

Getting Back To Our Senses!

The five senses, sight, taste, smell, hearing, and touch, are our link to the world around us. They can help with everyday tasks such as driving, talking to people, or performing activities at work. Unfortunately, any disturbances or loss of our senses can have a profound impact upon us. Thus, our senses are essential and their health should also be essential to all of us. Below are some quick tips to keep your senses top notch:



SIGHT

Sight

- Wear sunglasses to avoid sun exposure that can damage your eyes
- Take regular breaks from staring at phone and/or computer screens
- Wear prescribed glasses when required
- Keep an eye on your blood pressure; too much pressure can put a strain on the eyes.



TASTE

Taste & Smell

- Avoid eating too many sugary foods to prevent gum disease and tooth decay
- Visit your dentist regularly.
- Quit Smoking: Smoking can damage your tongue, gums, teeth, lips, and your taste buds.
- Brush your teeth twice a day ensures good oral hygiene and health



SMELL



HEARING

Hearing

- Any signs of pain or hearing loss should be checked straight away.
- Keep the noise down when using headphones to avoid damaging the fine hair inside your ears.
- Avoid inserting anything inside your ear canals, including cotton swabs



TOUCH

Touch

- Implement a good exercise routine.
- Drink plenty of water to make sure your skin stays hydrated.
- Wear sunscreen when outdoors



DID YOU KNOW?

Contacts can't roll behind your eyeball and get stuck there; your eye structure won't allow it.

- [Learn more on page 4](#)



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National Breastfeeding Month

AUGUST



August is National Breastfeeding Awareness Month, a time to promote the importance of breastfeeding. According to the Centers for Disease Control, 83% of infants in the United States receive breast milk at birth. At six months of age, only 25% of infants are exclusively breastfed. The American College of Obstetricians and Gynecologists and the American Academy of Pediatrics recommend exclusive breastfeeding for the first six months of an infant's life but can continue as long as the mother and infant desire.

Not only does breast milk contain the correct balance of nutrients, but it also boosts a baby's immune and digestive systems with antibodies and good bacteria. For mothers, breastfeeding fosters an emotional bond with their new baby, and reduces the risk of certain cancers. Still, breastfeeding's not easy; it takes about as many hours to feed a child for a year as it does to work 40 hours a week at a full-time job. Mothers can feed their babies almost anywhere, especially now that many more public places like airports and offices accommodate breastfeeding. So, if you are a nursing mother at FDOH-Broward, where can you get support?

- **Pump Rooms on Campus & WIC location** - speak to your supervisor about using the pumping rooms on our campus when needed
- **Breastfeeding Warm line** - breastfeeding moms can call the warm line for help and advice on breastfeeding. You can also receive referrals to a Certified Lactation Consultant (IBLC) should you need additional support. **Call the Breastfeeding Warm line at (954) 467-4511; they are open 8AM to 9PM**
- **Additional Resources**— the WIC program at FDOH-Broward also promotes breastfeeding for a healthier community. The Broward County Breastfeeding Coalition works to promote and support breastfeeding in partnerships with birthing hospitals, Healthy Start, pediatrics offices, midwives and so much more. The group meets every first Wednesday of each month. **Email Esther Singleton at esther.singleton@flhealth.gov for more information!**

Source: Centers for Disease Control & Prevention, Florida Department of Health, National Today

Promotes bonding between mother and baby

Satisfies baby's emotional needs

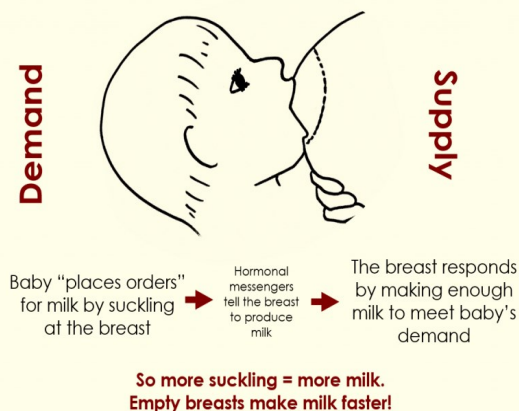
Provides perfect infant nutrition

Breast milk helps pass meconium

Breast milk is more digestible

Breastfeeding protects against Crohn's disease

How is Breast Milk Supply Controlled?



BREASTMILK STORAGE GUIDE

ROOM TEMPERATURE

🔥 66 ~ 78°F | 19 ~ 26°C
⌚ 4 ~ 6 HOURS

REFRIGERATOR

🔥 39°F | 4°C OR LOWER
⌚ 3 ~ 8 DAYS

FREEZER

🔥 0 ~ 4°F | -18 ~ -20°C
⌚ 6 ~ 12 MONTHS

how to LATCH



Hold your breast with one hand, support baby with other. Bring baby close enough so they can find your areola without effort.



Stimulate baby's upper lip with your nipple until their mouth opens very wide.



Your baby's chin should be the first thing that makes contact with your breast. They must be latched deeper below your nipple than above.



Baby's lip must be completely turned out and wrapped firmly against your areola.

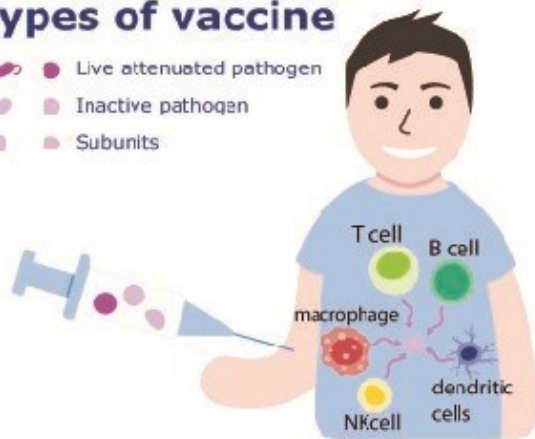


Make sure baby's nostrils are clear from obstructions and can they breathe easily.

Don't wait, **VACCINATE!**

Types of vaccine

- Live attenuated pathogen
- Inactive pathogen
- Subunits



Some time later

Immune memory



Vaccines save per year **2-3 Million lives**

HERD IMMUNITY

If the majority of the population is vaccinated the disease doesn't spread

**SPREAD THE WORD
NOT THE DISEASE!**



IMPORTANT ANNOUNCEMENT

Employee Health is offering the Recombinant Zoster Vaccine (Shingles) to employees 50 years of age and older!

If you are interested in receiving the Shingles Vaccine, please visit the **Ft. Lauderdale Health Center Immunization Clinic** any Friday between the hours of **8:30 AM and 3:30 PM**

For more information, contact **Barbara Bateman**
barbara.bateman@flhealth.gov
(954) 847-8007



What Makes Good *Summer Activewear?*

Outer layers: freer cuts.

Inner layers: tighter fits.

Strap patterns that don't create annoying tan lines.

Light colors that won't absorb heat.

Mesh inserts with **ultraviolet protection factor** (UPF) when possible.

Protected seams or seamless.

Proprietary wicking fabrics.

Built-in odor fighters.

Contact Lens Health Week

August 19-23rd

EYE WISE: CONTACT LENSES 101



TAKE THEM OUT!

Sleeping in contacts increases the risk of eye infection up to 8 times.



Clean and Store Your Contacts Properly:

Dump old solution & use new solution every time.



Give Your Eyes a Break:

Take your contacts out before sleeping.



Stay on Schedule:

Don't wear your contact lenses or use your case for longer than recommended.



GET YOUR EYES CHECKED

Visit your eye care provider at least once a year for a checkup to help keep your eyes healthy!



PREPARING FOR A SUMMER VACATION?

Pack plenty of supplies:

- Lens solution
- Extra glasses or contact lenses, just in case
- Lens case

WORLD LUNG CANCER DAY

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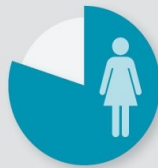
AUGUST

CAUSES

SMOKING CONTRIBUTES TO:



90%
of lung cancer
deaths in men



80%
of lung cancer
deaths in women



Men who smoke
are **23x MORE LIKELY**
to develop lung
cancer compared
to never smokers.



Women who smoke
are **13x MORE LIKELY**
to develop lung
cancer compared
to never smokers.

SIGNS & SYMPTOMS

Most lung cancers do not cause any symptoms until they have spread, but some people with early lung cancer do have symptoms.

Symptoms may include:



Cough that
does not go
away



Coughing
up blood



Chest pain that gets
worse with deep
breathing, coughing,
or laughing



Hoarseness



Weight loss
and loss of
appetite



Shortness
of breath



Feeling tired
or weak

ARE YOU AT RISK?

Patients should always talk to
their physician about risk factors.

You may be at risk for developing lung cancer if you are 55
or older and answer "Yes" to any of the following questions.

- ✓ Are you a current smoker?
- ✓ Have you smoked within the past 15 years?
- ✓ Is your "**pack year**" number greater than 30?



X



=

your
pack
year

Multiply the number of packs of cigarettes smoked per day by the number of years you smoked. One pack per day for 30 years is 30 pack years. Two packs per day for 15 years is also 30 pack years.

Lung cancer is responsible for nearly 1 in 5 cancer deaths according to the World Health Organization. While most understand that smoking is the single greatest risk factor for lung cancer, the risk of lung cancer also increases with a history of cancer in another part of the body, age, family history, radiation to the chest area and lung diseases like chronic obstructive pulmonary disease (COPD). Environmental exposure to radon, asbestos, arsenic, beryllium and uranium has also been linked to lung cancer.

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with LDCT for people who:

- Have a 20 pack-year or more smoking history, and
- Smoke now or have quit within the past 15 years, and
- Are between 50 and 80 years old.

The best way to reduce your risk of lung cancer is to not smoke and to avoid secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

If you are thinking about getting screened, talk to your doctor. If lung cancer screening is right for you, your doctor can refer you to a high-quality screening facility.

Source: Global Initiative for Chronic Obstructive Lung Disease, Centers for Disease Control & Prevention

LUNG CANCER SCREENING SAVES LIVES



Lung Cancer
is the Biggest
Cancer Killer
in Both Men
and Women

OVER 150,000 PEOPLE DIE FROM LUNG CANCER
EVERY YEAR IN THE UNITED STATES



OVER 400 PEOPLE PER DAY!

Talk to your
healthcare
provider about
lung cancer
screening!



International Overdose Awareness Day

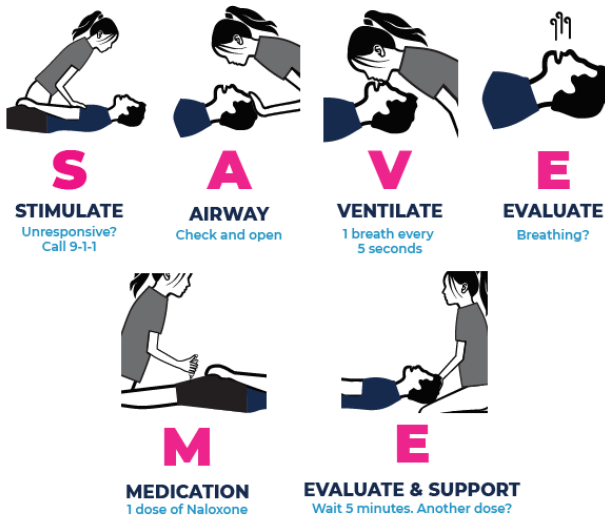
31 August

Opioid abuse in the U.S. remains a top public health concern. International Overdose Awareness Day spreads the message about the tragedy of drug overdose death and that drug overdose is preventable.

Special thanks to the members of the Opioid Prevention Team for providing us with such valuable information: Viktoriia Hornsey, Nalinie Samlal, Reem El-ankar, Sherene Samuels Saunders

Source: U.S. Department of Justice, U.S Food & Drug Administration

SAVE ME STEPS



KEEP GIVING BREATHS

Brain damage can occur within minutes. Naloxone work in 3-5 minutes. For those trained in CPR: If a person is found not breathing and the overdose not witnessed, give chest compressions too.

What is the status of fatal/nonfatal overdose in Florida?

In 2020, there were about 3,000 opioid overdose deaths and over 15,000 Suspected Non-fatal Opioid-involved Overdoses.

What is FDOH-Broward doing to address this issue?

We've received an OverdoseData to Action (OD2A) grant from the Centers for Disease Control & Prevention. The grant contain two components: Surveillance & Prevention. We also run the Broward Restaurants Educating Against Drugs (BREAD) project which focuses on providing education and naloxone in the hospitality industry. Our health educators visit at-risk motels, restaurants, night clubs and other locations to provide Narcan training to managers and their staff. We inform and educate them on how to recognize the symptoms and the signs of possible opioid overdose.

What are some risk factors of overdose?

Examples of underlying conditions that could place individuals at higher risk of overdose on prescription medications. Are:

- Breathing disorders, as in the case of COPD
- Older age
- Pregnancy
- Mental Health Conditions such as depression
- Alcohol or substance use disorder

What are the signs of an opioid overdose?

Signs include being unresponsive, frequent vomiting, tiny pupils, clammy or cold skin, blue lips and blue fingernail, breathing problem like slowed or irregular breathing. Depressed breathing is the most dangerous side effect of opioid overdose because the lack of oxygen to the brain can in permanent neurologic damage, and organ failure. Narcan is an emergency medicine that can reverse the effects of an opioid overdose caused by prescription painkillers, heroin, and fentanyl and it can be given to those showing signs of an overdose.

What are some supportive services available for families, loved ones, and those at risk of an overdose?

There are various community agencies that offer Narcan, education, peer support specialists, as well as treatment for substance use disorder. There include South Florida Wellness Network, area Hospitals, Broward Sheriff's Office, Broward Behavioral Health Coalition, and other community agencies.

What one thing you would like to tell your fellow co-workers about Overdose Awareness Day?

"Opioid/drug overdose in our community affects everyone. We need to join hands together to fight this silent pandemic in Broward"

- Viktoriia H.

"Overdose can happen to anyone, anywhere, anytime"

- Sherene S.

#END OVERDOSE



Gastroparesis Awareness

Gastroparesis is a disease in which the stomach cannot empty itself of food in a normal way. Normally, our vagus nerve tightens our stomach muscles to help move food through the digestive tract. But in cases

of gastroparesis, the vagus nerve is damaged. This prevents the muscles of the stomach and intestine from working properly, which keeps food from moving from the stomach to the intestines.

This is a common condition in people who have had diabetes for a long time, but there are a group of patients with gastroparesis where there is no obvious cause.. Gastroparesis can be misdiagnosed and is sometimes mistaken for an ulcer, heartburn or an allergic reaction. In non-diabetic people, the condition may relate to acid reflux.

Symptoms if this condition can make it difficult to work and keep up with other responsibilities. If you suffer from Gastroparesis, talk to your healthcare provider about potential treatments and diet modifications you can make to relieve some of your symptoms

Source: Cleveland Clinic, American College of Gastroenterology

GASTROPARESIS IS ALSO KNOWN AS "DELAYED GASTRIC EMPTYING"

SIGNS AND SYMPTOMS INCLUDE



feeling full after eating just a few bites



abdominal bloating and/or abdominal pain



nausea and/or vomiting, potentially vomiting undigested food



changes in blood sugar levels



POTENTIAL TREATMENTS

Diet modifications

Medication

Surgery



Diabetes is the most common known risk factor for gastroparesis.

Psoriasis

An immune-mediated, incurable, non-contagious chronic inflammatory skin disorder of unknown cause



125 MILLION PEOPLE (UP TO 3%) ARE AFFECTED WORLDWIDE

SYMPTOMS

MOST COMMON SYMPTOMS



THICK, RED SKIN



SCALING



ITCHING

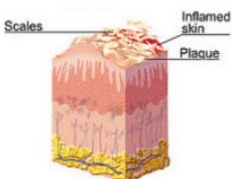


PAIN

CO-MORBIDITIES

- DEPRESSION
- DIABETES
- PSORIATIC ARTHRITIS
- HEART DISEASE

WHAT HAPPENS?



THE PROCESS OF PRODUCING NEW SKIN CELLS USUALLY TAKES AROUND 21 TO 28 DAYS. IF YOU HAVE PSORIASIS, THE PROCESS IS FASTER AND TAKES JUST TWO TO SIX DAYS. THIS CAUSES THE DEAD SKIN CELLS TO BUILD UP ON THE SURFACE OF YOUR SKIN.

Psoriasis is a skin disease that causes red, itchy scaly patches, most commonly on the knees, elbows, trunk and scalp. It tends to go through cycles, flaring for a few weeks or months, then subsiding for a while or going into remission. Symptoms can be triggered by some environmental factor including

- Infections, such as strep throat or skin infections
- Weather, especially cold, dry conditions
- Injury to the skin, such as a cut, bug bite, or a severe sunburn
- Stress
- Smoking and exposure to secondhand smoke

Psoriasis affects more than 3% of the US adult population. That is more than 7.5 million US adults. Anyone can develop psoriasis with about a third of instances beginning in the pediatric years. Family history, stress, and smoking can increase your risk of developing the condition. If you have psoriasis, you're at greater risk of developing other conditions, like type 2 diabetes, depression and cardiovascular disease. Patients of Psoriasis often feel stigmatized because of how their skin loo.

This Psoriasis Awareness Month, we want to remind you that **psoriasis is not contagious. You cannot catch psoriasis from another person.** Lack of knowledge about psoriasis on part of the general public is a significant contributor to how patients with psoriasis are stigmatized by others. To learn more about psoriasis, [visit psoriasis.org!](http://visit.psoriasis.org!)

Source: Mato Clinic, National Psoriasis Foundation

HEALTHY EATS ⁸

Summer Tostadas

These tostadas are super flavorful and easy for a weeknight meal. Crunchy tortillas topped with beans and tons of veggies. Delish!

Ingredients

- 1 teaspoon olive oil
- 1/2 cup chopped red onion
- 1 large clove garlic, minced
- 1 medium zucchini, diced (about 2 cups)
- 1 medium red pepper, diced (about 1 heaping cup)
- 1 cup corn kernels
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 8 tostadas*
- 1 (15 ounce) cans re-fried beans
- 1 1/2 cup shredded cheese
- Recommended optional toppings: guacamole, salsa, cilantro

** I used store-bought tostadas to make this recipe even faster, but you could also bake corn tortillas at 400 degrees for about 10 minutes to make your own.*



Preparation

- Heat a large pan over medium heat and add the olive oil, onions and a pinch of salt. Cook onions for 3 minutes and then add the garlic, zucchini, red pepper, corn, cumin, paprika, salt and pepper. Cook vegetables for about 8 minutes, stirring occasionally, until tender.
- Pre-heat oven to 450 degrees Fahrenheit. Spread each tostada with 1/4 cup re-fried beans and top with 1/3 cup vegetable mixture and 1-2 tablespoons grated cheese. Bake tostadas for about 5 minutes until beans are heated through and cheese is melted
- Top with optional desired toppings just before serving. Recipe makes approximately 8-10 tostadas depending on how much beans and vegetables you put on each one

Source: She Likes Food

STRAWBERRY- PEACH SMOOTHIE



1 CUP OF FROZEN
STRAWBERRIES

1/2 CUP OF FROZEN
PEACHES

1 CUP OF YOGURT

1/2 CUP OF
COCONUT WATER

AUGUST seasonal produce guide

APPLES	MELONS
BEETS	ONIONS
BLACKBERRIES	PEACHES
CABBAGE	PEPPERS
CARROTS	PLUMS
CAULIFLOWER	POTATOES
CUCUMBERS	RADICCHIO
GREEN BEANS	RASPBERRIES
HERBS	SQUASH
KALE	TOMATOES
LEeks	ZUCCHINI



Back to SCHOOL 10 HEALTHY TIPS



Teach good hygiene habits

Visit the doctors office



Get back into the routine

Provide healthy meals



Stay hydrated and avoid sugary drinks



Stay active with extracurriculars



Calm worries and anxiety

Manage allergies

Check for head lice



Choose the right school backpack



**What did the left
eye say to the
right eye?**

**Between you and me,
something smells.**

We hope you enjoyed this newsletter!

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