



YES, WE'RE TALKING ABOUT IT!

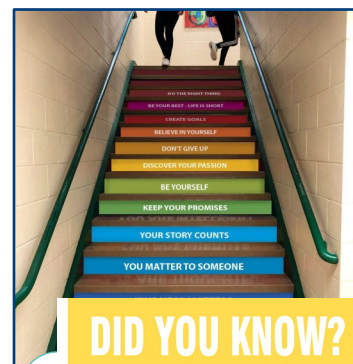
Sexuality is part of being human. Love, affection and intimacy all play a role in healthy relationships from childhood through old age. World Sexual Health Day, September 4, is an effort to promote greater social awareness of sexual health around the globe.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. Achieving sexual health allows for healthy relationships, wellness, and disease prevention.

It's essential to be well-informed about all aspects of sexual health and what it takes to have a fulfilling sex life. Similarly, it's important to be aware of factors that can complicate your sexual health.

Sexual health is having a healthier body. Taking care of your sexual health means knowing your body, understanding how it works, and being able to recognize when something isn't quite right. It also means preventive care—like regular STI testing, cancer screenings, and self exams—that can help you find problems early and prevent serious illness.

Beyond recommended screenings, you might also seek out a healthcare provider for other sexual health issues, like pain during sex, sexual difficulties like low libido or erectile dysfunction, or difficulty conceiving. Don't let embarrassment keep you from bringing up concerns or asking questions of your doctor or other health care providers.



DID YOU KNOW?

Our Ft. Lauderdale Campus Stairways will be getting a makeover to encourage physical activity.
Be on the lookout!



In this Issue:

- Sexual Health Day
- Atrial Fibrillation
- World Lung Day
- Get Your Move On Challenge
- Don't forget to look down!
- Ovarian & Prostate Cancer
- Cholesterol Education
- World Alzheimer's Month
- Healthy Eats
- Whole Grains Month
- Mindful Eating
- Suicide Prevention Day
- Sunday Scaries

The Benefits of Sex

Emotional



Happiness



Stress relief



Self-image



Intimacy

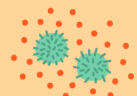
Physical



Pain reduction



Heart health



Immune function



Improved fitness





National Atrial Fibrillation AWARENESS MONTH

Atrial Fibrillation (AFib) can happen to anyone!

2

Many people who have AFib are not getting the treatment they need.

A racing, pounding heartbeat that happens for no apparent reason should not be ignored, especially when other symptoms are also present, like shortness of breath with light physical activity or lightheadedness, dizziness, or unusual fatigue. AFib is an irregular heartbeat or a

condition in which the heart muscles fail to contract in a strong, rhythmic way. When a heart is in AFib, it may not be pumping enough oxygen-rich blood out to the body. View an animation of AFib.

Why is AFib associated with a five-times-greater risk for stroke? When the heart is in AFib, the blood can become static and can be left pooling inside the heart. When blood pools, a clot can form. When a clot is pumped out of the heart, it can get lodged in the arteries which may cause a stroke. Blocked arteries prevent the tissue on the other side from getting oxygen-rich blood, and without oxygen the tissue dies. Any person who has AFib needs to evaluate stroke risks and determine with a healthcare provider what must be done to lower the risks. Studies show that many people with AFib who need risk-lowering treatments are not getting them.

If I don't have these symptoms, should I be concerned? There are people who have atrial fibrillation that do not experience any symptoms. These people may be diagnosed at a regular check-up or their AFib may be discovered when a healthcare provider listens to their heart for some other reason.

However, people who have AFib with no symptoms still have a five-times-greater risk of stroke. **Everyone needs to receive regular medical check-ups to help keep risks low and live a long and healthy life.**

Source: American Heart Association

AFib Feels Like...



...DRUMS
POUNDING
IN MY CHEST.



...THUNDER
RUMBLING
IN MY CHEST.



...FISH
FLOPPING
IN MY CHEST.

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.

On #WorldLungDay



8 Good Things To Do for Your Lungs

Lifestyle steps to keep us
breathing easy.

Our lungs are amazing organs that work hard to bring oxygen into our bodies. Here are ways you can help keep them healthy.



Get your
recommended
vaccines.



Stick to your
exercise program.



Eat a healthy,
balanced diet.



Avoid outdoor air
pollution.



Drink plenty of
water and other
fluids.



Improve indoor air
quality.



Don't smoke, and
avoid secondhand
smoke.



Have regular
medical checkups.

Ready to quit smoking? Call Tobacco Free Florida at 1-877-U-CAN-NOW for free tools and services, with 24/7 access!

September

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Get Your Move On!



4

Get 5,000 steps in today



11

Go for a 30 minute walk



18

Eat a fruit as a snack



5

Bring your lunch



12

Park your car further and walk



19

Eat a vegetable at lunch

6

Go for a 30 minute walk



13

Get 5,000 steps in today

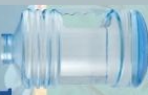


20

Get 10,000 steps in today

7

Eat a vegetable at lunch



14

Drink 1 gallon of water

21



Park your car further and walk



27

Bring your lunch

8

Drink 1/2 gallon of water



15

Eat a vegetable at lunch



22

Bring your lunch



29

Eat a fruit as a snack

9

Eat a fruit as a snack



16

Take the stairs



23

Drink 1 gallon of water



30

Eat a vegetable at lunch

2

Go for a 15 minute walk



1

Bring your lunch



3

Drink 1/2 gallon of water



10

Park your car further and walk



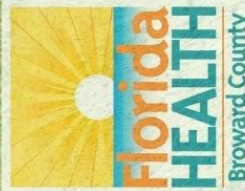
17

Eat a fruit as a snack



24

Get 5,000 steps in today



Join Us!



Florida Department of Health in Broward County

Employee Wellness Committee

Join our
Next Meeting



Friday, September 2,
2022 at 10:00AM

Virtual via
Microsoft Teams

We are working towards our vision to be the **Healthiest State** in the nation. And we need your help! Join the Employee Wellness Committee at our next monthly meeting to plan activities for the year!

Please contact Nickey Lewin at nickey.lewin@flhealth.gov or (954) 847-8020.



Everybody poops. Poop may not be a topic fit for dinner table conversation, but it can tell you a lot about your health. It may sound gross, but paying attention to your bowel movements is actually pretty important. Hard, lumpy doo-doo may mean you're dehydrated, for instance. Red stool? That may be a sign of rectal bleeding. A pungent poop could indicate an infection or other concerns. Next time you go, be on the lookout for any changes in your bowel movements.

The color of our poop provides us with valuable clues to our health. Think of the poop emoji. Your poop should be that color — brown. However, there are other colors we may see in the toilet. Look to the chart on the right to see what the color of your poop might mean about your health:

Don't ignore changes, unusual colors and textures in your toilet bowl. Your healthcare provider can determine if there are any problems with your digestive system by performing a physical exam and lab or imaging tests.

Source: Penn Medicine, Cleveland Clinic

don't forget to Look down!



Any Shade of Brown
Lookin' Good



A Little Green
Perfectly normal!



Super Green
Leafy veggies, green food dye or food is moving through the large intestine too quickly



Black
Licorice, iron supplements, bismuth meds or possible bleeding in the upper GI tract



Pale, White, Clay-Colored
Certain medications or a possible block in the bile duct



Red
Red foods and dyes, hemorrhoids or possible bleeding in the lower intestines



Yellow
Too much fat, due to diet, malabsorption or issues with gluten





OVARIAN CANCER

Ovarian cancer is a type of cancer that begins in the ovaries. Women have two ovaries that are located in the pelvis, one on each side of the uterus. The ovaries make female hormones and produce eggs for reproduction.

Unfortunately, early-stage ovarian cancer generally produces no signs or symptoms. This is why regular women's health exams are important. A pelvic exam can be useful because it can find some female cancers at an early stage.

Signs and symptoms of more-advanced cervical cancer include abdominal bloating or swelling, weight loss, discomfort in the pelvis area, changes in bowel habits, such as constipation and a frequent need to urinate. Please see your doctor if you notice any of these symptoms!

Ovarian cancer can occur at any age but is most common in women ages 50 to 60 years. Other risk factors include inherited gene mutations, family history of ovarian cancer, long-term use of estrogen hormone replacement therapy and being overweight/obese.

Unfortunately, there's no sure way to prevent ovarian cancer. But there may be ways to reduce your risk. **Interestingly enough, women who have been pregnant and carried it to term before age 26 have a lower risk of ovarian cancer than women who have not.** The risk goes down with each full-term pregnancy. Breastfeeding may lower the risk even further. Women who have used birth control pills also have a lower risk of ovarian cancer. Women might be able to lower their risk slightly by avoiding other risk factors like staying at a healthy weight.

If you are diagnosed with ovarian cancer, help is available! Talk to your cancer doctor about the treatment options available for your type and stage of cancer.

Source: Mayo Clinic, American Cancer Society

PROSTATE CANCER

Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is a gland found only in males. It makes some of the fluid that is part of semen.

In the United States, 1 in 8 men will be diagnosed with prostate cancer in his lifetime. **Prostate cancer develops more often in African-American men and in Caribbean men of African ancestry** than in men of other races. And when it does develop in these men, they tend to be younger.

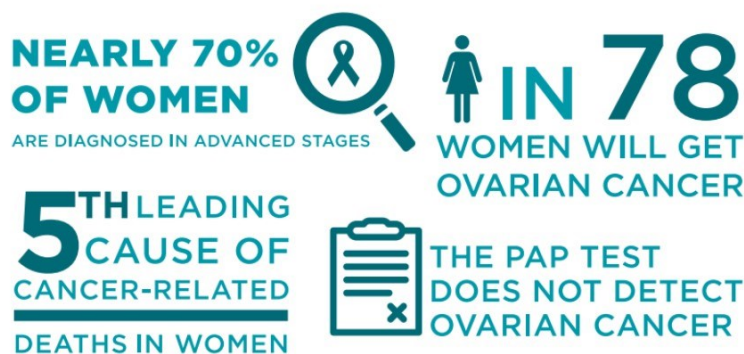
Prostate cancer screening is so important because there usually aren't any early warning signs for prostate cancer. The growing tumor does not push against anything to cause pain, so for many years the disease may be silent. **Beginning at about age 45 (age 40 if you are Black or have a strong family history of prostate or other cancers), all men should talk to their doctor about screening for prostate cancer. Routine screening starts with a Prostate-specific antigen (PSA) blood test and may include a rectal exam.**

Contact your doctor for an evaluation if you experience any of the following:

- Frequent urination, especially at night
- Weak, dribbling, or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- Painful ejaculation
- Blood in the urine or semen
- Pressure or pain in the rectum
- Pain or stiffness in the lower back, hips, pelvis, or thighs

See the infographic below for some tips on how you can reduce your risk of prostate cancer!

Source: American Cancer Society, Prostate Cancer Foundation





HDL *vs.* LDL CHOLESTEROL

DO YOU KNOW THE DIFFERENCE?



High Density Lipoprotein (HDL)

HDL is the “good” cholesterol. It carries the “bad” cholesterol to the liver to be removed from the body.

Low Density Lipoprotein (LDL)

LDL is the “bad” cholesterol. It can build-up in the arteries and cause a blockage.



The Higher the Better

High HDL levels can **lower** your risk for heart disease, vascular disease, and stroke.

Target number:

Above
60
mg/DL

Target number:

Below
100
mg/DL

The Lower the Better

High LDL levels can **increase** your risk of heart disease, heart attack, or stroke.

Foods to Enjoy (Foods high in HDL Cholesterol)

- Olive oil
- Beans & legumes
- Whole grains
- High-fiber fruit
- Fatty fish
- Flax & chia seeds
- Nuts



Foods to Avoid (Foods high in LDL Cholesterol)

- Fatty red meat
- Fried food
- Saturated vegetable oils (e.g. coconut oil, palm oil, & palm kernel oil)
- Lard & shortening
- Full fat dairy products



Increase your HDL level by:

- ✓ Not smoking
- ✓ Eating lots of fiber
- ✓ Getting regular aerobic exercise
- ✓ Reducing stress

Lower your LDL level by:

- ✓ Eating a low-fat diet
- ✓ Getting regular aerobic exercise
- ✓ Maintaining a healthy weight
- ✓ Taking a cholesterol-lowering medication, if prescribed

Cholesterol numbers are just one part of your overall health story.



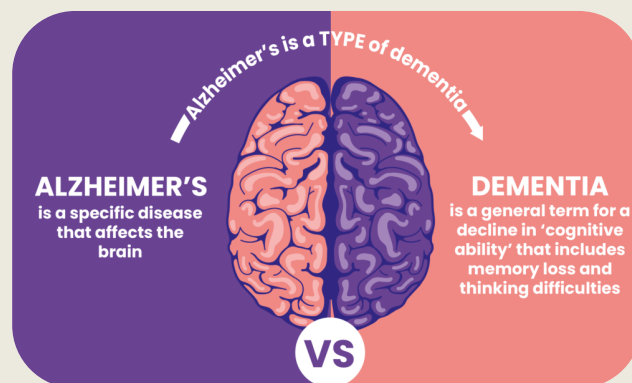
Your doctor will review your family history, age, gender and other risk factors such as diabetes, smoking and high blood pressure to determine the best treatment plan for you.





Dementia is a term used to describe different brain disorders that affect memory, thinking, behavior and emotion. Alzheimer's disease is the most common type of dementia. In 2020, as many as 5.8 million Americans were living with Alzheimer's disease. Age is the best known risk factor for Alzheimer's disease. Symptoms of the disease can first appear after age 60, and the risk increases with age.

Contrary to popular belief, Alzheimer's disease is NOT a normal part of aging. Memory problems are typically one of the first warning signs of Alzheimer's disease and related dementias. See the chart below for a full list of symptoms of Alzheimer's disease one may experience. When you have difficulty completing familiar tasks or confusion with time or place, it's time to talk to your doctor. Getting checked by your healthcare provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease. Alzheimer's disease destroys nerve connections in the brain, making it progressively more difficult to do ordinary things like move around, swallow and feed yourself. Unfortunately, complications of the decline in brain function is what may lead to death.

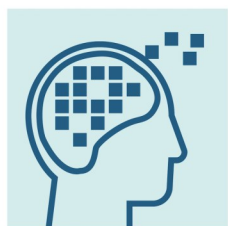


The good news? Healthy lifestyle choices may help ward off Alzheimer's. Population-based studies suggest that factors associated with overall good health may also reduce the risk of dementia and cognitive decline. These factors include regular physical activity, eating a healthy diet and keeping your brain active through lifelong learning.

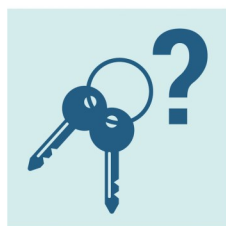
Although there is currently no cure for dementia, there's a range of support available for people with dementia and their caretakers. Receiving a diagnosis of dementia is often a challenging and difficult process and varies greatly around the world. To add to this, the stigma surrounding dementia means that many avoid seeking a diagnosis until the very late stages of the condition. We are joining this year's World Alzheimer's Month campaign, **#KnowDementia and #KnowAlzheimers** to shine a light on the warning signs of dementia and encourage you to seek out information, advice and support.

Source: Alzheimer's Disease International , Centers for Disease Control & Prevention, The Atlanta Journal-Constitution

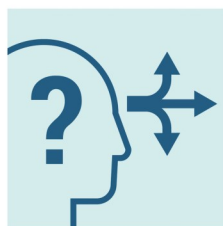
SIGNS AND SYMPTOMS



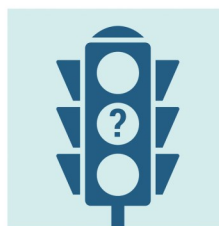
MEMORY LOSS



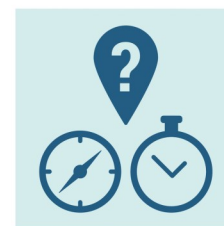
MISPLACING ITEMS



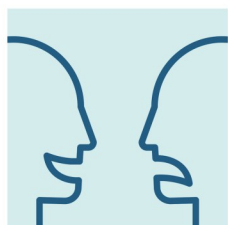
DIFFICULTY IN
DECISION MAKING
AND JUDGING



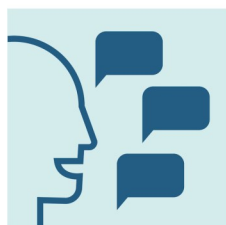
REDUCED ABILITY
IN UNDERSTANDING
VISUAL IMAGES



CONFUSION WITH
TIME AND PLACES



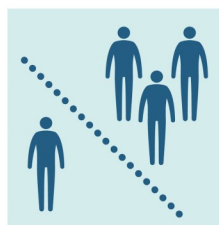
MOOD SWINGS



REPETITIVE SPEECH
AND WRITING ISSUES



DIFFICULTY IN
PROBLEM SOLVING



SOCIAL WITHDRAWAL



INABILITY
TO COMPLETE
COMPLEX TASKS

HEALTHY EATS 8

I-Can't-Believe-It's-Vegetarian Ramen

In honor of "Fruit and Veggies - More Matters" Month, try this delicious and healthy ramen noodle recipe!

Ingredients

- 4 garlic cloves, thinly sliced
- ¼ cup plus 2 Tbsp. vegetable oil
- 1 Tbsp. black or white sesame seeds
- 1½ tsp. crushed red pepper flakes
- Kosher salt
- 4 scallions
- 1 ginger, peeled, thinly sliced
- 2 Tbsp. tomato paste
- 8 dried shiitake mushrooms
- 1 4x3" piece dried kombu
- 3 Tbsp. unsalted butter, cut into pieces
- 1 Tbsp. low-sodium soy sauce
- 4 baby bok choy, quartered lengthwise
- 4 5-oz. packages fresh ramen noodles



Preparation

- Cook garlic in ¼ cup oil in a medium pot over medium heat until golden. Stir in sesame seeds and cook, stirring occasionally, until garlic is golden brown and crisp (~1 min). Transfer mixture to a small bowl and stir in gochugaru; season with salt. Set garlic oil aside. Wipe out pot and set aside.
- Trim dark green parts from scallions and thinly slice; set aside for serving. Coarsely chop white and pale green parts. Heat remaining 2 Tbsp oil in reserved pot over medium-high. Cook chopped scallions and ginger, stirring often, until scallions are charred in spots, (~4 mins). Add tomato paste, stirring occasionally until it begins to stick to the bottom of pot and darkens slightly. Add mushrooms and kombu, then stir in 5 cups cold water. Bring to a boil, then remove from heat and let sit until mushrooms soften, about 10 minutes. Remove and discard kombu.
- Using a slotted spoon, transfer solids to a blender. Add a ladleful or 2 of broth to blender and purée until smooth. Stir purée back into broth in pot and bring to a simmer over medium heat. Add butter a piece at a time, whisking to combine after each addition before adding more. Stir in soy sauce; season with salt. Reduce heat to low and keep warm until ready to serve.
- Meanwhile, bring a large pot of water to a boil. Add bok choy and cook until bright green and tender (~2 mins). Transfer bok choy to a plate. Return water to a boil and cook noodles according to package directions. Drain and divide among bowls.
- To serve, ladle broth over noodles, then top with bok choy and reserved garlic oil. Top with eggs, nori, and cilantro if desired.

Source: Bon Appetit

The Benefits of Whole Grains

3 to 6 servings a day can help



Reduce risk of certain cancers, heart disease, and type 2 diabetes



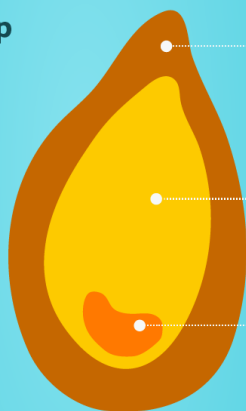
Lower cholesterol and blood pressure



Improve digestive health



Achieve weight control



Whole Grain Anatomy

Bran

Substantial fiber
Antioxidants
B vitamins
50-80% of minerals in grains

Endosperm

Carbohydrate
Minimal protein and fiber

Germ

Healthy fats
B vitamins
Antioxidants
Some minerals

Examples of Whole Grains

Whole-Wheat Bread



Oats



Quinoa



Brown, Red or Purple Rice



Whole-Grain Pasta



Popcorn



September is
Whole Grains Month

Refined grains omit most of the germ and bran and their health benefits

developing a real life practice of *mindful eating*



The Difference Between Mindful And Mindless Eating.

Have you ever sat down in front of the TV with a bag of chips that is full one minute, empty the next and wonder how they disappeared so fast? How about stopping by your co-worker's desk to grab some candy out of the candy jar – every single time you walk by? What about continuing to go up to the buffet...just because the food is there?

Mindless = Eating On Autopilot

These are just a few examples of mindless eating which happens much more often than we realize. There are studies that show that we make over 200 food decisions every day and we're unaware of making most of those decisions. In other words, we're on autopilot.

It's no surprise that this mindlessness leads to overeating and weight gain. There are a lot of factors that can contribute to mindless eating. We may reach for food when we're bored, tired, angry, sad, etc. Sights and smells of food can also trigger mindless eating. Even multitasking while eating, checking your phone, watching TV, and driving influences mindless eating.



1 **Think** about if you are eating due to hunger or emotions.



2 **Appreciate** the time, energy, and resources that went in to your meal.



3 **Eat Slowly.** Chew multiple times and put down your fork in between bites.

Practice Mindful Eating with T.A.S.T.E.



5 **End** your meal when you feel satisfied, not stuffed. This might not always mean a perfectly clean plate!



4 Take the **Time** to enjoy the flavors of your meal.

Mindful = Eating With Attention And Intention

The opposite of mindless eating is mindful eating. Instead of eating without thinking, when we're being mindful, we eat with attention and intention. It has little to do with calories, carbohydrates, fat, or protein. The purpose of mindful eating is not to lose weight, although it is highly likely that those who adopt this style of eating will lose weight. The intention is to help individuals savor the moment and the food and encourage their full presence for the eating experience. Mindful eating is about focusing on how we eat, enjoying the food we eat and creating a more positive relationship with food. We can do this by sitting at a table with no distractions, eating slowly, and taking the time to notice the texture and flavor of our food and how it makes us feel. The key is making it a part of your healthy lifestyle.

KNOW THE WARNING SIGNS:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself (online or in person)
- Feeling hopeless or having no purpose
- Drug and/or alcohol abuse
- Sleeping too little or too much
- Acting anxious, agitated, or reckless
- Showing rage or talking about seeking revenge



ASK QUESTIONS:

- “Do you ever you think about suicide?”
- “Do you have a plan to hurt or kill yourself?”
- “Have you attempted suicide before?”
- “Have you thought about when you would do it (today, tomorrow, next week)?”
- “Have you thought about what method you would use?”
- “Are you seeing your doctor or mental health professional regularly and often?”



Do's

- ✓ Let the person talk and LISTEN to them without judgement
- ✓ Reassure them that treatment and help is available
- ✓ Tell them what they are experiencing is treatable and that suicidal feelings are temporary



Don'ts

- ✗ Don't try to minimize problems or shame a person into changing their mind
- ✗ Don't try to convince a person who is suicidal that "it's not that bad"
- ✗ Don't preach about suicide being right or wrong

GET HELP!

A suicidal person should see a doctor or mental health professional immediately.

If the person has a plan to hurt or kill themselves and you fear they are in imminent danger:



**CALL
9-1-1**

- * Stay with the person
- * Get them to the nearest Emergency Department

* If you are not with them, keep the conversation going until you can connect them to help:

- o Ask questions about their plan
- o Listen to them
- o Reassure them that you are there for them and will help them find support

HOW TO SCARE AWAY THE SUNDAY SCARIES

Fight off stress from the Sunday Scaries with these healthy tips.



STAY CONSISTENT

Over the weekend, try to keep your sleep patterns consistent with the work week.



CREATE A PLAN

Spacing out tasks during the weekend could help reduce the amount of stress you must face on Sunday.



ADD AN ACTIVITY

Plan an activity on Sunday evening that is fun and distracting.



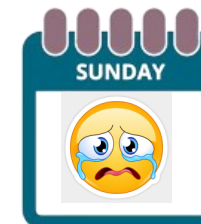
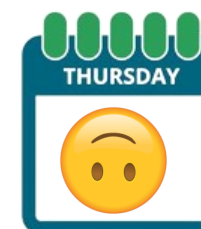
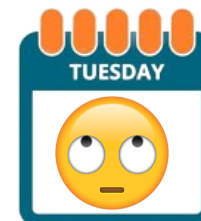
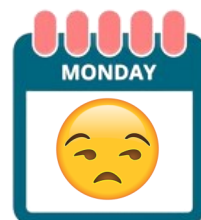
REMEMBER TO ENJOY YOUR WEEKEND

Find ways to make tasks more enjoyable by doing work at a coffee shop or in your pajamas at home.



YOU ARE IMPORTANT

It's easy to feel down when looking at the daunting week ahead, but remember to take care of your mental health first and foremost.



Why are skeletons so calm?

Because nothing gets under their skin.

We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

Contact:

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