

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 invade the surrounding tissues or spread to distant areas of the body. Breast cancers can start from different parts of the breast. Breast cancer occurs almost entirely in women, but men can also get breast cancer.

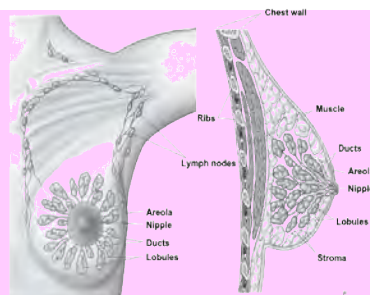
Breast cancers can start from different parts of the breast. Most breast cancers begin in the ducts that carry milk to the nipple (ductal cancers). Some start in the glands that make breast milk (lobular cancers). There are also other types of breast cancer that are less common. A small number of cancers start in other tissues in the breast. These cancers are called sarcomas and lymphomas and are not really thought of as breast cancers.

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.

Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms. This is why regular breast cancer screening is so important. Screening refers to tests and exams used to find a disease in people who don't have any symptoms. Early detection means finding and diagnosing a disease earlier than if you'd waited for symptoms to start. For screening purposes, a woman is considered to be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer.

- **Women between 40 and 44** have the option to start screening with a mammogram every year.
- **Women 45 to 54** should get mammograms every year.
- **Women 55 and older** can switch to a mammogram every other year, or they can choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- **All women** should understand what to expect when getting a mammogram for breast cancer screening – what the test can and cannot do.

Source: American Cancer Society



Normal breast tissue



save the
ta-tas™

Supporting the
Fighters,
Admiring the
Survivors,
Honoring the
Taken,
AND NEVER, EVER
GIVING UP HOPE.

In this Issue:

- Breast Cancer Awareness
- Dental Hygiene
- Depression Awareness
- Diet and Cancer Prevention
- Flu Season
- Healthy Eats
- What's in Season
- Yoga
- Got Stairs?



DAILY 4
BRUSH TWICE A DAY
FLOSS DAILY
RINSE WITH MOUTHWASH
CHEW SUGAR-FREE GUM

**Say aaaaah...
I did not know that!**

Can't get any stronger



Tooth enamel is the hardest part of your entire body

It is about time!



The average person spends 38 days brushing their teeth during their lifetime

Uniquely yours



Just like finger prints, tooth prints are unique to each individual.

Gesundheit!



The most common disease is the common cold. Number two? Tooth decay.

TEN FUN FACTS

The Blues



More people use blue toothbrushes than red ones.

Say goodbye



If your tooth gets knocked out, it will start to die in 15 minutes.

Cheers!



A single can of soda can have 12 teaspoons of sugar.

Take a dive



Your mouth produces over 25,000 quarts of saliva throughout your life. That's enough to fill 2 swimming pools!

Snails anyone?

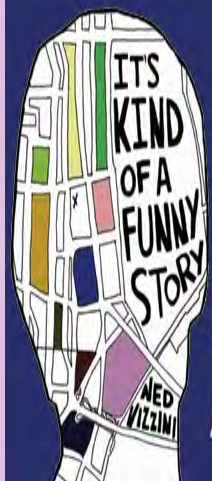


A snail's mouth is no larger than the head of a pin, but it can have over 25,000 teeth!

Say cheese!



Women smile on average 62 times per day. Men? Just 8.



**October
National
Depression
Awareness**

How does mental illness affect your life?

It is estimated that about one-third of those with a mental illness are employed. Some of the most prevalent mental illnesses in the workplace include alcohol abuse/dependence, depression, and social anxiety disorder. One of the most undertreated and misunderstood mental illnesses in the workplace is depression. Depression affects all walks of life and even a formerly outstanding employee can be affected. No job title, organization, or personality type is immune.

Clinical depression has become one of America's most costly illnesses. Left untreated, depression is as costly as heart disease or AIDS to the US economy, costing over \$51 billion in absenteeism from work and lost productivity and \$26 billion in direct treatment costs¹. Depression tends to affect people in their prime working years and may last a lifetime if untreated.

The mood disorder is more than a passing feeling and is a major, but treatable, illness. More than 80 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most employees can overcome clinical depression and pick up where they left off.

The State of Florida provides all employees and their family/household members with access to the Employee Assistance Program (EAP), which offers free, anonymous, and confidential screening for depression. EAP will also provide how and where to get help. Depression is highly prevalent, but can be treated.

Sources: www.mentalhealthscreening.org and www.mentalhealthamerica.net

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.
- **Limit Alcohol:** Evidence suggests all types of alcoholic drinks may increase your risk of a number of cancers, including cancer of the mouth, pharynx, larynx, esophagus, liver, breast, colon and rectum. It's unclear exactly how alcohol affects cancer risk. It is considered more harmful when combined with smoking. If consumed at all, limit alcoholic drinks to no more than one drink daily for women and two for men.
- **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). 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. Adults with hypertension or prehypertension should further reduce their sodium intake to 1,500 milligrams a day.

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. Source: Academy of Nutrition and Dietetics

EAT **FOOD**,
NOT TOO MUCH,
MOSTLY PLANTS



AVOID
PROCESSED
FOODS



REDUCE
**ADDED
SUGARS**



**7 Cancer Prevention
Tips in Your Kitchen**

MEAT IN
MODERATION



LIMIT
ALCOHOL
INTAKE



EAT PLENTY OF
ANTI-INFLAMMATORY
FOOD



FIND YOUR
HEALTHY
WEIGHT



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

DRINKING
ALCOHOL
RAISES THE
RISK OF SOME
CANCERS

THE LESS ALCOHOL YOU DRINK,
THE LOWER THE RISK OF CANCER.



DRINKING ANY KIND OF
ALCOHOL CAN CONTRIBUTE
TO **CANCERS** OF THE:

- MOUTH AND THROAT
- LARYNX (VOICE BOX)
- ESOPHAGUS
- COLON AND RECTUM
- LIVER
- BREAST (IN WOMEN)

WWW.CDC.GOV/CANCER/DCPC/PREVENTION/OTHER.HTM





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.

The Center for Disease Control (CDC) says that you can take these steps to help fight the flu.

1. Get a flu vaccine -- still effective for many, helps prevent spread of flu, and helps prevent severe illness and complications
2. Take every day preventative actions
 - Avoid close contact with others
 - Cover your nose and mouth with a tissue for sneeze and cough
 - Wash hands often with soap and water
 - Avoid touching your eyes, nose, and mouth
 - Clean and disinfect common surfaces (doorknobs, keyboards, and phones)
 - If you feel sick at work or in class, go home as soon as possible
3. Take flu antiviral drugs if prescribed
 - May make illness milder, shorten sickness and prevent complications
 - Works best when started within 2 days of getting 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.

Source: CDC



CDC FLU FACT

Adults 65+ are at **high risk** for serious flu illness. Get your flu shot and encourage your loved ones to get vaccinated.



#FIGHT FLU

CDC FLU FACT

It takes about **2 weeks** after vaccination for antibodies to develop in the body to protect against flu.

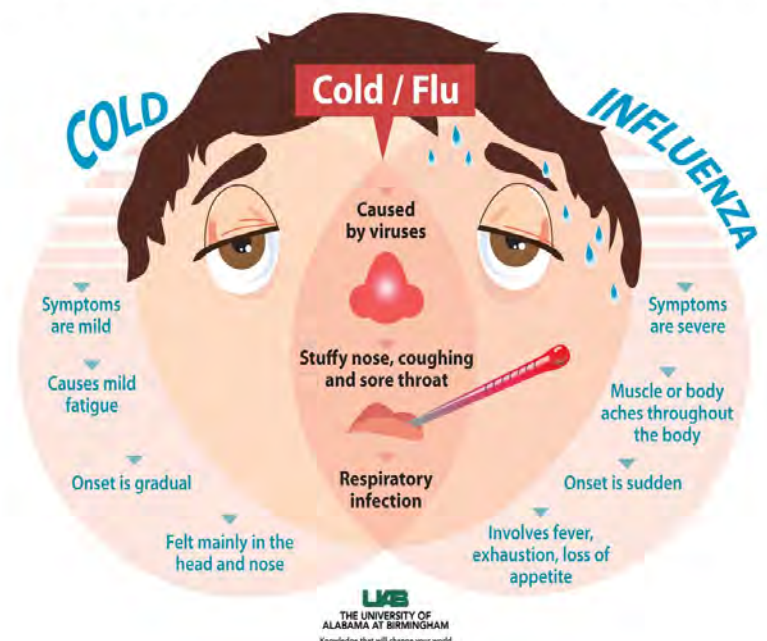


#FIGHT FLU

www.cdc.gov/FightFlu

Do you have the Flu?

According to the CDC, flu vaccines reduce the risk of flu illness between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



CDC FLU FACT

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

#FIGHT FLU

www.cdc.gov/flu

HEALTHY EATS



Broccoli Crust Pizza

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients

- 1 small head of broccoli (about 2-3 cups riced)
- 2 eggs
- 1/4 cup of: parmesan cheese; mozzarella cheese
- 1/4 teaspoon of : salt; pepper
- 1/2 teaspoon Italian seasoning (optional)
- Toppings: 1/4 cup pizza sauce; 1 cup cheese; veggies optional

How to Make

- Pre-heat oven to 400 degrees F. Line a baking sheet with parchment paper or grease with oil; set aside.
- Process the broccoli in a food processor or shred with a cheese grater until the broccoli is the same consistency as rice.
- Place broccoli in a large bowl, cover with plastic wrap and microwave for 1-2 minutes or until it is steamed. Cool for at least 1 minute , then pour broccoli on a clean washcloth and squeeze as much liquid as you can out of the broccoli until dry.
- In a large bowl, combine the broccoli, eggs, cheeses, and seasoning with a spoon until fully combined. Pour mixture into the pre-lined baking sheet and shape into a pizza crust, 1/2 inch thick.
- Bake for 10-12 minutes or until crust is lightly browned. Remove from the oven and add the pizza sauce and cheese. Feel free to add desired toppings (veggies or meat). Return to the oven and bake for an additional 10-12 minutes or until the cheese is fully melted. Cool for 5 minutes before cutting.

Source:: Recommended by Erica Gilles from www.gimmedelicious.com

Roasted Pepper, Cucumber, and Tomato Salad



Servings: 6 to 8

Ingredients

- 1 large green bell pepper
- 3 6-to 8-ounce tomatoes, halved, seeded, cut into 1/2-inch cubes
- 1 large English hothouse cucumber, peeled, halved lengthwise, seeded, cut into 1/2-inch cubes
- 3/4 cup oil-cured black olives, pitted, quartered
- 2/3 cup chopped red onion
- 1/3 cup chopped fresh Italian parsley
- 5 tablespoons olive oil
- 3 tablespoons fresh lemon juice

Recipe Preparation

Char pepper over gas flame or in broiler until blackened. Enclose in plastic bag 15 minutes. Peel, seed, and cut pepper into 1/3-inch cubes. Place in large bowl. Add tomatoes, cucumber, olives, onion, and parsley. Whisk oil and lemon juice in small bowl to blend; season with salt and pepper, then mix into vegetables. Let vegetables marinate at least 15 minutes before serving. DO AHEAD: Can be made 3 hours ahead. Cover and chill.

Source: Bon Appetit

It's October ; what's *NEW* in season Florida?

Cucumbers, Tomatoes, Avocados, Bell Peppers, Sweet Corn, and Squash

Source: Florida Department of Agriculture and Consumer Services



YOGA



WHAT ARE THE BENEFITS OF bringing yoga at workplace?



Managing aches and pains
Weight control
Inner peace and composure at work
Improved focus
Shrink in medical costs
Work-life balance



When we are healthy, we are better able to combat life's challenges and give our best to whatever situation we are into. Workplace being the second home for employees, there are inevitable hardships, which become the reason for stress and ultimately leading into decreased productivity. Lower back pains, poor focus on work, frustration of bad decisions all end up having decreased job satisfaction amongst employees. Yoga is a time-tested practice that brings boundless energy, focus, and inner peace to those who perform deep-breathing exercises on a regular basis. Yoga breathing exercises include synced breathing, mindful breathing and nostril breathing. Deep breathing exercises can help to turn the negative energy into positive one, ultimately making employees more stress-free, energetic and leading to an overall healthy body.

Source: Career Builder

*****Employee Wellness is offering free yoga classes by a certified instructor.
Contact Cynthia Dawes to sign up.*****

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

GOT STAIRS?

If you have access to stairs, you have exercise equipment that doesn't cost extra money, never needs to be put away, doesn't require a separate room, and requires no special clothing to use. It is a great cardiovascular workout and fat burner. If you get in the habit of using the stairs instead of the elevator when you're out, and not avoiding the stairs at home, you've got a quick, intense workout.

Here are some tips to help you use the stairs to achieve weight loss, fitness and health:

- Take frequent, short breaks during the day and walk up and down at least one flight of stairs each time.
- Find out where the stairs are in places you frequent, such as parking garages, malls, hotels and doctors' offices.
- Get in the habit of asking where the stairs are if you're not familiar with the building you're in.
- If you have stairs available at home or work, set a daily goal for climbing them.
- Find reasons to go up the stairs. Some people collect items that need to go upstairs at the bottom of the stairs to save trips. It's much better to carry everything up individually.

Remember, the more you climb, the longer you'll be able to climb. Stairs help keep you more fit, leaner and more physically independent.

Source: Tampa Bay Times

In one minute,
a 150 pound
person burns
approximately
10 calories
walking up stairs,
and only 1.5
calories riding
an elevator.



Did you know?

Employees who exercise for at least 30 minutes, three times a week, are 15% more likely to have higher job performance.

Source: Health Enhancement Research Organization (HERO)

Contact Us:

Cynthia Dawes, RN,BSN 954-467-4700 x 3012

Nickey Lewin, DHS,MPH 954-467-4700 x 4004