATIONAL DOWN SYNDROME AWARENESS MONTH

Down syndrome is a genetic disorder caused by the presence of a third copy of chromosome-21. Most babies inherit 23 chromosomes from each parent, for a total of 46 chromosomes. Babies with Down syndrome however, end up with three chromosomes at position 21, instead of the usual pair. This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome. Down syndrome is usually identified at birth by the presence of certain physical traits: low muscle tone, a single deep crease across the palm of the hand, a slightly flattened facial profile and an upward slant to the eyes. The diagnosis must be confirmed by a chromosome study (karyotype). Tests for Down syndrome can also be performed before a baby is born.

According to the Centers for Disease Control and Prevention, **approximately one in every 700 babies in the United States is born with Down syndrome.** Most people with Down syndrome have a mild to moderate cognitive disability, or intellectual disability. They are also at an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, and thyroid conditions. **The exact cause of the extra chromosome that triggers Down syndrome is unknown.** There is no definitive scientific research that indicates that it is caused by environmental factors or the parents' activities before or during pregnancy. However, the risk of having a baby with Down syndrome increases as a woman ages.

People with Down syndrome should always be referred to as people first. People with Down syndrome attend school, work, participate in decisions that affect them, have meaningful relationships and contribute to society in many wonderful ways!

Quality educational programs, a stimulating home environment, good health care and positive support from family, friends and the community enable people with Down syndrome to lead fulfilling and productive lives. **Learn more by visiting [ndss.org](#)**

Source: National Down Syndrome Society, The Children's Hospital of Philadelphia

**DOWN SYNDROME IS NOT A
DISEASE AND IT'S NOT CONTAGIOUS**

Be Accepting

Be Generous

Be Kind

Instead of "a Down syndrome child" or "Downs Kid" it should be "a child with Down syndrome."

People first language puts the person before the diagnosis.

Each person with Down syndrome has different talents and the ability to thrive.



HEALTHY EATS⁸

Crock-Pot Butternut Squash Soup

The perfect warm bowl of soup, just in time for Fall.

Ingredients

- 1 large butternut squash, peeled and cut into large cubes (about 8 cups)
- 1 large onion, chopped
- 1 carrot, peeled and chopped
- 3 cloves garlic, minced
- 4 sprigs thyme
- 1 sprig sage
- 3 c. low-sodium chicken (or vegetable) broth
- Kosher salt
- Freshly ground black pepper
- Pinch of cayenne
- Heavy cream, for serving
- Freshly chopped parsley, for garnish



Preparation

- In a large slow cooker, combine butternut squash, onion, carrot, garlic, thyme, and sage. Pour in broth and season with salt, pepper, and a pinch of cayenne.
- Cover and cook until squash is very tender, on low for 8 hours or on high for 4 hours. Remove herb sprigs and use an immersion blender to blend soup until smooth.
- Stir in cream and garnish with parsley before serving.

Nutrition Information

Serving Size: 6

Per Serving: 121 calories, 5 g protein, 27 g carbohydrates, 5 g fiber, 6 g sugar, 1 g fat, 0 g saturated fat, 372 mg sodium

Source: *Delish*

Apple "Donuts"

This so-simple 3-ingredient recipe turns apple slices into "donuts." Topped with nut butter and coconut, they make a satisfying no-added-sugar dessert or healthy snack.

Ingredients

- 1 medium apple
- 3 tablespoons almond butter
- 2 teaspoons shredded unsweetened coconut

Preparation

Remove apple core with an apple coring tool. Slice the apple crosswise into 8 thin rings, about 1/4 inch thick. Spread each apple ring with almond butter. Sprinkle with coconut.



Nutrition Information

Serving Size: 2 Rings Each

Per Serving: 103 calories; protein 2.7g; carbohydrates 8.7g; dietary fiber 2.5g; sugars 5.5g; fat 7.3g; saturated fat 1.3g; vitamin a iu 24.7IU; vitamin c 2.1mg; folate 7.8mcg; calcium 44.6mg; iron 0.5mg; magnesium 36.5mg; potassium 143mg; sodium 28mg

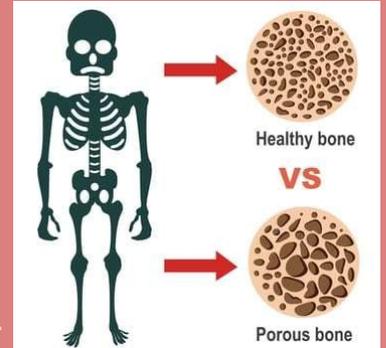
Source: *EatingWell*



Osteoporosis literally translate to “porous bones.” Normal, healthy bones look like a honeycomb. If they lose their density, they become porous and easily broken, even as a result of a minor fall. Fractures caused by osteoporosis can be life-threatening and a major cause of pain and long-term disability.

Gender and age are risk factors for developing osteoporosis. About 54 million people are estimated to have osteoporosis in the U.S. Everyone’s risk for osteoporosis fractures increases with age. Although osteoporosis occurs in both men and women, women are four times more likely to develop the disease than men. **In fact, women over the age of 50 or postmenopausal women have the greatest risk of developing osteoporosis.** In addition, you’re at greatest risk of osteoporosis if you’re white or of Asian descent. Those with small body frames tend to also have a higher risk because they might have less bone mass to draw from as they age.

You can prevent osteoporosis and strengthen your bones for the rest of your life by maintaining a physically active lifestyle. **Weight-bearing, muscle-strengthening and balance-training exercises can boost your bone health. It also helps to eat high calcium and vitamin D foods.** Safe exposure to sunshine will help you get enough vitamin D. As with many illnesses, you can take preventative steps by avoiding negative lifestyle habits such as smoking and excessive drinking.



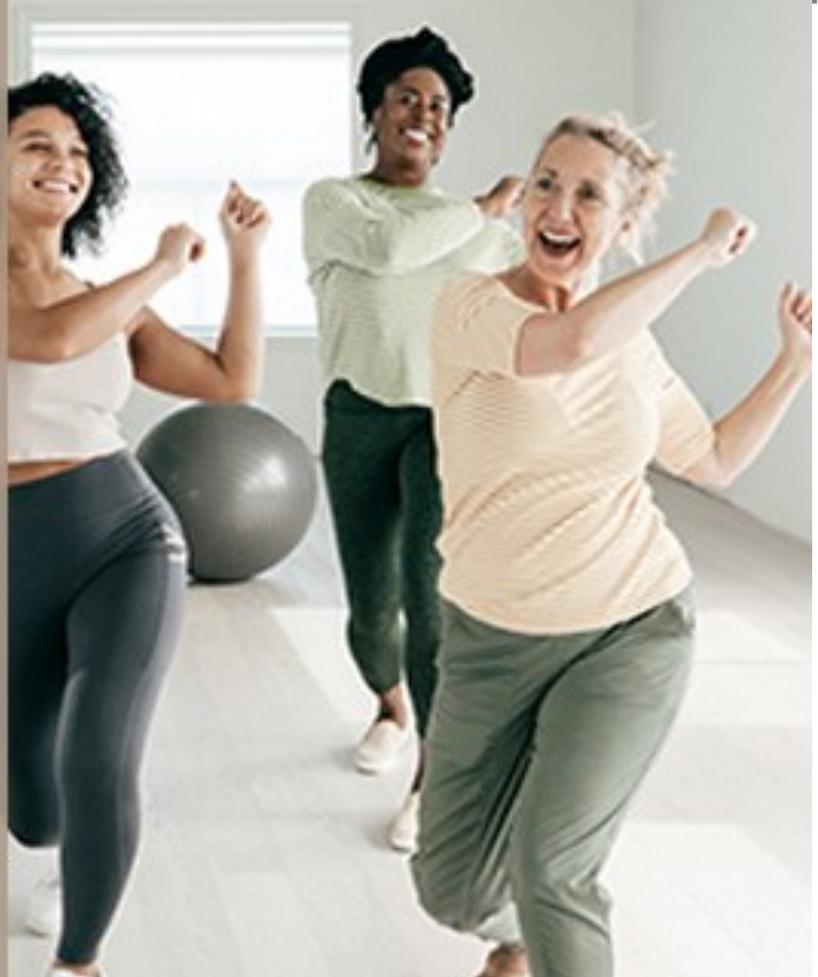
Usually, there are no symptoms of osteoporosis. But consult your healthcare provider if you notice loss of height, change in your posture (stooping or bending forward), back pain, shortness of breath or bone fractures. If you are over the age of 50 and you have one or more risk factors, you should discuss these with your doctor and ask for an assessment of your bone health status. Treatments for established osteoporosis may include exercise, vitamin and mineral supplements and medications. If you’re at high risk you will likely need medication to ensure optimal protection against fracture.

Source: International Osteoporosis Foundation, Cleveland Clinic, Mayo Clinic

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

Weight bearing exercises

- Any exercise that works against the force of gravity.
- Impact sends signal to bone, stimulating osteoblasts to build bone tissue.
- Types of exercise: walking, hiking, jogging, climbing stairs, playing tennis, and dancing.





IMPORTANT ANNOUNCEMENT



FREE



DRIVE THRU POD

FLU VACCINE

& COVID-19 VACCINE

(1st, 2nd or 3rd dose)

MONDAY,

OCTOBER 4, 2021

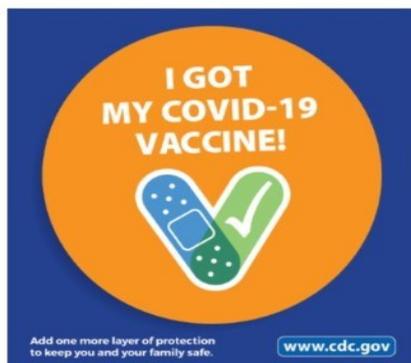
Samuel Delevoe Memorial Park

2520 NW 6th St., Fort Lauderdale, FL 33311

8:00AM - 5:00PM

Contact your supervisor to schedule your time.

NO APPOINTMENT Necessary



VACCINES SAVE LIVES



You must bring your DOH ID to receive the flu vaccine! The COVID-19 vaccine, 1st, 2nd, or 3rd dose will also be made available at the POD for family and contracted staff. If you have any further questions, please send them to renee.podolsky@flhealth.gov.

Learn more about Flu Season on Page 11!

FLU



SEASON IS HERE



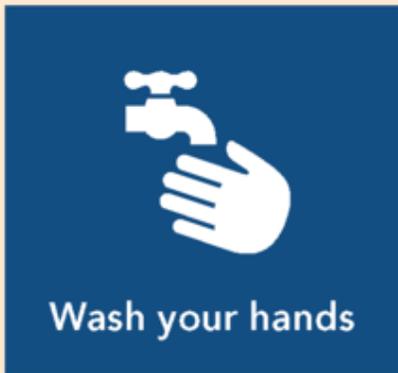
Although you can get the flu at any time of year, most cases happen during flu season (mid-fall to late spring). It's being predicted that relaxed COVID-19 mitigation measures (such as stay-at-home orders or mask mandates) may result in an increase in flu activity during this flu season. Older adults, kids and pregnant women are at a higher risk for the flu. Fortunately, the flu vaccine can help reduce your risk of getting the flu by up to 60%. Flu viruses are constantly changing so that's why annual flu shots are recommended. **And this year, according to the CDC, flu vaccines and COVID-19 vaccines can be given at the same time.** If you experience flu like symptoms, your health care provider may order a test to help confirm whether you have the flu, COVID-19 or some other illness.

Protect yourself and everyone around you.



GET YOUR FLU SHOT EVERY YEAR

- Flu is serious
- The flu shot is your best protection
- This year's shot targets this year's viruses



Wash your hands



Stop smoking



Avoid touching your face



Eat your fruits and veggies



Sneeze and cough into the bend of your arm



Stay home if you're sick



Why did the hipster burn his mouth?

He drank the coffee before it was cool.

In conclusion, "fall" and "autumn" can be used interchangeably, though, the term "fall" is more popular in America. We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

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