

# EMPLOYEE WELLNESS

FL DOH Broward Employee Wellness Committee Newsletter

August 2014



## Men: take control of your health.

Men face unique health challenges, and one of the most dangerous is their reluctance to seek health care. All adults should visit their health care provider from time to time, specially when we are healthy. This provides a baseline for your healthcare provider. Men's health visit includes a physical exam and various screenings depending on your age and family history for diseases such as: heart disease, stroke, diabetes, enlarged prostate and kidney problems. Many times these health problems go undetected for a long time making it more difficult to control, but when caught early on preventative measures can be put in place.

- Know your family history as much as possible.
- Help develop a healthy lifestyle, include physical activity and a balanced diet so that you can get to a healthy weight and stay there.
- If you use tobacco, STOP! Go to [www.smokefree.gov](http://www.smokefree.gov) or call the National Quit line: 1-800-QUITNOW (784-8669).
- If you drink alcohol, limit your drinking to one a day.
- Update vaccinations, it's not just for kids!
- Have your vision tested as recommended by your doctor.
- Have a dental exam every year and dental cleaning twice a year.

Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems. Most people who have high blood pressure don't even know it. The only way to find out is to have your blood pressure checked regularly. Likewise, high blood sugar and high cholesterol levels often do not produce any symptoms until they become advanced.



**“ Good Health and good sense are two of life's greatest blessings.”**

Pupilius Syrus



**Tips:** Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks, like nuts, whole grain pita chips, apples or grapes.

Its summertime! Try something new, a fruit or a vegetable you haven't tried before. Check you local market.

## National Immunization Awareness Month.

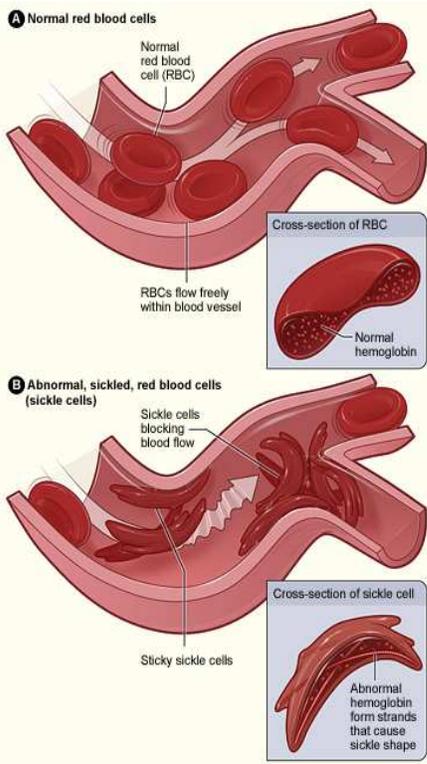
Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and tuberculosis, adults need to get their shots just like kids do. August is National Immunization Awareness Month which is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. DOH Immunization POD is hard at work right now at the Lauderhill Mall for the “Back to school” campaign. Thanks to all of you that made it the success that it is!



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# What Is Sickle Cell Disease?



Sickle cell disease (SCD) is a group of inherited red blood cell disorders. Healthy red blood cells are round and they move through small blood vessels carrying oxygen to all parts of the body. In SCD, the red blood cells become hard and sticky and look like a C-shaped farm tool called a “sickle”. Sickle cells can get stuck in small blood vessels and block the flow of blood and oxygen to organs in the body. These blockages cause repeated episodes of severe pain, organ damage, serious infections, or even stroke.

SCD is inherited in the same way that people get the color of their eyes, skin, and hair. A person with SCD is born with it. People cannot catch SCD from being around a person who has it. It is estimated that SCD affects 90,000 to 100,000 people in the United States, mainly African Americans. SCD affects millions of people throughout the world and is particularly common among those whose ancestors come from Sub-Saharan Africa; regions in South America, the Caribbean, and Central America; Saudi Arabia; India; and Mediterranean countries such as Turkey, Greece and Italy.



## Beyond Snoring:

In reality, loud snoring isn't funny at all; it's a symptom of sleep apnea. This disorder causes you to repeatedly stop and start breathing throughout the night. According to WebMD, sleep apnea may cause:

- Waking up repeatedly during the night.
- Restless sleep.
- Waking up coughing, choking or gasping for air.
- Waking up in the morning with a headache or a dry scratchy throat.
- Forgetfulness, mood changes, grumpy.
- Decreased sexual desire.
- Sleepiness throughout the day.



**Did you know?** Random acts of kindness flick on the happy switches in our brains as well as in the recipient!  
Look around, who can you help?

**Did you know?** Did you know, tomatoes are a fruit and not a vegetable? They can be used raw or cooked. Tomatoes are high in vitamin-C and Cancer fighting properties called lycopene. Some say that the heat during cooking increases the nutritional value.



A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.

## EXERCISES YOU CAN DO AT YOUR DESK



### The Desk Chair Swivel:

Lucky enough to have a fun swivel chair? Use its twirl to your advantage with this oblique abdominal fix.

1. Sitting upright, hold your tummy in and with the feet hovering over the floor, hold the edge of your desk with your fingers and thumb.
2. Next, use the core to swivel the chair from side to side.
3. Swish back and forth for 15 rounds.

A strong core is the major support for your entire body.  
Enjoy the burn!

## Ingredients:

1. 1 stick unsalted butter, cut into pieces
  2. 1/2 cup pure maple syrup
  3. 1/2 cup Dijon mustard
  4. 1 tablespoon mild or hot curry powder
  5. 1/4 teaspoon cayenne
  6. Kosher salt
  7. Pepper
- Four 12-ounce, bone-in, skin-on chicken breast halves



## Curried Maple-Mustard Chicken Breasts

Contributed by Molly Chester via Food and Wine Magazine. Bold ingredients to create a spice-sweet glaze for chicken. Active: 30 min, Total time: 1HR 25MIN. Servings: 4

1. Preheat the oven to 350°. In a 9-by-13-inch ceramic baking dish, combine the butter with the maple syrup, mustard, curry powder and cayenne. Bake for about 5 minutes, until the butter is melted. Whisk in a generous pinch each of salt and pepper and let cool slightly, 5 to 10 minutes.
2. Season the chicken with salt and pepper, add to the baking dish and turn to coat with the sauce. Carefully spoon some of the sauce under the skin of the chicken. Turn the chicken breast side up and bake for about 45 minutes, basting occasionally, until the chicken is glazed and an instant-read thermometer inserted in the thickest part registers 165°. Transfer the chicken to a work surface and let rest for 10 minutes.
2. Cut the chicken off the bones and transfer to plates. Whisk the pan sauce and spoon over the chicken. Serve, passing additional sauce at the table.
2. Serve this with a nice salad and your favorite rice.
2. Enjoy!



## August: What's in season ?

*Avocado, Carambola,  
Guava, Longan, Mango,  
Mushrooms, Passion  
Fruit and Peanuts.*

# Our person of change: Pamela Owens



*“I run for water!”*

I have incorporated exercise in my life for many years. In my younger years I did lots of high impact cardio including running, and step aerobics. Last June I was challenged to participate in a marathon run to raise money for clean water in Africa. I was inspired and although the most I ever ran was 3 miles, I was onboard!



I learned a few things while training for the half marathon. It's important to run at least three times a week prior to a marathon, to build up ones endurance. It's very important to stretch prior to any exercise, stay well hydrated and maintain your electrolytes that you lose when you sweat during an intense workout. I also began to eat healthier and drink more water. I found the more I ran the less I wanted to eat junk food. I did increase my carb intake with peanut butter on bagel for breakfast and pasta for dinner.

Due to a busy schedule, I did not get a chance to run much during the week, but I always did a long run on Saturdays. My knee began to bother me more and more after I ran, but I never stopped although my doctor told me to give my knee a rest, I had a half marathon to run! I was determined to run for a wonderful cause.

Finally, after training for less than five months the marathon was here! I didn't finish first actually I was one of the last to finish, but I finished! What a feeling! Our team raised around \$75,000 enough to bring clean water to approximately 1,500 people in Kenya.

After the half marathon, the pain in my knee was pretty bad; I finally went to the doctor and had surgery for a torn meniscus. This was last spring, after physical therapy I am almost back to normal. I have the green light to run again, and I am slowly building up to where I was and I am up for another challenge and I will run for water again!

**Pamela thank you for being such a great  
role model to all of us.  
Keep up the good work!**



**Please consult your  
healthcare provider be-  
fore starting on any diet  
or exercise program.**

DOH-Broward Employee Wellness



OCTOBER  
IS BREAST  
CANCER  
AWARENESS  
MONTH

DOH staff is joining together for the Breast Cancer Awareness Walk/Run in down town Miami, Saturday, October 18th.

Please call Trivel McKire # 4040 for more information. It's a great event!



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**The Walking Club** is starting again on  
Monday September 15th, just in time to prepare for the  
breast cancer awareness walk.  
Join the DOH team and get a T-shirt!  
All sites encouraged to join.