



Florida Department of Health in Broward County

May, 2016

# Employee WELLNESS

Florida HEALTH  
Healthiest Weight



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What is a stroke? A stroke occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. Sudden bleeding in the brain can cause a stroke if it damages brain cells. A stroke can cause lasting brain damage, long-term disability, or even death. If brain cells die or are damaged because of a stroke, symptoms of that damage start to show in the parts of the body controlled by those brain cells.

**Stroke is a medical emergency, call 9-1-1 right away if you think someone might be having a stroke.**

Some risks are out of your control like family history but many risks factors you can control. You may be able to prevent stroke or reduce your risk through healthy lifestyle changes. In addition, medication can reduce stroke risk for some people.

• **Physical inactivity and obesity** — Being inactive, obese or both can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.

• **High blood pressure** — is the leading cause of stroke and the most important controllable risk factor for stroke.

• **High blood cholesterol** — People with high blood cholesterol have an increased risk for stroke. Also, it appears that low HDL ("good") cholesterol is a risk factor for stroke in men, but more data are needed to verify its effect in women.

• **Diabetes mellitus**— Diabetes is an independent risk factor for stroke. Many people with diabetes also have high blood pressure, high blood cholesterol and are overweight. This increases their risk even more.

• **Atrial fibrillation, coronary heart disease or heart failure** have a higher risk of stroke. Carotid artery disease narrowed by fatty deposits from atherosclerosis will also increase your risk for stroke.

• **Cigarette smoking** —The nicotine and carbon monoxide in cigarette smoke damage the cardiovascular system in many ways.

• **Sickle cell disease**— "Sickled" red blood cells are less able to carry oxygen to the body's tissues and organs. These cells also tend to stick to blood vessel walls, which can block arteries to the brain and cause a stroke.

• **Poor diet** — Diets high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels. Diets high in sodium (salt) can contribute to increased blood pressure. Diets with excess calories can contribute to obesity.

HAPPY  
MOTHER'S  
DAY!

★  
EVERY  
ACCOMPLISHMENT  
STARTS WITH  
THE DECISION  
TO TRY.  
★

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# Stuttering



**Stuttering** — also called stammering or childhood-onset fluency disorder — is a speech disorder that involves frequent and significant problems with the normal fluency and flow of speech. People who stutter know what they want to say, but have difficulty saying it. For example, they may repeat or prolong a word, syllable or phrase, or stop during speech and make no sound for certain syllables.

Stuttering is common among young children as a normal part of learning to speak. Young children may stutter when their speech and language abilities aren't developed enough to keep up with what they want to say. Most children outgrow this developmental stuttering.

Sometimes, however, stuttering is a chronic condition that persists into adulthood. This type of stuttering can have an impact on self-esteem and interactions with other people.

If you're an adult who stutters, seek help if stuttering causes you stress or anxiety or affects your self-esteem, career or relationships. See your doctor or a speech-language pathologist, or search for a program designed to treat adult stuttering.

Children and adults who stutter may benefit from treatments such as speech therapy, psychological counseling or using electronic devices to improve speech patterns. After a comprehensive evaluation by a speech-language pathologist, a decision about the best treatment approach can be made.

Stuttering signs and symptoms may include:

- Difficulty starting a word, sentence or phrase
- Prolonging a word or sounds within a word
- Repetition of a sound, syllable or word
- Brief silence for certain syllables or pauses within a word (broken word)
- Addition of extra words such as "um" if difficulty moving to the next word is anticipated
- Excess tension, tightness or movement of the face or upper body to produce a word
- Anxiety about talking
- Limited ability to effectively communicate



**Stuttering**

Stuttering is an interruption to the flow of speech. This can happen in different ways:

- Repeating sounds "c c c can I have a biscuit?"
- Repeating words "my my my name is John"
- Prolongations "ssssocks and shoes"
- Blocks "w... what is that?"

A person who stutters may also look like they are tense and struggling to speak.

The speech difficulties of stuttering may be accompanied by: rapid eye blinks, tremors of the lips or jaw, facial tics, head jerks, clenching fists.





## How Free Play Can Define Kids' Success

Free, unstructured playtime gives kids a chance to discover their interests and tap into their creativity. It's a crucial element for building resilience in children, an attribute they'll need in order to become happy, productive adults. That's Kenneth Ginsburg's thesis, a pediatrician at the Children's Hospital of Philadelphia.

The word "success" can be loaded, often carrying different connotations. To Ginsburg, a successful child is one who finds something he loves to do. A child who is generous, empathetic and compassionate, one who is committed to repairing the world, shows grit and the ability to collaborate with others, creative and can take constructive criticism. These are what will serve young people as they move into the world on their own.

### "Play is integral to being able to build resilience."

So many of the things that we care about are completely learned through the creative process. When kids are allowed free time to play, they learn how to work in groups, negotiate, share, self-advocate, and make decisions. One of the most important skills a parent can foster in children is resilience, which he says can be fostered through creativity. Ginsburg relies on the "Seven C's of Resilience" as a road map for helping students to find their inner grit.

#### 7 C's of Resilience

1. **COMPETENCE:** Young people need to be recognized when they're doing something right and to be given opportunities to develop specific skills.
2. **CONFIDENCE:** Confidence comes from building real skills that parents and educators can teach and nurture. Confidence can be easily undermined, but also bolstered by tasks that push learners without making the goal feel unachievable.
3. **CONNECTION:** Being part of a community helps kids know they aren't alone if they struggle and that they can develop creative solutions to problems.
4. **CHARACTER.** Kids need an understanding of right and what wrong and the capacity to follow a moral compass. That will allow them see that they cannot be put down.
5. **CONTRIBUTION:** The experience of offering their own service makes it easier for young people to ask for help when they need it. Once kids understand how good it can feel to give to others, it becomes easier to ask for that same support when it's needed. And being willing to ask for help is a big part of being resilient.
6. **COPING:** Kids need to learn mechanisms to manage their stress by learning methods to both engage and disengage at times. Some strategies for doing this include breaking down seemingly insurmountable problems into smaller, achievable pieces, avoiding things that trigger extreme anxiety, and just letting some things go. After all, resilience is about conserving energy to fit the long game and kids need to know realistically what they can affect and what should let go.
7. **CONTROL:** In order to truly be resilient a child needs to believe that she has control over her world. Feeling secure helps engender control, which is why kids test limits.

Creativity plays an integral part of developing these seven skill sets. "Play is exactly about learning to control your environment, to figure things out," he said. "Play is integral to being able to build resilience." When kids play, they make mistakes and learn how to recover. It's also a unique time for parents to observe their children and offer gentle guidance about skill development or how to share.

Keeping children on rigid, academically driven schedules denies them the space for some of the real self-learning that will see them through unexpected challenges, the ones that aren't on the test.

By Katrina Schwartz February 15, 2013

# Arthritis



Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis causes cartilage — the hard, slippery tissue that covers the ends of bones where they form a joint — to break down. Rheumatoid arthritis is an autoimmune disorder that first targets the lining of joints (synovium).

## Symptoms

The most common signs and symptoms of arthritis involve the joints. Depending on the type of arthritis you have, your signs and symptoms may include: pain, stiffness, swelling, redness and decreased range of motion.



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Risk factors for arthritis include:

- **Family history.** Some types of arthritis run in families, so you may be more likely to develop arthritis if your parents or siblings have the disorder. Your genes can make you more susceptible to environmental factors that may trigger arthritis.
- **Age.** The risk of many types of arthritis — including osteoarthritis, rheumatoid arthritis and gout — increases with age.
- **Your sex.** Women are more likely than are men to develop rheumatoid arthritis, while most of the people who have gout, another type of arthritis, are men.
- **Previous joint injury.** People who have injured a joint, perhaps while playing a sport, are more likely to eventually develop arthritis in that joint.
- **Obesity.** Carrying excess pounds puts stress on joints, particularly your knees, hips and spine. Obese people have a higher risk of developing arthritis.

Complications: severe arthritis, particularly if it affects your hands or arms, can make it difficult for you to do daily tasks. Arthritis of weight-bearing joints can keep you from walking comfortably or sitting up straight. In some cases, joints may become twisted and deformed. During the physical exam, your doctor will check your joints for swelling, redness and warmth. He or she will also want to see how well you can move your joints. Depending on the type of arthritis suspected, your doctor may suggest some tests. (*Excerpts of Overview by Mayo Clinic Staff*)

## Arthritis and exercise.



Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain, and helps combat fatigue. Of course, when stiff and painful joints are already bogging you down, the thought of walking around the block or swimming a few laps might seem overwhelming.

You don't need to run a marathon or swim fast to help reduce arthritis symptoms. Even moderate exercise can ease your pain and help you maintain a healthy weight. When arthritis threatens to immobilize you, exercise keeps you moving.

Talk to your doctor about fitting exercise into your treatment plan. What types of exercises are best for you depends on your type of arthritis and which joints are involved. Your doctor or a physical therapist can work with you to find the exercise plan that gives you the most benefit with the least aggravation of your joint pain, such as range-of-motion exercises, strengthening exercises, aerobic exercise and other activities. (Mayo Clinic)

## Ingredients

- 1/4 cup extra-virgin olive oil, plus more for brushing
- 3 tbs fresh lemon juice
- 2 tsp Dijon mustard
- 2 tsp chopped rosemary
- Kosher salt
- Pepper
- 16 cherry tomatoes
- 1 1/2 pounds salmon fillet cut into 1 1/2-inch cubes
- 4 long metal skewers, or 4 wooden skewers soaked in water for 1 hour



## Ingredients

- 1 large ripe avocado, peeled & seeded
- 1 large lime, juiced
- 1 tsp garlic powder or garlic salt
- 1 cup thawed frozen corn
- 1 can 5 oz tuna, drained



**Directions:** Whisk the olive oil with the lemon juice, mustard, rosemary salt and pepper. Heat a grill or grill pan. Thread the salmon and cherry tomatoes onto the skewers, brush with olive oil and season all over with salt and pepper. Grill over moderately high heat, turning once, until the salmon is just cooked through, about 6 minutes. Transfer the skewers to a platter and drizzle with some of the vinaigrette. Serve right away.



## Southwest Avocado Tuna Salad



**Directions:** In medium bowl, mash together avocado, lime juice, garlic powder. Stir in corn & tuna till combined.

Serve over salad, in a tomato half, or on bread.  
Serves 2-3.

## Overnight Chilled Oats

With only 5 minutes of prep time, you can have a healthy, grab-no-go breakfast for the week.



## Ingredients

- 1 cup old fashioned rolled oats, not instant, quick, or steel-cut
- 1 tbsp chia seeds,
- 1 ¼ cup almond milk or regular milk,
- 1 tbsp honey,
- ½ tsp vanilla extract or vanilla flavoring,
- ¼ tsp ground cinnamon, pinch of salt.
- Fruit optional



**Breakfast to go!**



**Directions:** In a bowl, combine all of the ingredients except for the fruit topping.

Filled mason jars halfway with the oatmeal mixture, cover & refrigerate at least 8 hours. Before serving, add any additional toppings like fresh fruit and almonds, stir & serve.

## What's in season? Make something yummy!

Bell Pepper, Blueberry, Cabbage, Cantaloupe, Carrot, Celery, Cucumber, Eggplant, Grapefruit, Guava, Mango, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Squash, Sweet Corn, Tangerine, Tomato, Watermelon.

Tomato and watermelon salad, look it up! It's a winner for the summer!

## Back page Story:

**As we say farewell and thank you to our wellness champions, the Employee Wellness program asked:**

*What do you do for your health?*



**Kristy Goff, BSN, RN, Registered Nurse Specialist, Nurse Educator**

I am a busy wife, nurse, and mom of three great children with very busy schedules. My health at times has taken a back seat to life but in September of 2015 both my husband and I decided to make a change in the right direction and begin loosing weight. I have enrolled in a weight loss program that requires planning my food in advance for my day and have lost 35 pounds thus far! I am still continuing to work towards loosing another 20 pounds. My husband has lost 45

pounds as well with just eating right and exercising. Having the same goal has made this an easier journey and I am thankful I have a supportive husband! I stay active in life activities with my family and throw some bike rides and walks in at times. This has been the first time that I really don't have an end date for a "diet" like in the past. We really just want to live life healthier than the road we were going down! With the weight off, we simply feel so much better and have more energy!!!



**Kiesha A.L. Edge, CWWPM, Tobacco Prevention Program Director**

My husband gave me a Fitbit for Christmas. I have increased the suggested daily steps from 10,000 to 15,000 and the suggested daily flights of stairs from 10 to 15. I try to hit my goal daily.

In case you don't know, the **Fitbit** Tracker uses a three-dimensional accelerometer, similar to that in the Wii Remote, to sense user movement. The Tracker measures steps taken, and combines it with user data to calculate distance walked, calories burned, floors climbed and activity duration and intensity. There are many trackers available, they look like watches (DOH-Broward does not endorse any products or companies).



### Exercise at your desk

**Triceps Kick (20 reps):** While marching in place bend at the hips, about 45 degrees. Bend your elbows then extend them behind you as if you are lifting weights.

This helps loosen your upper body. Be careful not to knock things over behind you.

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

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DOH-Broward Employee Wellness



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

