

Health is in the air



Love is in the air this month. In between the boxes of chocolate and romantic dinner dates, let's not forget about our health. This February, don't let your health status blow in the wind. We want to encourage everyone to be proactive with their personal health during National Self-Check Month. Regular checkups are an important way to monitor your health. It's a good idea for you to become familiar with your body so you can detect changes.

Unfortunately, many people don't perform self-checks because they would rather not know if they are sick, or they believe that they aren't at risk for disease. However, the earlier an issue is detected, the more likely a person is to get the treatment that can save or extend their life. Most people are familiar with breast self-exams and checking your blood pressure. But there is so much more! How often do you hear about the skin check or stair test for heart health? Now is a great time for you to sit down and talk with loved ones about health concerns, perform self-checks and schedule wellness visits with your health care providers.

Along with self-checks, there are many ways you can help prevent disease by practicing healthy habits. It is important to stop smoking, exercise regularly, eat healthy, use sun protection, consume less alcohol, practice safe sex, lose weight if necessary and lower your stress level. Not only will these healthy habits help prevent chronic disease and conditions, but will also help you feel better overall. There are free "Keeping Healthy" tools that can provide you and your loved ones with early disease detection and prevention tips to help beat cancer, heart disease, diabetes and more. **Visit selfchec.org for more information!**



DID YOU KNOW?

Anyone can have an eating disorder. Many people wrongly think that only young women can experience eating problems.

- Learn more on page 2



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It's time to take your head out of the sand!

**For Men,
Check Your**

Breasts

Colon

Lungs

Mouth

Prostate

Skin

Testicles

**For Women,
Check Your**

Breasts

Cervix

Colon

Lungs

Mouth

Ovaries

Skin



DID YOU

FIND

ANYTHING ?

YES/MA/YBE

NO

Please contact your
health care provider

National Eating Disorders Awareness Week

TYPES OF EATING DISORDERS

1



Anorexia nervosa

Having an unrealistic idea about body image and an intense fear of gaining weight.

Bulimia Nervosa

It is binge eating followed by purging.



2

3



Binge eating disorders (BED)

Even if they aren't hungry, people with BED may consume a large amount of food in a short period of time.

Rumination Disorder

Individual regurgitates food they previously consumed and then re-chews and re-swallows it or spits it out.



4

5



Pica Disorder

It is consuming things that are not considered food.

Avoidant/Restrictive Food Intake Disorder (AFRID)

A person avoids particular meals or categories of foods, or has a restricted intake in terms of overall amount eaten, or both.



6

7



Other Eating Disorders

Compulsive overeating, Diabulimia, Drunkorexia

WHAT IS IT?

Eating disorders are serious but treatable mental and physical illnesses that can affect people of all ages, racial/ethnic backgrounds, body weights, and genders. It's estimated that 20 million women and 10 million men in America will have an eating disorder at some point in their lives. **Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder.**

Eating disorders are often associated with preoccupations with food, weight or shape or with anxiety about eating or the consequences of eating certain foods. These behaviors can appear similar to an addiction.

Eating disorders are significantly more likely to occur in people who have parents or siblings who've had an eating disorder. People with eating disorders often have other mental disorders (such as depression or anxiety) or problems with substance use. Unfortunately, people with eating disorders are also at higher risk for suicide and medical complications.

STAY PROACTIVE

Like many illnesses and disorders, early detection is key! Behaviors associated with eating disorders include restrictive eating or avoidance of certain foods, binge eating, purging by vomiting or laxative misuse or compulsive exercise. Just note that warning signs vary across eating disorders and don't always fit into neat categories.

When it comes to eating disorders, stigma is often a barrier. For example, many people wrongly think that only young women can experience eating problems. **Remember, anyone can have eating problems. If you're worried about a loved one, urge him or her to talk to a doctor.**

HELP IS AVAILABLE!

This month we want to provide hope, support, and visibility to individuals and families affected by eating disorders. Recovery from an eating disorder can be challenging but it is possible! Treating an eating disorder generally involves a combination of psychological and nutritional counseling, along with medical and psychiatric monitoring.

Call the National Alliance on Mental Illness Helpline at 800-950-NAMI for more information.

Source: National Eating Disorders Association, National Institute of Mental Health, American Psychiatric Association

Potential Signs of an Eating Disorder



Excessive exercise



Preoccupation with feeling fat



Abnormal electrolyte levels



Intense fear of gaining weight



Unusually large intake of food



Anxiety around or avoidance of eating

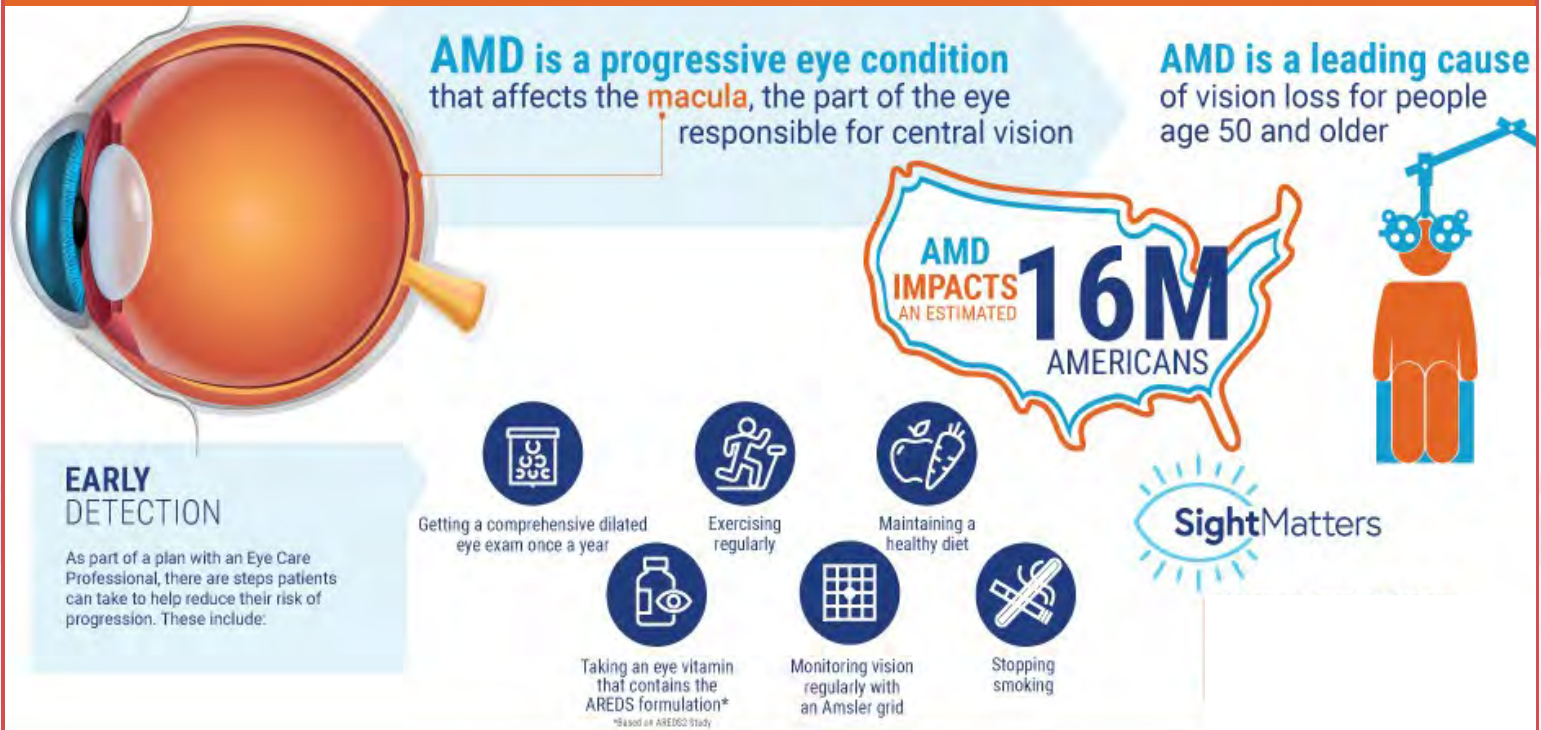
February is AMD Awareness Month

AMD stands for Age-Related Macular Degeneration. It is an eye disease that can blur your central vision, and with it, the ability to see fine details. **AMD doesn't cause complete blindness, but losing your central vision can make it harder to see faces, read, drive, or do close-up work like cooking or fixing things around the house.** There are two primary types of age-

related macular degeneration. Dry AMD is the most common type. It occurs when the light-sensitive cells in the macula slowly break down, generally one eye at a time. The exact cause is still unknown but the loss of vision in this condition is usually slow and gradual. Wet AMD is less common but it usually leads to more severe vision loss. Wet AMD happens when abnormal blood vessels start to grow beneath the retina. They leak fluid and blood — hence the name wet AMD — and can create a large blind spot in the center of the visual field.

AMD is quite common. It is a leading cause of vision loss in people 50 years or older. Your risk for AMD increases as you get older and is higher for people who have a family history of AMD, those who are of European descent, smoke, have high blood pressure and/or eat a diet high in saturated fat. **Early detection is key. See infographic below for some tips!**

Source: National Eye Institute , Hopkins Medicine



Ft. Lauderdale Health Center Immunization Clinic (FLHC) will have **the COVID-19 Pfizer Vaccine available for all DOH employees every Friday.** If you wish to obtain your First, Second, or booster dose, please come to the FLHC Immunization Clinic between the hours of 9:00 AM and 3:30 PM any Friday. No appointment required!

If you have any questions, please feel free to contact

Barbara A. Bateman

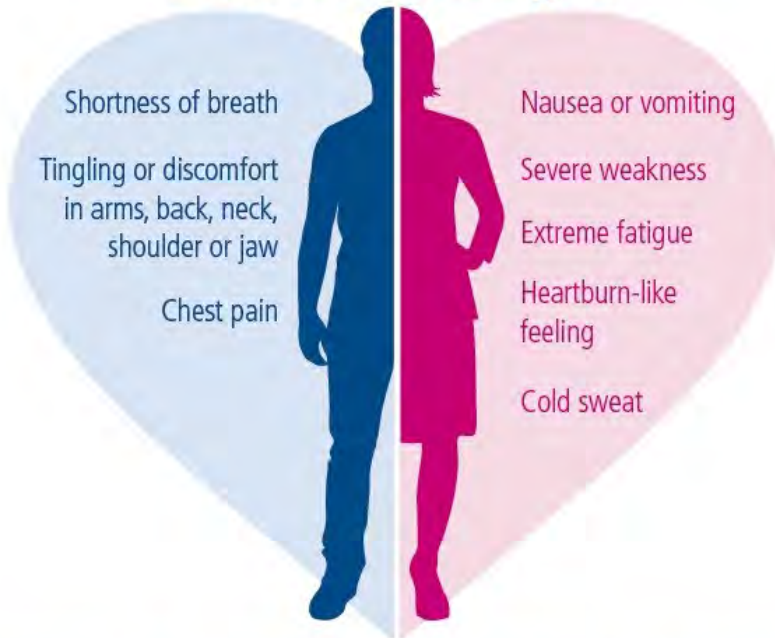
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Is it a heart attack? Look for these signs.



Having Symptoms? Call 911.

If you or someone you know is having symptoms of a heart attack, call 911 immediately.



Life-saving care can begin immediately in the ambulance.



The ambulance will alert the hospital and your heart team will be waiting.



Do **NOT** drive yourself to the hospital.

February is American Heart Month, a time when all people can focus on their cardiovascular health. **This year, we are shining a light on hypertension (high blood pressure), a leading risk factor for heart disease and stroke.**

Blood pressure is the pressure of blood pushing against the walls of your arteries.

Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time.

Nearly half of adults in the United States have hypertension. Uncontrolled hypertension is common and dangerous. It puts people at risk for heart disease, stroke, heart failure, kidney failure, vision loss, sexual dysfunction, pregnancy complications, and cognitive decline. It lives up to its name as the “silent killer”.

When it comes to this heart month, it's important to know your ABC's. Talk with your health care team about Aspirin, Blood pressure control, Cholesterol management, and Smoking cessation. **Take charge of your blood pressure because a healthier heart can lead to a healthier life!**

Source: Centers for Disease Control & Prevention

Talk to your health care team about the **ABCS**



Aspirin when appropriate



Blood pressure control



Cholesterol management



Smoking cessation



Hey valentine, let's get our hearts pumping— with 30 minutes of cardio.

Adnan Chhatriwalla, M.D.
Structural Cardiology

Saint Luke's
MID AMERICA HEART INSTITUTE

National Wear Red Day

5

The First Friday in February



The National Heart, Lung, and Blood Institute and many groups around the country observe National Wear Red Day® each year on the first Friday in February to raise awareness about heart disease as a leading cause of death among Americans, especially women.



Risk factors for heart disease are:

- Smoking
- High blood pressure
- High cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes
- Family history of early coronary heart disease
- Age (for women, 55 and older)

Heart disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

Show your support and wear red!



ON THE RUN WITH BOB



> Physical Activity

6

TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.

Robert Daley
Budget Specialist



1

Get at least 150 minutes of heart-pumping physical activity per week

2

Exercising can be fun. Have you tried going swimming or taking a dance class?

3

You can burn 5-11 calories a minute climbing stairs instead of using the elevators

Robert "Bob" Daley has been working at FDOH-Broward as a Budget Specialist for a little over 3 years. If you're ever searching for Bob during lunch hours, you won't find him. He's on the run! He has made it a habit to prioritize staying physically active at work everyday. This is his story:

What's your routine?

On a typical work day, I walk about a mile around our campus for 15mins in the morning. I then run 4 miles during my lunch breaks and walk another mile during my 15 min afternoon break. I typically snack at my desk so I'm able to intermittently fast for the lunch hour. When I first started this routine, it took 50 minutes to run my 4 miles but now I've been able to cut that time down to 45 minutes. I bring change of clothes and put my past military training to use by taking what are called "bird baths" before heading back to my office.

Why have you decided to take on this routine?

I believe in taking care of our bodies through exercise. However, I found that going to the gym after a long day of work was difficult and early morning runs before work were equally hard. This routine is the sweet spot in the middle. I suffer from a bad back so staying physically active decreases my chances of gaining weight, which would make the pain far worse.

My doctor once suggested surgery but I want to avoid invasive procedures. I don't want to leave my body in someone else's hands when I can control it myself

What advice would you give your fellow co-workers?

1. *"Just do Something"* - One of my section sergeants always said "just do something" and I've taken that to heart. No matter how small the exercise, do it.
2. If you want to start a more active lifestyle, don't start by binging. Start with something easy and perhaps, something fun. Your body will naturally adapt and push itself to do more.
3. *"Make your zero something"* - We all have off days. If you're going to choose not to work out today, it's your zero day. But don't remain stationary, take a 5minute walk or a few push ups in your office. Make that zero day count.

And if you ever fall off the horse, it's vital that you get back on again the next day. If you don't you many want to ever ride again.

What is one of your guilty pleasures?
My weakness are M&Ms.

See guys... Bob, he's just like us! Let's follow his example and make plans to be more physically active this year.

What are the benefits of exercise on physical health?



Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight

HEALTHY EATS

7

Healthy Soul Food Lunchbox

Soul food is a historically rich cuisine traditionally prepared and eaten by African-Americans in the Southern United States. The creativity in using a wide array of ingredients and techniques has been passed down from generation to generation. **In honor of Black History Month**, here's a healthy twist on our favorite soul food recipes!

Air Fried Cajun Drumsticks

Ingredients

- 8 raw, skinless drumsticks (~28oz or 1 3/4lb)
- spray avocado oil (or avocado oil)
- 2 tablespoons The Fit Cook Southern Creole blend
 - 2 teaspoons smoked paprika
 - 1/2 teaspoon cumin
 - 1 teaspoon dried oregano
 - 1/2 teaspoon cayenne pepper
 - pinch of sea salt & pepper
- Garnish: chives OR parsley



Preparation

- Set air fryer to 400F, or set your oven to 420F.
- Remove all the skin from drumsticks. Lightly spray the drumsticks with oil, then add TFC Southern Creole blend. Rub it all over the chicken. For best results, let it marinate for at least 20 minutes or overnight in the fridge.
- Add the drumsticks to an air fryer basket, or a baking tray (lined with parchment or foil).
- Air-fry for 12 to 15 minutes OR bake for 16 to 20 minutes.
- Garnish and enjoy!

Maple Whipped Yams

Ingredients

- 3 medium yams (~500g weighed)
- 1 tablespoon olive oil
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 3 tablespoons maple syrup
- pinch of salt
- Garnish: smoked paprika

Preparation

- Set oven to 400F.
- Wash the yams and poke a few holes in them using a fork or knife. Wrap them in nonstick foil, then bake in the oven for 40 – 50 minutes until soft.
- After baking and slightly cooling (so you can handle them), chop off the ends and remove the skin. Place the flesh in a large bowl.
- Add the remaining ingredients to the bowl, then use a potato masher OR an immersion blender (preferred and recommended) to whip the yams.

Garlic Spinach & Mushrooms

Ingredients

- 2 tablespoons olive oil
- 2 tablespoons fresh garlic (divided into 2 portions)
- 2/3 cup diced onion
- 1 teaspoon cumin
- 2 cups chopped portobello mushrooms
- 1lb (454g) raw spinach
- 2/3 cup no-salt added veggie broth
- juice from 1/2 lemon

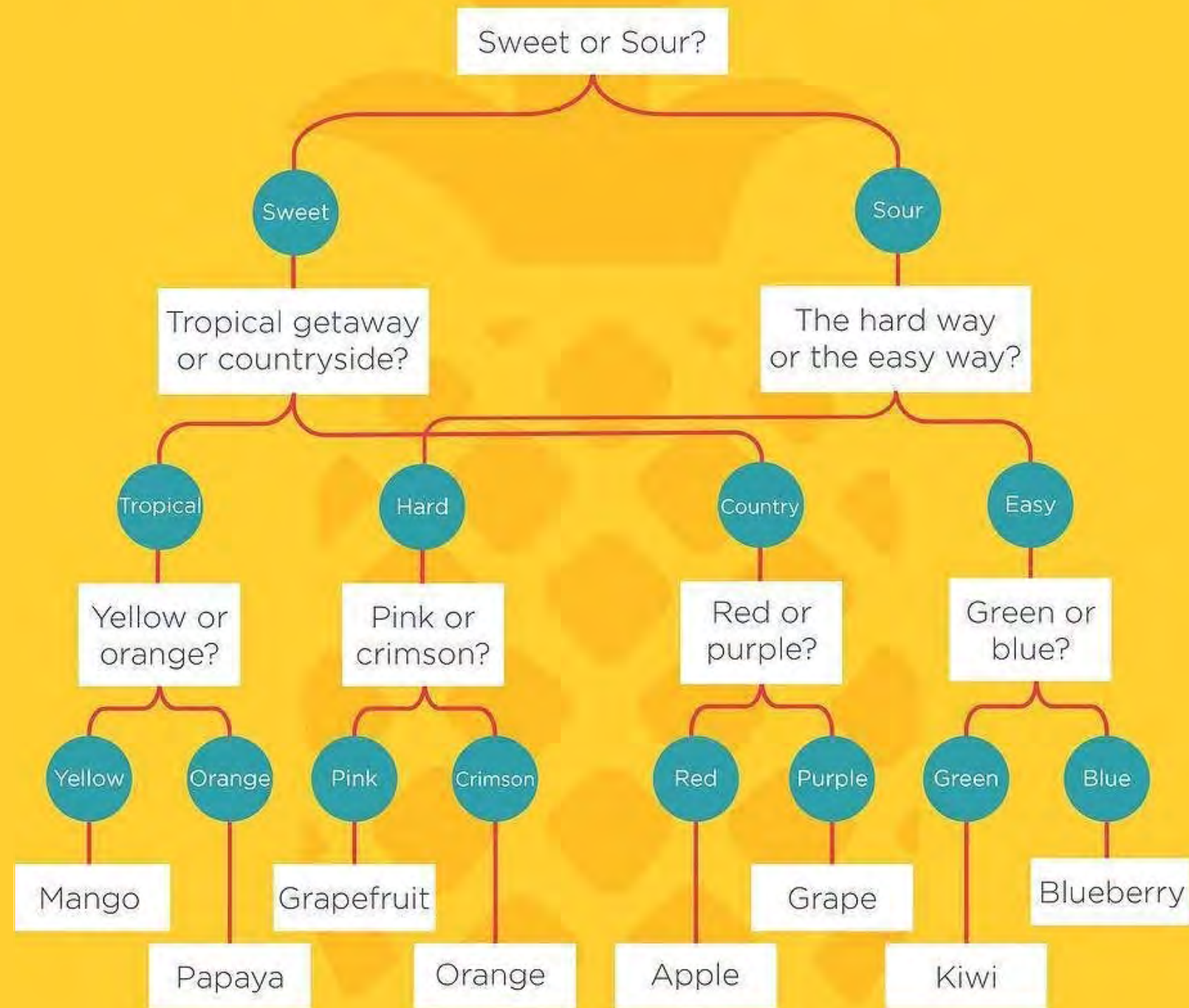
Preparation

- Set a skillet on medium high heat. Once hot, add olive oil, onion and half of the garlic (1 tablespoon).
- Caramelize the onions for about 2 minutes, then add cumin and mushrooms. Continue cooking for 2 minutes.
- Gradually add the spinach, folding everything together so that the spinach wilts. Also, gradually add the veggie broth to the skillet to create steam to wilt the spinach. Repeat until all the spinach has wilted and is in the skillet.
- Lastly, fold in the final tablespoon of fresh garlic.
- Add pinches of sea salt & pepper and lemon juice to taste. Enjoy!

HAPPY SNACK FOOD MONTH!

Instruction: Find out which fruit you are and eat it as a healthy snack this week!

Which fruit are you?



Healthy Relationships

9

How Can We Communicate Better?

Open, honest communication should be part of every healthy relationship. Use the guidelines below to open up the channels of communication between you and your partner. For healthier communication, try to:

- 1] **Find the Right Time.** If something is bothering you and you would like to have a conversation about it, it can be helpful to find the right time to talk. Try to find a time when both you and your partner are calm and not distracted, stressed or in a rush. You might even consider scheduling a time to talk if one or both of you is really busy!
- 2] **Talk Face to Face.** Avoid talking about serious matters or issues in writing. Text messages, letters and emails can be misinterpreted. Talk in person so there aren't any unnecessary miscommunications. If you're having trouble collecting your thoughts, consider writing them down ahead of time and reading them out loud to your partner.
- 3] **Do Not Attack.** Even when we mean well, we can sometimes come across as harsh because of our word choice. Using "you" can sound like you're attacking, which will make your partner defensive and less receptive to your message. Instead, try using "I" or "we." For example, say "I feel like we haven't been as close lately" instead of "You have been distant with me."
- 4] **Be Honest.** Agree to be honest. Sometimes the truth hurts, but it's the key to a healthy relationship. Admit that you aren't always perfect and apologize when you make a mistake instead of making excuses. You will feel better and it will help strengthen your relationship.
- 5] **Check Your Body Language.** Let your partner know you're really listening by giving them your full attention: sit up, face them and make eye contact when speaking. Don't take a phone call, text or play a video game when you're talking. Show your partner you respect them by listening and responding.

Please note that if you're in an unhealthy or abusive relationship, be careful using these tips. You know your relationship best and your safety takes priority.

Love is Respect: The spectrum of relationships

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

Common Causes of a Toothache



Sensitive teeth



Gum disease



Impacted tooth



Inflammation of tooth pulp



Tooth decay



Non-dental causes
(e.g. sinus infection or congestion)



Abscess



Cracked tooth

verywell Prevention



1 Brush twice daily, with fluoride toothpaste



2 Use floss at least once a day



3 Eat healthy. Reduce sugary drinks and food



**Can February
march?**

No, but April may.

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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