

Normal breast tissue

Save the Ta-Ta's

What Is Breast Cancer?

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade)

surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common.

Although many types of breast cancer can cause a lump in the breast, not all do. There are other symptoms of breast cancer you should watch for and report to a health care provider. It's also important to understand that most breast lumps are not cancer, they are benign. Benign breast tumors are abnormal growths, but they do not spread outside of the breast and they are not life threatening. But some benign breast lumps can increase a woman's risk of getting breast cancer. Any breast lump or change needs to be checked by a health care provider to determine whether it is benign or cancer and whether it might impact your future cancer risk. Breast cancer can spread when the cancer cells get into the blood or lymph system and are carried to other parts of the body.

The lymph system is a network of lymph (or lymphatic) vessels found throughout the body. The lymph vessels carry lymph fluid and connect lymph nodes. Lymph nodes are small, beanshaped collections of immune system cells. Lymph vessels are like small veins, except that they carry a clear fluid called lymph (instead of blood) away from the breast. Lymph contains tissue fluid and waste products, as well as immune system cells. Breast cancer cells can enter lymph vessels and start to grow in lymph nodes.

If cancer cells have spread to your lymph nodes, there is a higher chance that the cells could have traveled through the lymph system and spread (metastasized) to other parts of your body. The more lymph nodes with breast cancer cells, the more likely it is that the cancer may be found in other organs as well. Because of this, finding cancer in one or more lymph nodes often affects your treatment plan. Usually, surgery to remove one or more lymph nodes will be needed to know whether the cancer has spread. Still, not all women with cancer cells in their lymph nodes develop metastases, and some women have no cancer cells in their lymph nodes and later develop metastases. www.cancer.org

Note to self:
*Schedule
Annual
Mammo*

“To keep the
body in **good**
health is
a duty... otherwise
we shall
not be able
to keep our
mind **strong**
and **clear.**”
Buddha

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Health literacy



Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Health literacy is dependent on individual and systemic factors: *Communication skills of lay persons and professionals.*

Healthcare Workers, Why Get Vaccinated?

I won't spread flu to my patients or my family.

Even healthy people can get the flu, and it can be serious.

Everyone 6 months and older should get a flu vaccine. This means you.

This season, protect yourself—and those around you—by getting a flu vaccine.



For more information, visit: <http://www.cdc.gov/flu>



- Influenza (the flu) can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get very sick from the flu, including people who are otherwise healthy.

- You can get the flu from patients and coworkers who are sick with the flu.

- If you get the flu, you can spread it to others even if you don't feel sick.

By getting vaccinated, you help protect yourself, your family at home, and your patients. DOH is offering vaccines to all Employees free of charge. Please take advantage of this opportunity.

October 4 – Flu Vaccines Admin
October 6 – Flu Vaccines Admin/OPs
October 11 – All Paul Hughes
October 13 – ALL Edgar Mills (8-12) and WIC
October 17 - Coral Springs WIC
October 18 – Paul Hughes WIC
October 19 – Lauderdale Lakes WIC
October 24 - Fort Lauderdale Health Center WIC



Always place baby *Alone* on his or her *Back* and in the *Crib* to sleep, for naps and at night, to reduce the risk of SIDS (Sudden Infant Death Syndrome).

The back sleep position is the safest position for all babies, until they are 1 year old. Babies who are used to sleeping on their backs, but who are then placed to sleep on their stomachs, like for a nap, are at very high risk for SIDS.

If baby rolls over on his or her own from back to stomach or stomach to back, there is no need to reposition the baby. Starting sleep on the back is most important for reducing SIDS risk.

Preemies (infants born preterm) should be placed on their backs to sleep as soon as possible after birth.

Can my baby choke if placed on the back to sleep? The short answer is no—babies are not more likely to choke when sleeping on their backs.

www.nichd.nih.gov

Follow the ABCs
of Safe Sleep...
Alone • Back • Crib



Every Baby. Every Sleep.



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





Diet and Cancer Prevention

Eating right can help to lower your chance of developing cancer. Nutrition guidelines for diseases such as heart disease and diabetes are similar to those for preventing various types of cancers. Being overweight or obese is related to as many as one in five cancer-related deaths. Excess weight in the belly is related to an increased risk of colorectal cancer and cancers of the pancreas and uterus and breast in postmenopausal women. Other cancers associated with obesity include: esophageal, rectal, kidney, liver, thyroid, gallbladder, ovarian and prostate cancers.

What Can You Do:

Eating plenty of fruits and vegetables, including beans, is linked with a lower risk of lung, oral, esophageal, stomach and colon cancer. Fill half of your plate with fruits and vegetables, and make half of your grains whole grains.

Limit calorie dense, nutrient deficient foods, reduce your intake of foods with added sugars that provide a lot of calories but few nutrients. These foods include; sugar-sweetened beverages, processed snack foods and desserts.

The risk for stomach, nasopharyngeal and throat cancers may be higher in cultures where people eat a lot of salt-preserved, salt-cured and salt-pickled food. There is no evidence that suggests that the amounts of salt used in cooking or flavoring foods affect cancer risk, it is known to raise the risk of high blood pressure and heart disease, therefore it is recommended to reduce sodium intake. Most of the sodium in our diet comes from **processed foods**, rather than the salt we add as a seasoning. Read food labels to learn exactly how much sodium is in a serving. Individuals should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults with hypertension or prehypertension should further reduce their sodium intake to 1,500 milligrams a day.

Antioxidants are chemicals that block the activity of other chemicals called free radicals, that may damage cells. Animal research has shown that antioxidants can help prevent free radical damage related to the development of cancer, however there has been no research that shows a convincingly connection between taking antioxidant supplements and reducing the risk of developing cancer in humans.

Artificial sweeteners such as saccharin, aspartame etc. show no clear evidence of increased cancer risk in humans.

Charred meat contains certain chemicals called HCAs (heterocyclic amines) and PAHs (polycyclic aromatic hydrocarbons). These chemicals are formed when meat, including beef, pork, fish and poultry is cooked using high-temperature methods, over 300 degrees. Eating high levels of HCAs and PAHs can cause cancer in animals; however, it has not been determined that they can cause cancer in humans.

Garlic in some studies has been shown to reduce the risk of developing several types of cancer, especially cancers of the gastrointestinal tract. However, again there is no conclusive evidence.

There is no specific ideal diet for all of us. However, every time you eat try to have two-thirds of your plate vegetables, fruits, whole grains and beans. The remaining one third make lean poultry, seafood, and very limited amounts of red meat. Use healthy oils, herbs, spices, citrus and vinegars to add flavor to your food. Limit candy cookies and sugary drinks. Limit your intake of alcoholic beverages.

Physical activity and weight control could prevent one -third of all cancers.



Healthy Eats

Ingredients

- 3 skinless chicken breast halves, bone intact
- 6 cups water
- 1 large onion, sliced length-wise
- 2 tablespoons cilantro
- 2 cups fat-free chicken broth
- 4 corn tortillas, cut into 1-inch strips
- 1 4-1/2-ounce can diced green chiles
- 1 15-ounce can corn, drained
- 2 15-ounce cans Great Northern beans (or other white bean)
- 1 cup green tomatoes or tomatillos, chopped into 1-inch pieces
- 1 tablespoon fajita seasoning
- 1/4 teaspoon garlic salt
- 1 tablespoon lime juice

Home made salad dressing it's easy to make and tastes fresh

Simple Lemon Vinaigrette

1/2 teaspoon finely grated lemon zest.
2 tablespoons freshly squeezed lemon juice.

1 teaspoon sugar.

1/2 teaspoon Dijon mustard.

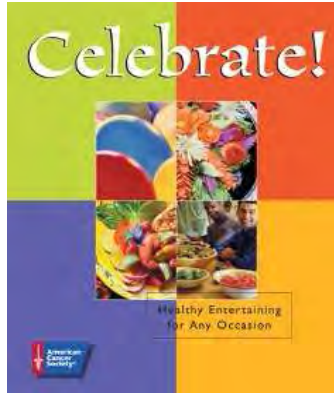
1/4 teaspoon fine sea salt, or to taste.

3 to 4 tablespoons extra-virgin olive oil.

Freshly ground black pepper to taste.

Preparation

In a small bowl, whisk together the lemon zest, lemon juice, sugar, mustard, and fine sea salt, whisking until the sugar and salt are dissolved. Add 3 tablespoons of the oil in a slow stream, whisking constantly until the dressing is well blended. Season with fine sea salt and freshly ground black pepper. If desired, whisk in the remaining oil in a slow stream, whisking constantly. DO AHEAD: The vinaigrette can be prepared ahead and refrigerated, in an airtight container, up to 3 days.



Sideline Chicken Chili

Double or triple this recipe—chili freezes well. Serve it straight up or try one of these serving suggestions: fill a tortilla with chili, serve chili over rice, spaghetti noodles, or top a baked potato with chili. Makes approximately 10 cups, Serves: 8 Per Serving (approximate) Calories 330 Total Fat 5g Recipe from www.cancer.org



Directions

1. Bring chicken, water, onion, and cilantro to a boil in a large stockpot. Reduce heat and simmer 20 minutes. Remove chicken and cool.
2. Meanwhile, in a small saucepan, bring chicken broth to a boil, stir in tortillas, and turn off heat.
3. Pull chicken off the bone and cut into bite-sized pieces. Return to stockpot.
4. Add chiles, corn, beans, tomatoes, fajita seasoning, and garlic salt.
5. Add tortilla/broth mixture to stockpot and simmer 15 minutes.
6. Add lime juice to chili and serve.

What's in season? Fresh from Florida:



Avocado, Carambola, Guava, Grapefruit, Mushroom, Orange, Tangerine, Peanuts.



Back page Story:

Liliana Marin



I have some encouragement for any person with cancer!

On November of 2014 I was diagnosed with uterine cancer, and I had a hysterectomy. When I saw my Oncologist, he said there was no need for further treatment, and added that there was a chance of only 2% that the cancer would come back. I kept going to my regular doctor appointments and after a year and a half I began feeling lots of pain and discomfort in my abdomen. I told the doctors that the pain wasn't normal. I had some tests done, and the doctor insisted there was nothing wrong with me, but he was going to send me for a CT scan. Right before the holidays 2016, BOOM!!!! My whole world turned upside down. I had a recurrence of endometrium cancer, I learned that I had to go for surgery and chemotherapy. I had frequent tantrums, frustration, sadness and questions asking, "Why me? if the world had already given me enough tough battles to fight through". I started to have the sensation that everything kept going and that my world, that I thought I was living in, had come down on me and that it was all over for me, and the fear consumed me of not having any more time.

I want to tell you that not only will power helped me but angels called directors, managers, doctors, coworkers, friends, and family did. They guided me to find the right medical care and filled my mind and body with the courage I needed to begin the battle. If I had not gone through the stages of grief, and undergone the fear of falling asleep forever, I would not have been able to appreciate waking up every day.

I underwent nearly six months of chemotherapy and the painful side effects started. My legs went numb, I lost my hair, my saliva and even my tears. Many times, of seeing me without hair, without eyebrows, dark circles and a port hanging out of my chest, I was afraid of myself. But then I would take a bath, put on moisturizer, a clean pajama, a gloss on my lips and regain my dignity.

The cancer took months of my life but it rewarded me with wisdom, sensitivity and the grand prize of family and affection that many times was missing in my daily living.

Today I keep fighting and thank God for my journey, I have so much to live for and I just want to **LIVE**. There is much unfinished in my life. I appreciate every breath I take, and appreciate all the people that surround me.

Now I have a new mission in my life and it is to help others to get through their battle with cancer.

Thank you all for the invaluable support.

DOH-Broward Employee Wellness

Wear PINK in support of October's Breast Cancer Awareness Month.

Join DOH-Broward for the October 14th Miami/Fort Lauderdale Susan G Komen Run/Walk for the Cure, contact Trivel McKire ext:4040 for registration info and car pool. www.komenmiaftl.org



October is here! Let's get moving!



20-30 minute walk during your lunchbreak. The Walking Club, meets at 12 noon in front of the Administration Building every Monday, Wednesday and Friday. Mark your calendars!

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

Contact Us:

Kristin Halldorsdottir
954-467-4700 x 3009

Nicky Lewin
954-467-4700 X 4004

