



Laughter therapy

We were born with the gift of laughter. Laughter is a natural medicine. It lifts our spirits and makes us feel happy. Laughter is a contagious emotion. It can bring people together. It can help us feel more alive and empowered.

Laughter therapy, also called humor therapy, is the use of humor to promote overall health and wellness. It aims to use the natural physiological process of laughter to help relieve physical or emotional stresses or discomfort.



Research supporting laughter therapy

A growing body of research supports the theory that laughter may have therapeutic value. For years, the use of humor has been used in medicine. Surgeons used humor to distract patients from pain as early as the 13th century. Later, in the 20th century, came the scientific study of the effect of humor on physical wellness. Many credit this to Norman Cousins. After years of prolonged pain from a serious illness, Cousins claims to have cured himself with a self-invented regimen of laughter and vitamins. In his 1979 book *Anatomy of an Illness*, Cousins describes how watching comedic movies helped him recover.

Over the years, researchers have conducted studies to explore the impact of laughter on health. After evaluating participants before and after a humorous event (i.e., a comedy video), studies have revealed that episodes of laughter helped to reduce pain, decrease stress-related hormones and boost the immune system in participants.

Today more than ever before, people are turning to humor for therapy and healing. Medical journals have acknowledged that laughter therapy can help improve quality of life for patients with chronic illnesses. Many hospitals now offer laughter therapy programs as a complementary treatment to illness.

The healing power of laughter

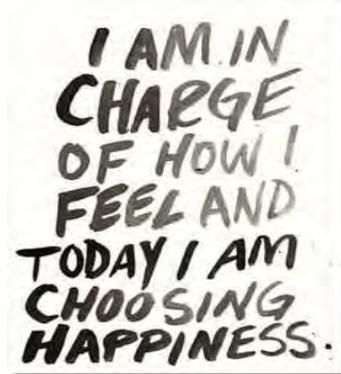
For people living with cancer, it may seem strange to find humor when facing such serious issues. Yet, laughter can be helpful in ways you might not have realized or imagined.

Laughter can help you feel better about yourself and the world around you. Laughter can be a natural diversion. When you laugh, no other thought comes to mind. Laughing can also induce physical changes in the body. After laughing for only a few minutes, you may feel better for hours.

When used in addition to conventional cancer treatments, laughter therapy may help in the overall healing process.

According to some studies, laughter therapy may provide physical benefits, such as helping to:

- Boost the immune system and circulatory system, reduce stress and tension
- Enhance oxygen intake, improve overall attitude
- Stimulate the heart and lungs, improve sleep
- Relax muscles throughout the body, promote relaxation
- Trigger the release of endorphins (the body's natural painkillers), enhance quality of life
- Ease digestion/soothes stomach aches
- Relieve pain
- Balance blood pressure
- Strengthen social bonds and relationships *(Cancer Treatment Centers of America)*



In this Issue:

- Laughter Therapy
- Breast Cancer Awareness
- Holiday Challenge
- Safe Sleep Awareness
- Selfie
- Making healthy eating a lifelong habit
- Healthy Eats
- Back page story
- Event updates



Breast Cancer Awareness Month:

The importance of Mammograms and the different screens that are available.

October raises awareness of the need for breast cancer screening as apart of preventative care. Screening refers to test and exams used to find a disease, like cancer, in people who do not have any symptoms. The goal of screening exams, such as mammograms, is to find cancers before they start to cause symptoms. It is important for us to know the various types of screening tests that are available. Breast Cancer Awareness Month is a good time to spend a moment with your healthcare provider to discuss when to start mammogram screenings and which type of screening test is best for you, and then scheduling one.

Standard mammograms, When you have a mammogram, your breast is briefly compressed or squeezed between 2 plates attached to the mammogram machine—an adjustable plastic plate (on top) and a fixed x-ray plate (on the bottom). The bottom plate holds the x-ray film or the digital detector that records the image. The images are read by a radiologist to detect any early signs of breast cancer or other problems. This is a screening tool, if there is any issue, more test are recommended by your healthcare provider before a diagnosis is made. Many women find the mammogram extremely uncomfortable, but remember the discomfort is only for a brief moment in time.

A newer type of mammography is known as *breast tomosynthesis* or **3D mammography**. For this test, the breast is compressed once and a machine takes many low-dose x-rays as it moves over the breast in an arc. The images can then be combined by a computer into a 3-dimensional picture. This uses more radiation than most standard 2-view mammograms, but it may allow doctors to see the breast more clearly. Some studies have suggested it might lower the chance of being called back for follow-up testing. It may also be able to find more cancers. Not all health insurance covers tomosynthesis, so you may want to check with your insurance company if this is recommended for you.

Ultrasound, also known as sonography, uses sound waves to look inside a part of the body, it is often used when the breast tissue is dense. It is used along with mammograms for further evaluation. It is painless and does not expose you to radiation.

MRI scans use magnets and radio waves instead of x-rays to produce very detailed, cross-sectional pictures of the body. It is mostly used for women who have been diagnosed with breast cancer to help measure the size of the cancer and look for any other tumors in the breast. It is also used for women of high risk for breast cancer along with a yearly mammogram. (Excerpts from www.cancer.org/healthy/findcancerearly).

Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP) at DOH-Broward 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 more information on the FBCCEDP call Travel McKire at ext. 4040.



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

As of October first there are only **91** days left in this year!

Wow, that flew by quickly! It is also the perfect time to get into that Holiday outfit or to make that healthy change you've been meaning to make and just haven't found the right time.

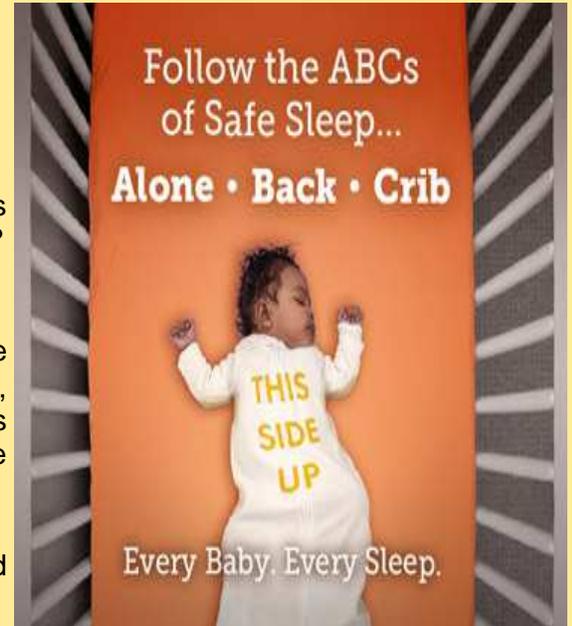
Now is the time! Sign up for the Holiday Challenge. They send you emails to help you stay on track. It will help you lose or maintain over the Holidays.

holidaychallenge@esmmweighless.com

October is SIDS Awareness Month

What are the key messages of the Safe Sleep campaign on ways to reduce the risk of SIDS and other sleep-related causes of infant death? Remember A-B-C.

- **ALONE**- Put baby to sleep in a separate sleep area in the same room where you sleep. If you bring baby into your bed to breastfeed, make sure to put him or her back into a separate sleep area, such as a safety approved crib, bassinet, or portable play area when you are finished.
- **BACK**- Always place baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- **CRIB**- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of death. Remove all loose bedding, crib bumpers, soft objects and toys.



For more information on the Safe to Sleep® campaign, go to: <http://safetosleep.nichd.nih.gov/>



Selfie:

a photograph that one has taken of oneself, typically one taken with a smartphone or webcam and shared via social media.

Some of us are more prepared than others for a Selfie! To have that perfect 'Selfie' smile it is important to take care of your teeth. Here are some tips on preventing dental decay.

1. Brush your teeth at least twice a day.
2. Rinse when you can't brush.
3. Clean between your teeth daily with floss or interdental cleaner.
4. **Avoid** processed and sweetened foods.
5. **Avoid** sugary beverages, including fruit juices.
6. **Avoid** frequent snacking.
7. Chew xylitol – containing gum to reduce the acidity in your mouth.
8. Schedule regular cleanings and oral exams.





Making Healthy Eating a Lifelong Habit: *Tips for Staying Motivated*



You've committed to a healthy lifestyle. You've made small, sustainable changes and you're well on your way to establishing better habits. But what about those times you just don't want to? It happens, and it's totally normal and you can get past it.

REMEMBER THE REASON

While eating healthier can result in weight loss it's really about so much more, from feeling more energetic to managing disease. Our specialists at Whole Foods advise tapping into your greater motivation. By going beyond the basic reasons for eating well (like weight loss, for example), we're able to shift into a more meaningful set of motivators, like better health, then the motivation becomes something more powerful.

REACH OUT

Surrounding yourself with a community of like-minded folks is one of the best ways to stay motivated. That community is your instant encouragement and support. Getting the family on board is a very important step in staying motivated. If your family refuses, try remaking meals so that the less healthful foods can be added in small amounts, like a condiment. Simply talking to others about what you're doing. Everyone has a story and they like to share it with others. Sometimes you get some really great tips for cutting corners to save time and making a healthy alternative.

RESULTS

Tangible evidence of healthy changes doesn't always come at once, which can be discouraging. The trick, is to think of results in broader terms. Make small changes, rather than huge ones, at one time. That way, momentum starts and can be maintained. Too often, people try to do too much, only to get frustrated and quit before results can be noticed. The journey is not a straight path. It's full of bumps, curves, and roadblocks. Keep your eye on long-term health but celebrate the small victories, too. Do you have more energy, clearer skin, looser clothes? Celebrate it!

REWARDS

That's right: Your hard work deserves a prize, so long as it isn't the unhealthy food you're trying to steer clear of. Set small goals to mark your progress and reward yourself when you reach those milestones.

REALLY GOOD FOOD

Finally, tap into the vast variety of deliciously healthful foods. Try to be adventurous and seek out new foods to try. When you go out to eat, try something you've never had before. If you are eating the same foods from week to week it will become boring and that may lead to temptation. If you are continually seeking out new recipes, seasonings, and flavor combinations it can turn into a fun challenge. (excerpts from Whole Foods Market)



Healthiest Weight

my healthy weight | my Florida plate | eat your colors | set goals | small steps | big rewards | move more, sit less

HealthiestWeightFL.com



A brisk walk in the afternoon helps you get a better night's sleep, according to the National Sleep Foundation.

Healthy Eats!

Ingredients

- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 1 to 2 jalapeno peppers, seeded and sliced
- 3 cloves garlic, smashed
- 1/2 teaspoon dried thyme or 1 1/2 teaspoons fresh thyme
- 1 medium white onion, minced
- 1/2 pound skinless, boneless chicken breast, halved lengthwise
- Kosher salt 1 tsp
- 3/4 cup water
- 3 to 4 tomatoes (about 1 1/2 pounds), cored and roughly chopped
- 1/2 teaspoon ground allspice
- 8 corn tortillas
- 1 1/2 cups shredded muenster cheese (about 6 ounces)
- 1 cup mixed fresh parsley and cilantro, chopped



Light Chicken Enchiladas

Perfect for Game Night. Nice, Quick and Easy!

4 Servings, Level is Easy Prep time 15min Cook time 25 min.

Directions

Preheat the oven to 450 degrees F. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the jalapeno, garlic, thyme and half of the onion. Cook, stirring, until soft, about 3 minutes. Add the chicken, 1 teaspoon salt and 3/4 cup water. Bring to a boil, then cover and cook until the chicken is tender, about 6 minutes.

Remove the chicken to a plate. Transfer the cooking liquid and vegetables to a blender; add the tomatoes and allspice and puree with the lid ajar. Wipe out the skillet, add the remaining 1 tablespoon olive oil and place over medium-high heat. Add the tomato mixture and cook until slightly reduced, 6 minutes. Pour into a baking dish.

Brush the tortillas with olive oil and put on a baking sheet; bake 5 minutes. Shred the chicken. Top each tortilla with chicken and cheese, then roll up and arrange in the baking dish, seam-side down, spooning some sauce on top. Bake until the cheese melts, 4 minutes. Sprinkle fresh herbs on top serve and enjoy!

Enjoy with your favorite corn chips and salsa.



What's in Season!

Avocado, Carambola, Cucumber, Grapefruit, Guava, Mushroom, Orange, Peanut, Squash, Sweet Corn, Tangerine, Tomato.





Pamela Burnett:

Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP)
"My Journey in Healing"

*breathe deeply
and appreciate
the moment.*

I remember that day very clearly, "You have breast cancer." I let out a loud scream that was heard throughout the entire hospital. Based on my reaction, the doctor had to excuse himself for a brief moment. Apparently he was under the impression that I knew. Sure, the radiologist told me two months previously that "it may be breast cancer." But, what did they know, they had been "monitoring me" for over a year, so why should I believe them now? That was 13 years ago. One statement I never said was "Why Me." To this day I don't know why. When the physician returned to the room, my tears had dried and I said to him "God does not make mistakes, what do we need to do?" After numerous surgeries, staph infection, mastectomy, and finally a failed breast implant, I was done!

I was fed up, so I thought. Now here comes Ms. DEPRESSION. It took over like a swift wind. I did not seek therapy for this until two years later. Yes, two years later! As an African American, culturally, psychiatrist and psychologists have no place in Christian life. ONLY PRAYER & GOD. If you admitted that you had a problem, you were looked upon as crazy. I remember a Pastor, who I sought for solace saying to me "What did you do to bring this cancer upon you." So, I played make-believe. I was pretending to be happy, normal; when surely I was not. By this time I had mastered this pretense. Until one day, I fell. I fell hard. I was consumed with darkness and made the decision to call my therapist. Now, the healing has started

Time passed and I had become my own personal advocate. I took charge of my health and my life. This spilled over into the community and my grassroots outreach program was born. I was affectionately known as the "Cancer Lady". I provided the same resources I needed for myself to others who had been diagnosed with cancer. I was not looking for sympathy, pity or a handout. I was looking for a helping hand and found my healing by helping others.

For years, I thought my outreach efforts were birthed to help others when in fact it was the catalyst that healed me. Look where I am now and the lives I am touching in the entire State of Florida and this is just the beginningAmazing

Thank you Pam, for sharing your story, you are a true inspiration to us all.



Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP) 5K run/walk for Breast Cancer Awareness

The **Susan B Komen Race for the Cure** will be **Saturday October 17, 2015** at the Bayfront Park, Downtown Miami. Below please find the instructions to join the team. Join the DOH-Broward FBCCEDP Komen Race, Go to <http://komenmiaftl.org/>

- Select Komen Race for the Cure—everyone is welcome bring friends and family
- Click on **TEAMS**
- Click on **Join an Existing Team**
- Search 'Broward' and the team name will show up: Team Name 'Florida Department of Health'
- Contact Johanna Rene by email or phone (4019) for carpool info and/or meeting area in Miami.

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

Contact Us:

Kristin Halldorsdottir
954-467-4700 x 3009

Latonya Delaughter
954-467-4700 x 5806

Rebecca Hacker
954-467-4700 x 4300

Nickey Lewin
954-467-4700 x 4004

FDOH-Broward Employee Wellness



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