

Exciting New Finding!



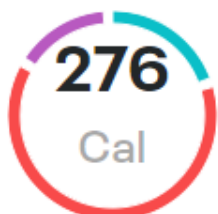
A filling and satisfying bologna (pronounced “baloney”) sandwich was a childhood staple for many of us. We can reminisce about the sandwiches our parents made for us, tucked inside brown paper bags for lunch. Well, there is now **a new 2021 study by the American Sandwich Association that found that eating two bologna sandwiches a day can add up to 3 years to your life expectancy.**

The premise is simple: A thin round slice peeled from a package or thicker slab carved from a whole log of bologna is warmed in a hot skillet until sizzling and browned. It then goes on the bread, which perks up the salty fattiness that we crave. The sandwich condiments can vary, but many of us think the gold standard is white bread (perhaps toasted for structural support), sliced yellow cheese, with mayonnaise and mustard. If you're dressing it up, some will also add lettuce, tomato and pickles.

So where did this meat come from? The origins of bologna lie in the city of Bologna, Italy. Bologna was one of the more accessible meats of the early 20th century. It kept well and, most importantly during the Great Depression and the war-rationing era, it was cheap. In the mid-20th century, the rise of the packaged food industry transformed bologna sandwiches into a shared cultural experience.

By now, you're probably wondering how exactly does eating two of these sandwiches a day add to your life? Fact is, nobody knows...This a bunch of baloney.

Nutrition Facts



20%

13g

Carbs

65%

19g

Fat

15%

10g

Protein

Happy April Fools' Day! Rest assured, the rest of this newsletter is 100% factual.



DID YOU KNOW?

If caught early, testicular cancer has a cure rate of over 98%!

- Learn more on page 4



In this Issue:

- Stress Awareness
- Move More!
- Testicular Cancer
- Pets & Wellness
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- Alcohol Awareness
- Infertility Awareness
- Healthy Eats
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- Sexual Assault Awareness & Prevention
- Drug Take Back Day
- Parkinson's Awareness

APRIL IS NATIONAL STRESS AWARENESS MONTH

TIPS FOR REDUCING WORKPLACE STRESS

EXCESSIVE STRESS CAN LOWER OUR PRODUCTIVITY AND PERFORMANCE. IT CAN ALSO CAUSE ANXIETY, IRRITABILITY, AND DEPRESSION, AMONG OTHER ISSUES.

<p>DEVELOP A SUPPORT NETWORK.</p> 	<p>DELEGATE RESPONSIBILITIES.</p> 	<p>ESTABLISH BOUNDARIES FOR WHEN YOU'RE OFF WORK.</p> 
<p>MITIGATE UNREASONABLE EXPECTATIONS AND BE REALISTIC ABOUT YOUR GOALS.</p> 	<p>DON'T SKIMP ON YOUR OWN FREE TIME.</p> 	
<p>PUT ASIDE A DOWNTIME AND VACATION FUND TO GIVE YOURSELF BREAKS.</p> 	<p>WHEN WORKING IN AN OFFICE SETTING, DO WHAT YOU CAN TO CARVE OUT THE PROPER SPACE TO FOCUS.</p> 	
<p>CONSULT YOUR HR DEPARTMENT IF YOU THINK THEY MIGHT BE A GOOD RESOURCE.</p> 		

Not all stress is created equal. Stress is a natural part of everyone's world. In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job. However, chronic stress can be harmful and detrimental to one's health.

Over time, **continued strain on your body from stress may contribute to serious health problems**, such as heart disease, high blood pressure, diabetes and other illnesses, including mental disorders such as depression or anxiety.

This month, we encourage you to take the time to identify stressors in your life and how your body reacts to stress. Taking steps to manage your stress can have many health benefits. **Explore stress management strategies, such as:**

- o Taking care of your body (Exercise regularly, prioritize sleep, try to eat healthy, well-balanced meals, avoid excessive alcohol, tobacco and substance use.)
- o Practicing relaxation techniques, such as deep breathing, meditation or massage.
- o Developing a support network.
- o Setting aside time for hobbies, such as reading a book or listening to music.

You can also consider seeing a professional counselor or therapist who can help you identify sources of your stress and assist you in learning new coping tools.

Source: Stanford Medicine, Mayo Clinic, CDC

Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself a pep talk



Meditate

Problem-Focused Coping Skills



Work on managing time



Ask for support



Establish healthy boundaries



Create a to-do list



**APRIL IS MOVE MORE MONTH,
TIME TO GET UP AND MOVE!**

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10
Minutes
of stretching is like
walking the length of
a football field



2.5
Hours
of walking every week for a
year is like walking across the
state of Wyoming



30
Minutes
of singles tennis is
like walking a 5K



1
Hour
of dancing every week for
a year is like walking from
Chicago to Indianapolis



20
Minutes
of vacuuming is like
walking one mile

30
Minutes

of grocery shopping every
other week for a year is like walking a marathon



Testicular cancer occurs in the testicles (testes), which are located inside the scrotum, a loose bag of skin underneath the penis. The testicles produce male sex hormones and sperm for reproduction. Compared with other types of cancer, testicular cancer is rare. But **testicular cancer is the most common cancer in American males between the ages of 15 and 35.**

Signs of a testicular tumor include a painless lump in the testicle (the most common sign), swelling of the testicle (with or without pain) or a feeling of weight in the scrotum. You may also feel pain or a dull ache in the testicle, scrotum or groin and tenderness and a shrinking testicle. Risk factors for developing testicular cancer include undescended testicle(s), which is when one or both testicles do not move down into the scrotum before birth. **Non-Hispanic, white men are more likely to develop this cancer than men of other races and ethnicities.** In addition, those with personal or family history of testicular cancer are at higher risk.

The cancer usually affects only one testicle. **The good news is testicular cancer is highly treatable, even when cancer has spread beyond the testicle.** Depending on the type and stage of testicular cancer, you may receive one of several treatments, or a combination. Surgery is the main treatment for testicular cancer. Most often, an orchiectomy is done to remove the entire testis. The removal of one testicle should not change your sexual energy or fertility. Most men can have a normal erection after surgery. Over time, the healthy testicle and lymph nodes will make enough testosterone to help you return to normal.

— NATIONAL —
**TESTICULAR
CANCER**
AWARENESS
MONTH
— APRIL —



There's no way to prevent testicular cancer. However, doctors recommend regular testicle self-examinations to identify testicular cancer at its earliest stage. If you find any lump or firm part of the testicle, you should see a doctor to find out if it is a tumor. Very few men who have testicular cancer felt pain at first. Please see the infographic below to see how. The best time to do a testicular self-exam is after a warm bath or shower, while standing, when the scrotum is relaxed. It only takes a few minute! If caught early, testicular cancer has a cure rate of over 98%. Men, it is a good idea to 'know' your own body, and to check your testicles regularly. Talk to your healthcare provider about your risk and other health history.

Source: Mayo Clinic, Urology Care Foundation, Cleveland Clinic, National Cancer Institute



Testicular Self-Exam

**t. Testicular
Cancer
Awareness
Foundation**



cup one testicle at a time using both hands best performed during or after a warm bath or shower

examine by rolling the testicle between thumb and fingers use slight pressure



familiarize yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle

feel for lumps, change in size or irregularities it is normal for one testis to be slightly larger than the other



Only 32% of men regularly check themselves for testicular cancer



If caught early enough, testicular cancer has a cure rate of over 98%



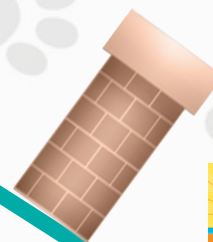
Around 47% of those diagnosed with testicular cancer will be under 35



ORCHID
FIGHTING MALE CANCER



NATIONAL PET DAY



Our family has three parakeet birds: Marilyn, Blueberry and Baby Sunshine. It's very therapeutic watching them in the evening. Their chirping and bright colors brings a piece of nature into our home.

Patrice Robinson (School Health)



Prince Edgar Allen Poe, or "Poe" for short, has been a part of the our family for 12 years. He welcomes us home, he sleeps and eats with us as a family. He can sometimes sense when we need emotional support and will come nestle with us.

Julie Dewey (Community Health)



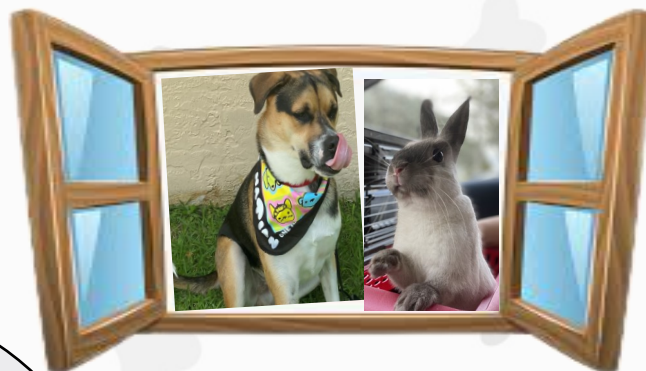
Bella is a de-stresser for me, a calming presence when I need her most. I consider her as one of my children. In 2016, I had a lupus flare and she stayed by my side throughout my healing process, like a security blanket. She's my stabilizing, and much loved companion.

Ashley Armour (Drowning Prevention)

Pets & Wellness

Pets come with some powerful health benefits. Taking a dog for a walk, hike, or run are fun and rewarding ways to fit healthy daily exercise into your schedule. The companionship of an animal can offer comfort, help ease anxiety, and build self-confidence.

A pet doesn't necessarily have to be a dog or a cat. A rabbit could be an ideal furry friend to snuggle with. Birds can encourage social interaction and help keep your mind sharp if you're an older adult. Snakes, lizards, and other reptiles can make for exotic companions. Even watching fish in an aquarium can help reduce muscle tension and lower your pulse rate. Next time you greet your pet, thank them for contributing to your wellness!



My dog Prince gives our family a sense of purpose because it feels really good to care and nurture another living being. He helped us get good exercise during his training days. Prince also helps us socialize and build a community with other pet owners. My girlfriend also has a pet bunny, named Yuca, who is good friends with Prince

Fritz Cuaboy (Epidemiology)

It Always
Seems Too Early,
Until It's Too Late.

April 16

NHDD

National Healthcare
Decisions Day

Advance care planning isn't just for people with serious illness. It's a part of healthy aging. National Healthcare Decisions Day is an annual event that reminds us of the importance of planning ahead when it comes to our healthcare. It's a way to help your loved ones and doctors make health care decisions for you if you can't speak for yourself. It can be hard to talk about our healthcare preferences because in doing so, we must face our mortality, but the payoffs of doing so can be significant and will increase the chances that what happens in the healthcare arena will be in line with your values, preferences and beliefs.

Here are 5 Questions to Ask Yourself on National Healthcare Decisions Day:

- 1) Have I legally chosen someone to be my surrogate medical decision maker?
- 2) Have I thought about my wishes and preferences for my medical care, if I were unable to make decisions for myself?
- 3) Have I discussed my advance care planning with my healthcare providers?
- 4) Have I documented my wishes in a legally-suitable format?
- 5) When did I last review my advance directive? Have I reviewed it regularly, or after a significant change in health status?

We cannot predict the future with certainty. But starting the conversation and having an advance directive may give you and those close to you some peace of mind!

Source: Optum, Better Health While Aging

APRIL IS ALCOHOL AWARENESS MONTH

Most adults in the United States who drink alcohol drink, moderately and without complications. At the same time, however, drinking too much alcohol can cause a person to develop an Alcohol use disorder (AUD). The National Institute on Alcohol Abuse and Alcoholism, AUD affects about 15 million adults in the United States, and an estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the nation. If you are unsure if it is safe for you to drink alcohol, or if you are concerned about how much you drink, talk with your doctor.

Broward Addiction Recovery Center offers a comprehensive range of services for residents over the age of 18 who are affected by substance abuse and/or co-occurring disorders. **Please contact them at (954) 357-4851 if you or anyone you love need assistance!**

WHAT'S IN A STANDARD DRINK?

5 oz of wine
12% ALCOHOL



=

1.5 oz or a "shot" of
80-proof spirits or liquor
40% ALCOHOL



=

12 oz of beer
5% ALCOHOL



=

8 oz of malt liquor
7% ALCOHOL



Each of the drinks above is a "standard drink."
Because beer, wine and liquor all have different amounts of
alcohol in them, standard drinks come in various sizes.

5 Infertility Myths

Frequent ejaculations decrease male fertility.

Frequent ejaculations do not affect fertility - even with daily ejaculations.

Exact timing of ovulation is critical to getting pregnant.

The highest success is through daily intercourse during the time between the end of the period and the middle of the cycle when ovulation occurs.

Lying in bed with your legs up helps you conceive.

There is no evidence that the position affects the chances of conceiving.

Long-term use of oral contraceptive pills causes infertility.

There may be a delay in the return to ovulatory cycles for a month or two, but there is no evidence that this causes infertility.

You should try to conceive for one year before seeking medical advice and assistance for infertility.

There is no reason to wait to seek help!

FEMALE FERTILITY CAN BE AFFECTED BY

- ! A WOMAN'S AGE
- ! TUBAL DISEASE OR PROBLEMS WITH THE FALLOPIAN TUBES
- ! OVULATION DISORDERS
- ! ENDOMETRIOSIS
- ! POLYCYSTIC OVARIAN SYNDROME
- ! FIBROIDS
- ! SALPINGITIS (PELVIC INFLAMMATORY DISEASE) CAUSED BY SEXUALLY TRANSMITTED DISEASE

MALE FERTILITY CAN BE AFFECTED BY:

- PHYSICAL PROBLEMS WITH THE TESTICLES
- BLOCKAGES IN THE DUCTS THAT CARRY SPERM
- HORMONE PROBLEMS
- A HISTORY OF HIGH FEVERS OR MUMPS
- GENETIC DISORDERS
- LIFESTYLE OR ENVIRONMENTAL FACTORS

national
infertility
awareness
week®

APRIL 24-30, 2022

EMPOWERING YOU
AND CHANGING THE
CONVERSATION

Most people have heard about infertility, but how many know what that word actually means?

Infertility is defined as not being able to get pregnant despite having frequent, unprotected sex for at least a year for most couples. Because fertility in women is known to decline steadily with age, some providers evaluate and treat women aged 35 years or older after 6 months of unprotected sex.

Infertility is more common than you may think. In the United States, 10% to 15% of couples are infertile. Both men and women can contribute to infertility. Sometimes, women with infertility may have irregular or absent menstrual periods. In some cases, men with infertility may have some signs of hormonal problems, such as changes in hair growth or sexual function.

Infertility can have complex, multiple causes which vary from couple to couple; however, by working together, infertility treatment and treatment for reproductive disorders can be a positive experience. You are not alone!

Source: Mayo Clinic, Centers for Disease Control & Protection



HEALTHY EATS⁸

Carrot & Coconut Pancakes

These carrot cake pancakes are vegan, refined-sugar free and made with pantry staples – they taste like carrot cake and they're perfect for Easter brunch!

Ingredients

- 1 cup whole wheat white flour
- 1 tablespoon baking powder
- ½ teaspoon cinnamon
- 1 pinch sea salt
- 1 cup oat milk or other plant-based milk
- 2 tablespoons maple syrup
- 3 tablespoons grapeseed oil
- 1 teaspoon vanilla extract
- 1 cup shredded carrots lightly packed
- 2 tablespoons walnuts
- 1 tablespoon shredded coconut
- Cooking spray



Preparation

- In a medium bowl, whisk together the flour, baking, cinnamon, and salt; set aside
- In a large bowl, combine the oat milk, maple syrup, oil and vanilla extract. Stir in the shredded carrots, walnuts and shredded coconut.
- Heat a nonstick griddle over medium-low heat. Spray with coconut oil cooking spray or leave the pan dry.
- Pour ⅓ cup of the batter into the hot griddle. Cook for 3-4 minutes, until the edges firm up and you can slide spatula under the pancake. Flip the pancake and cook for another 1-2 minutes until the pancake is cooked through. Repeat for the remaining batter. Recipe yields about 8 pancakes.
- Serve immediately with coconut yogurt, walnuts and maple syrup, if desired.

Nutrition Information

Calories: 153kcal, Carbohydrates: 19g, Protein: 3g, Fat: 8g, Saturated Fat: 1g, Sodium: 29mg, Potassium: 231mg, Fiber: 2g, Sugar: 6g, Vitamin A: 1398IU, Vitamin C: 1mg, Calcium: 129mg, Iron: 1mg

Source: Feel Good Foodie



Carrot

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Low-Calorie
- ✓ Low-Sodium

One ounce of carrots provides your entire daily requirement of vitamin A

(per medium carrot)

25
CALORIES

6G
CARBS

0.5G
PROTEIN

0G
FAT

1.5G
FIBER

CARROT Health Benefits

- 👁️ Improves Eyesight
- ❤️ Prevents Heart Diseases
- 🩺 Reduces Blood Pressure
- 🤢 Aids Digestion
- ☀️ Boosts Immune System
- 🛡️ Reduces risk of Cancer
- 👁️ Prevents Macular Degeneration
- 🏠 Regulates Sugar Levels

Relieving symptoms of an IBS attack

Use heat



Use a hot water bottle, or take a relaxing warm bath.

Sip peppermint tea



Drinking non-caffeinated beverages can help to soothe your stomach.

Try relaxation techniques



Meditation, deep breathing, visualisation and muscle relaxation can all help.

Try medication



Antispasmodics and laxatives, or antidiarrhoeals may help relieve your symptoms when they flare up. Talk to your doctor or pharmacist about which medicine is right for you.

Preventing an attack

Know your FODMAPs



FODMAPs are types of carbohydrates found in certain foods, including wheat and beans. These can contribute to symptoms of IBS.

Manage your diet



Try to eat at regular times, increase your fibre intake and drink plenty of fluids.

Keep a food journal



Keep a food journal to help identify and avoid triggers.

Exercise regularly



Exercising regularly and maintaining a healthy weight can help reduce the symptoms of IBS.

IBS

APRIL
AWARENESS MONTH

9

Irritable bowel syndrome, or IBS, is a common and uncomfortable gastrointestinal disorder.

Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both. These symptoms can be triggered by emotional stress and certain foods or beverages.

IBS is caused by problems in how your gut and brain work together. This causes your digestive tract to be very sensitive and changes how your bowel muscles contract. The colon muscle tends to contract more compared in people without the condition. These contractions causes the cramps and pain.

Often, people with IBS have normal bowel movements some days and abnormal ones on other days. Only a small number of people with IBS have severe signs and symptoms. These more-severe symptoms can be treated with medication and counseling.

About 10% to 15% of the adult population in the U.S. suffer from Irritable Bowel Syndrome. The condition most often occurs in people in their late teens to early 40s. Women can be twice as likely than men to get IBS. In fact, symptoms may flare up during a woman's period. You may be at higher risk if you have family history of IBS. Its important to note that IBS doesn't increase your risk of colorectal cancer.

Some people can control their IBS symptoms by managing diet, lifestyle and stress. For example, increasing fiber in your diet by eating more fruits, vegetables, grains and nuts can improve symptoms.

If you have IBS symptoms, talk to your healthcare provider. Your provider may then refer you to a gastroenterologist. Although, there is no specific therapy that works for everyone, most people with IBS can find a treatment that works for them. Your healthcare provider will personalize your IBS treatment plan for your needs!

Source: Mayo Clinic, Cleveland Clinic

April is Sexual Assault Awareness and Prevention Month

Sexual violence can be a life-changing trauma for far too many of our neighbors, colleagues, family and friends. The trauma can be compounded by institutions and cultural perceptions that blame survivors rather than meet them where they are in their journey to healing, accountability and justice.

According to the Rape, Abuse & Incest National Network (RAINN), there are over 430,000 victims of rape and sexual assault, on average, each year in the United States. Researchers know that these numbers are underestimated because many cases are unreported. **Sexual violence happens in every community and affects people of all races, genders and ages.** Sexual violence is sexual activity when consent is not obtained or not freely given.

Forms of sexual violence include rape or sexual assault and sexual harassment. According to the CDC, the perpetrator of sexual assault is usually someone the victim knows, such as a friend, current or former intimate partner, coworker, neighbor or family member. Sexual harassment, assault, and abuse can happen anywhere, including in online spaces. This includes posting or sharing sexual pictures of someone without their consent, or non-consensual sexting. As we connect more and more online this year, we can learn how to practice digital consent, intervene when we see harmful content or behaviors and ensure that online spaces are respectful and safe.

The consequences of sexual violence can be physical, like bruising and genital injuries, and psychological, such as depression, anxiety and suicidal thoughts. Each survivor reacts to sexual violence in their own way. The trauma resulting from sexual assault can have an impact on a survivor's employment in terms of time off from work, diminished performance, job loss, or being unable to work. Victims may have difficulty maintaining personal relationships and regaining a sense of normalcy.

The support of friends and family is crucial to the healing journey of survivors of sexual assault. Let survivors in your life know they don't have to walk their path alone. **If you are a survivor, you are not alone! The Nancy J. Cotterman Sexual Assault Treatment Center (Fort Lauderdale) can be reached at (954) 357-5775 for justice support/advocacy support and counseling services.** In addition, RAINN's National Sexual Assault Telephone Hotline can connect you to additional resources in your area including access to therapy and support groups.

Source: National Sexual Violence Resource Center, CDC, Rape, Abuse & Incest National Network

1 OUT OF 4 WOMEN
EXPERIENCE SEXUAL
VIOLENCE IN THEIR LIVES.

EVERY 2 MIN
SOMEONE IN THE
UNITED STATES IS
SEXUALLY ASSAULTED.

1 OUT OF 6 MEN
EXPERIENCE SEXUAL
VIOLENCE IN THEIR LIVES.

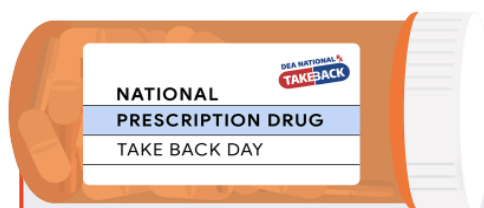
BELIEVE
AND SUPPORT
SURVIVORS

NATIONAL SEXUAL ASSAULT HOTLINE

800.656.HOPE
online.rainn.org

Free. Confidential. 24/7

RAINN



Saturday, April 30, 2022

Opioid abuse in the U.S. remains a top public health concern. To combat this problem, the U.S. Drug Enforcement Administration (DEA) periodically hosts National Prescription Drug Take Back events throughout the year. During these events, temporary drug collection sites are set up in communities nationwide for safe disposal of prescription drugs. **Take Back Day aims to provide a safe, convenient and responsible means of disposing of prescription drugs** while also educating the general public about the potential for abuse of medications. The disposal services are free and anonymous!

Rates of prescription drug abuse in the United States are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

If you want to participate on April 30, visit [DEATakeBack.com](https://www.deatakeback.com) to find a collection site near you. Look at the package insert of your medication to see if special instructions exist for disposal. Before disposing of prescription medicines, be sure to remove all personal information on pill bottle labels and medicine packaging.

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



If you don't properly
dispose of the unused
or expired prescription
drugs in your home, they
might find a new one.

Visit [DEATakeBack.com](https://www.deatakeback.com) for
a collection site near you.



Parkinson's disease is a brain disorder that leads to shaking, stiffness, and difficulty with walking, balance and coordination. It's caused by the progressive degeneration of nerve cells in the middle area of the brain. Parkinson's symptoms usually begin gradually and get worse over time. As the disease progresses, people may have difficulty walking and talking. See your doctor if you have any of the symptoms associated with Parkinson's disease and visit parkinson.org for more information!

PARKINSON'S DISEASE AFFECTS **ONE IN 100 PEOPLE OVER AGE 60**. IN THE UNITED STATES, 60,000 NEW CASES WILL BE DIAGNOSED THIS YEAR ALONE.

1 / 100
OVER
AGE 60



60,000
NEW



Men have a 1.5 x greater risk than women of developing Parkinson's Disease.

Exposure to herbicides and pesticides may increase the risk



SYMPTOMS



Diminished smell

100% of major brain disorders are associated with smell loss



Tremors



Muscle rigidity



Depression



Apathy

Currently
NO TEST
and no

PROGRESSION MARKER



NO CURE

Medication can only help with managing symptoms



In advanced stages, Deep Brain Stimulation (DBS) a surgical device is implanted into brain to manage symptoms.



What did the shark say when he ate the clownfish?

This tastes a little funny.

We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

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