



Employee WELLNESS



Florida Department of Health in Broward County

October, 2016



Stay positive!



ONE SMALL POSITIVE THOUGHT IN THE MORNING CAN CHANGE YOUR ENTIRE DAY.

Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible, it gets easier with practice.

- **Write about a positive future.** The idea is to envision your goals and dreams come true. Write about your great future life. Writing helps you absorb ideas better than just thinking. Set aside time so you can go into detail, assign 20 minutes on four consecutive days.
- **Search for the silver lining.** Looking for the positive in a negative situation may sound sappy, but it can actually show great strength.
- **Practice gratitude.** Appreciating the positives in our lives offers a great mood boost. Keep a gratitude journal. Write down anything large or small that makes you smile, including achievements, touching moments and great relationships. Write a gratitude letter, thanking someone who had been particularly kind.
- **Remind yourself to savor the moment.** Yes, stop and smell the roses and look at them and touch them.
- **Share your good news.** Studies of people's reactions to positive developments suggest that those who tell a friend about a happy event enjoy it even more.
- **Avoid negative thinking.** If you want to feel positive, it pays to decrease the downers in your life. With practice, you can resist worrisome thoughts and perhaps even transform your internal critic into more of a cheering squad.
- **Avoid dwelling on downers.** Focusing on negatives isn't just unpleasant, it also can make you less effective in tackling tasks you face. Ask yourself if the issue is really worth your energy. Will this issue matter in a year, for example?
- **Instead of worrying,** try a concrete problem-solving exercise.
- **Distract yourself:** Go to a movie, pump up some music, find something fun to do.
- **Change unhealthy self-talk.** You may have been running negative messages in your head for a long time. Consider trying some techniques from cognitive-behavioral therapy, which works in part by looking at how changing your thoughts can change your life.
- **Ask yourself if your negative thought is really true.**
- **Remember your achievements.**
- **Imagine what you'd tell a friend if he was worrying in ways that you are.**
- **Beware of all-or-nothing thinking.** Consider alternative explanations. If your boss hasn't responded to your proposal it could be because he or she is busy.



For the full article and tips to "Stay Positive", <http://www.mentalhealthamerica.net/stay-positive>



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OCTOBER
IS BREAST
CANCER
AWARENESS
MONTH

Breast Cancer Awareness Month: What's new in breast cancer research and treatment



mammogram...

it really is a piece-a-cake!

Causes of breast cancer

Studies continue to uncover lifestyle factors and habits, as well as inherited genes, that affect breast cancer risk. Here are a few examples:

- Several studies are looking at the effect of exercise, weight gain or loss, and diet on risk.
- Studies on the best use of genetic testing for *BRCA1* and *BRCA2* mutations continue at a rapid pace.
- Scientists are exploring how common gene variations (small changes in genes that are not as significant as mutations) may affect breast cancer risk. Gene variants typically have only a modest effect on risk, but when taken together they may potentially have a large impact.
- Potential causes of breast cancer in the environment have also received more attention in recent years. While much of the science on this topic is still in its earliest stages, this is an area of active research.
- A large, long-term study funded by the National Institute of Environmental Health Sciences (NIEHS) is now being done to help find the causes of breast cancer. Known as the Sister Study, it has enrolled 50,000 women who have sisters with breast cancer. This study will follow these women for at least 10 years and collect information about genes, lifestyle, and environmental factors that may cause breast cancer. An offshoot of the Sister Study, the Two Sister Study, is designed to look at possible causes of early onset breast cancer. To find out more about these studies, call 1-877-4-SISTER (1-877-474-7837) or www.sisterstudy.org



Reducing breast cancer risk

Researchers continue to look for medicines that might help lower breast cancer risk, especially in women who are at high risk.

Hormone therapy drugs are typically used to help treat breast cancer, but some might also help prevent it. Two drugs, tamoxifen and raloxifene, are already approved for this purpose, although concerns about side effects have limited their use. Aromatase inhibitors such as exemestane, anastrozole, and letrozole are also being studied to reduce the risk of breast cancer.

- **Fenretinide**, a drug related to vitamin A, is also being studied as a way to reduce the risk of breast cancer. In a small study, this drug reduced breast cancer risk as much as tamoxifen.
- **Other clinical trials** are looking at breast cancer reduction as an unintended effect of drugs used for other reasons. Drugs currently being researched include bisphosphonates (drugs for osteoporosis), and statins (such as atorvastatin and lovastatin), which are used to lower cholesterol.
- **Dietary supplements** are also being studied to see if they can reduce breast cancer risk. These have included grape seed extract, folate, omega-3 fatty acids, and vitamins B6 and B12. Although some human studies of these supplements have been completed, very little has been published in the available medical literature to date. Other supplements now being studied include hydroxytyrosol (a component in olive oil), curcumin (found in Turmeric), and omega-3 fatty acids (coupled with weight loss).



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

What happens when an adult gets whooping cough?

In adults, whooping cough usually starts like a common cold but then the coughing gets worse and coughing spells can last for weeks or even months. Whooping cough spells can leave adults gasping for breath and unable to eat or sleep, and can cause cracked ribs and hospitalization. A major concern is that infected adults can infect infants who have a high risk of death from whooping cough. Rates of whooping cough have been increasing in adolescents and adults. CDC.gov



2016-2017 Seasonal Influenza: Flu Basics

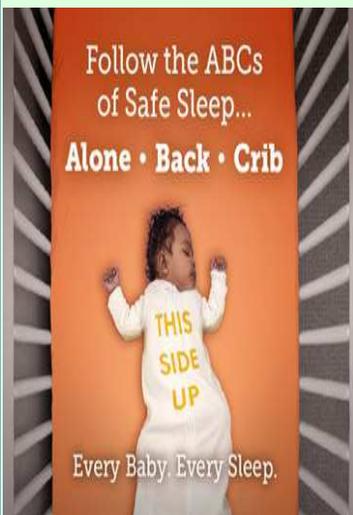
Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

The upcoming season's flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications.

For additional information, please visit the following link: <http://www.cdc.gov/flu/about/disease/index.htm>

The 2016-2017 flu vaccine is available now for all DOH-Broward employees.



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 (Sudden Infant Death Syndrome).
- **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/>



What is Domestic Violence?

Domestic violence is the wilful intimidation by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

It is not always easy to determine in the early stages of a relationship if one person will become abusive. Domestic violence intensifies over time. Abusers may often seem wonderful and perfect initially, but gradually become more aggressive and controlling as the relationship continues. Abuse may begin with behaviours that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of love or care. However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.). Some examples of abusive tendencies include but are not limited to:



WOMEN IN DISTRESS
OF BROWARD COUNTY, INC.
JIM & JAN MORAN FAMILY CENTER

- Telling the victim that they can never do anything right
 - Showing jealousy of the victim's family and friends and time spent away. Accusing the victim of cheating
 - Keeping or discouraging the victim from seeing friends or family members
 - Embarrassing or shaming the victim with put-downs
 - Controlling every penny spent in the household.
 - Taking the victim's money or refusing to give them money for expenses
 - Looking at or acting in ways that scare the person they are abusing
 - Controlling who the victim sees, where they go, or what they do
 - Dictating how the victim dresses, wears their hair, etc.
 - Stalking the victim or monitoring their victim's every move (in person or also via the internet and/or other devices such as GPS tracking or the victim's phone)
 - Preventing the victim from making their own decisions
- Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
 - Threatening to hurt or kill the victim's friends, loved ones, or pets
 - Intimidating the victim with guns, knives, or other weapons
 - Pressuring the victim to have sex when they don't want to or to do things sexually they are not comfortable with
 - Forcing sex with others
 - Refusing to use protection when having sex or sabotaging birth control
 - Pressuring or forcing the victim to use drugs or alcohol
 - Preventing the victim from working or attending school, harassing the victim at either, keeping their victim up all night so they perform badly at their job or in school
 - Destroying the victim's property



It is important to note that domestic violence does not always manifest as physical abuse. Emotional and psychological abuse can often be just as extreme as physical violence. Lack of physical violence does not mean the abuser is any less dangerous to the victim, nor does it mean the victim is any less trapped by the abuse. **National Domestic Violence Hotline at 1-800-799-7233.**

If you or a loved one needs help, contact **Women In Distress**, they will help and guide you. **For immediate assistance, please call the 24-hour crisis hotline: [WID Crisis Hotline: 954-761-1133](tel:954-761-1133).**

DOH-Broward Employees can contact Human Resources for a EAP (Employee Assistance Program) referral.

For tips on staying safe go to <https://www.womenindistress.org/we-can-help/stay-safe/>

WID mission: Is to stop domestic violence abuse for everyone through intervention, education and advocacy.

They strive to accomplish this mission through a 24-hour crisis hotline, emergency shelter program, individual counseling, support groups and professional trainings which are aimed at educating the community on domestic violence. WID provides confidential services, free of charge, to victims of domestic violence no matter their race, sex, age, religion, mental or physical disability, sexual orientation, gender identity, veteran or military status, immigration status or language spoken. **Women In Distress currently operates a 132 emergency bed shelter**, as well as provides ongoing counseling and support groups for those not in need of emergency shelter. All services offered are at no cost and are available in English, Spanish, Creole and Portuguese.



Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onion
- 3/4 cup shredded carrot
- 3-4 cloves minced garlic
- 1/2 tsp sugar
- 1/4 tsp freshly ground black pepper
- 1 teaspoon salt
- 10 large basil leaves, divided
- 3 sun-dried tomato halves packed in oil with herbs, drained
- 2 (14.5-ounce) cans low/no - sodium diced tomatoes with juices
- 1 (14-ounce) can fat-free, low-sodium chicken broth
- Chives for garnish



TIP:

Soup and crunchy bread, perfect for Game Day.

Make a big batch if you are expecting a crowd, or freeze it in containers for a later day. Make it easy!



Healthy Eats!



Super Tomato Soup

Here is a quick and delicious way to add a serving of vegetables to your day. Don't try this without the sun-dried tomatoes, they are the secret to this soup. Serves 6 , Serving Size: 1 cup, Prep Time: 15 minutes, Cook Time: 1 hour 10 min

Directions:

- Put olive oil in a large saucepan over medium heat.
- Add chopped onion, shredded carrot, and garlic to pan. Cook for 5 minutes or until vegetables are tender, stirring frequently.
- Add sugar, pepper, salt, and 4 basil leaves. Cook for 5 minutes.
- Add sun-dried tomatoes, diced tomatoes, and broth. Bring to a boil.
- Reduce heat and simmer for 1 hour.
- Remove from heat.
- Place half of soup in blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl.
- Repeat procedure with remaining soup.
- Divide soup evenly among 6 bowls. Garnish each serving with 1 basil leaf and chives.
- Serve with a fresh baguette.

What's in Season!



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



Fitness Corner

Encouraging your kids to eat right, exercise and limit screen time may not be enough to instill healthy habits. You also need to lead by example, researchers suggest. That means taking your child to the park for play, making healthy food options readily available and restricting screen time, said Manson, chief of health promotion, chronic disease and injury prevention at Public Health Ontario in Canada.

In the United States and Canada, about one in three children are overweight or obese, putting them at risk of serious health problems. Doctors now know that healthy living involves not only moving around more, but sitting less—engaging in fewer sedentary behaviors like watching TV or going online.

- The researchers found that parents, who took their kids to places where they could be physically active, such as playgrounds and sports programs, were twice as likely to report their kids met exercise guidelines as those who didn't
- Take your kids to the park to run around
- Encourage your kids to participate in sports programs
- Have fresh fruits available for them so that it is easy to grab and go for a snack, cut up carrots, celery, red peppers, oranges and apples
- Limit sweets and sugary drinks
- Insist on family meals with no TV or computers/cell phone
- Limit screen time to two hours or less
- Be a good role model by eating right and exercising at least 150 min a week

Not only will your kids grow up with healthy habits but your health might improve also.

(Excerpts from Sept 2, 2016 Health Day News)

At home exercise tips continued:

Hip Raise

Lie on your back on the floor with your knees bent and your feet flat on the floor. Place your arms out to your sides at a 45-degree angle, your palms facing up. Now try to make your tummy as skinny as possible and hold it that way—this gives you a tight core—while breathing normally. That's the starting position [A]. Keeping your core tight, squeeze your glutes and raise your hips so your body forms a straight line from your shoulders to your knees. Pause for five seconds—squeezing your glutes tightly the entire time, then lower body back to the starting position [B]. Do 10 repetitions.



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

Contact Us:

Kristin Halldorsdottir
954-467-4700 x 3009

Nickey Lewin
954-467-4700 x 4004

FDOH-Broward Employee Wellness



Employee Fitness will be starting up soon.
Check your email for announcements.