

EMPLOYEE WELLNESS

Florida Department of Health in Broward County

October, 2014



OCTOBER IS BREAST CANCER AWARENESS MONTH

Cancer of any kind is a disease in which cells in the body grow out of control. When cancer

starts in the breast, it is called *breast cancer*. A breast is made up of three main parts: glands, ducts, and connective tissue. The glands produce milk. The ducts are passages that carry milk to the nipple. The connective tissue (which consists of fibrous and fatty tissue) connects and holds everything together.

Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions. The two most common causes of breast lumps are fibrocystic breast condition and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender, and sore. Cysts are small fluid filled sacs that can develop in the breast.

Breast cancer is the most common cancer among American women. Breast cancer when diagnosed is treated in several ways. It depends on the kind of breast cancer and how far it has spread. Early detection by mammograms regularly can lower the risk of dying from breast cancer. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram. (excerpts from the CDC website)

The DOH-Broward Breast and Cervical Cancer Early Detection Program provides free standard screenings for uninsured women ages 50 to 64 who have family incomes of up to 200 percent of the federal poverty level (no more than \$31,460 per year for a family of two). For information, www.browardchd.org/healthS_breast.aspx, or contact 954-762-3649.

Come join the DOH-Broward Team for the Race for the Cure on Saturday October 18th in downtown Miami. For more information call the DOH-Broward Florida Breast and Cervical Cancer Early Detection Program, Johanna ext. 4019.

The American Cancer Society is also having their annual walk, Making Strides Against Breast Cancer on October 11th in Fort Lauderdale.

Walk to show support. Walk for your health.
Wear **PINK** in October! KH



“Attitude is a little thing that makes a big difference.”

– Winston Churchill



It's about focusing on the fight and not the fright.

Robin Roberts

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Remember, that of all the elements that comprise a human being, the most important, the most essential, the one that will sustain, transcend, overcome and vanquish obstacles is - Spirit!





What is the best way to protect myself and my family from the flu?

By Mary Porter

This flu season is starting off with a bang. First we have the Enterovirus D68, then we have flu season, sorry those two are not the same. Flu season hasn't started yet. The best thing we can do for ourselves, our families and out clients is to follow the advise from the CDC regarding the 2014-2015 flu season.

1. Get a flu shot (this year's flu vaccine protects you against four different strains of influenza – quadrivalent vaccine). DOH-Broward will be offering the vaccine to staff.
2. Wash your hands often with soap and water (use hand sanitizer if soap and water are not available).
3. If you are sick stay home (at least 24 hours after your fever is gone without the use of fever reducing medication).
4. Avoid contact with sick people.
5. Cover your nose and mouth with a tissue when you cough or sneeze (use the inside portion of your sleeve if a tissue is not available; not your hands).
6. If you do contract this year's flu, seek antiviral medication from your health care provider (this medication will make your illness milder and prevent serious flu complications).
7. For more information: www.cdc.gov/flu www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.html

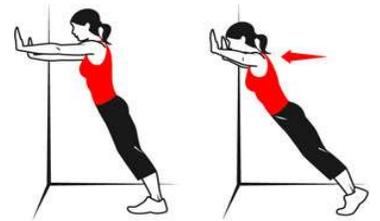


What is NEAT?

Not the adjective but the abbreviation NEAT: Non-exercise, activity thermogenesis. The human body is designed to move. Sitting slows down the whole system, making our bodies less efficient. So the signals to your brain that normally get you moving and therefore helps burn calories start to fade or burn out. Nearly everything we do during the day, folding laundry, standing while sorting our work, parking farther away, taking the stairs, it all counts! It all helps trigger the body to burn calories. People who sit at a desk all day might only burn off 300 cal/day where someone standing and running around in the clinic might burn off 1300 cal/day. Remember if you are trying to lose weight or boost your metabolism your should increase your movement or exercise. Your body gets used to your daily activity and needs a boost to rev up the burning process. So Stand up! Welcome that trip to the copier or be happy when you must park far away!

Excerpts from Alice Park KH

EXERCISES YOU CAN DO AT YOUR DESK



Weight bearing exercises are very important to building and or maintaining bone strength. Try this simple but effective exercise.

Stand facing a wall and extend your arms in front of you. Lean forward slightly and place your palms against the surface. Bend your elbows until your nose nearly touches the wall. Push back out to start. That's one rep. Do two to three sets of 15.



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

Healthy Eats!



When you're on the run, you can still make a healthy choice!

We often think we can't eat healthy because of our busy lifestyles. Fast food is readily available and it's temptingly cheap and filling. While eating fast food is never as healthy as a well-planned balanced diet, if you must eat fast food, you can easily take steps to improve the quality of your nutrition when on the run.

1. Watch portion sizes. You will likely be satisfied after you have finished a small order of fries, and you'll save over 100 calories when compared with the supersized order. When ordering sandwiches order the regular version or even a kid's meal.
2. Try deli-style fast-food chains where you can order a sub or sandwich on whole wheat bread or a wrap, a lower fat and lower-calorie option than fried food.
3. Many fast-food chains now offer healthy sides in place of french fries. Take the healthy option.
4. Always order a side salad when eating at traditional fast-food outlets. The salad will provide fiber and vitamins.



5. Remember that chicken isn't always a healthy choice. Many fast-food chains offer fried chicken sandwiches on white bread that are actually richer in fat and calories than a burger. Grilled chicken is a better option.
6. Eating a piece of fruit, a bowl of cereal, and low-fat yogurt in the morning can help you feel full and avoid temptation.
7. Keep bottled water and healthy snacks with you. Have a small snack before the cravings hit and you're less likely to pull into the drive-through and order super sized french fries.
8. The supermarket is a healthy option for lunch or snacks on the run. You can pick up precut and washed fresh fruit or vegetables, yogurt, or low-fat cheese. Supermarkets also offer sushi, wraps, salads, and deli sandwiches.
9. Skip the mayo. A tablespoon of regular mayonnaise has almost 100 calories!
10. Drinking a large glass of water with your meal will help you feel fuller earlier. Pass on beverages that contain sugar.

By Rebecca Hacker



What's in season for October?

Florida seasonal fruits and vegetables includes tomatoes, cucumbers, avocado, sweet corn, squashes, mushrooms, guava and citrus fruit.

Let's support our local agriculture.





Our person of change:

Barbara Annunciato

I finally quit smoking after 35 years. I joined an aerobics class to keep my mind off smoking and I stayed in the back of the room I couldn't even do five minutes of step aerobics the other women in the class thought I was going to die those first few months. Then I worked up to three times a week then every day, sometimes twice a day. As my fitness level increased I wanted to challenge myself. I always wanted to do Judo when I was a kid (my parents said that was for "boys"). With my improved fitness level and new found confidence I achieved my Black Belt in Kempo Karate, at the age of 61. Running was an integral part of the program. It led me to competing in 5K's, 10k's, half marathons and full marathon events. This past April, I completed a 21 mile run/walk in Big Sur California. Not a small feat!

The effects of smoking and not exercising are gone. I left that lifestyle 21 years ago. I am now drawn to new challenges that test my physical and mental endurance. Over the past 5 or 6 years my friend and I have taken up day hiking and backpacking trips. We have been to Yellow Stone National Park on a multi day trip and did the Black Canyon, day hiking in the Blue Ridge Mountains, and multiday trips in the Great Smokey Mountain National Park. This past summer I hiked Mount LeConte, hiked 5 miles up a mountain, with a 27lb backpack, in the rain and a times holding on to a cable with a vertical plunge (I am or was afraid of heights) I stayed in a three walled shelter rather than in a tent. My "partner in fitness" and I are now planning on a longer hike this summer on the Appalachian Trail.

The easiest way to get started with an exercise program is to enlist a buddy to join you. Make a date; it helps to keep you and them accountable. Find something you enjoy there are many fun fitness activities, that don't feel like "work". If you have no one to join you take a fitness class or get a personal trainer to get you started. You might feel intimidated but you will soon find others will cheer you on.

I started my road to fitness in my early 50's and I'm still going strong. You are never to "old"; hopefully the younger generation will follow by example.

"Of all the paths you take in life, make sure a few of them are on dirt". Anonymous

I will add to that: ride a bike, swim, jump a rope, take a walk, skip, and do yoga. Enjoy the best "machine" in the world your body and it will respond and not rust.

Barbara, welcome to the DOH-Broward team and thank you for sharing your story. You are a true inspiration to us all.

FDOH-Broward Employee Wellness

The Walking Club, noon in front of the Administration Building every Monday, Wednesday and Thursday. Mark your calendars!



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

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