



October 2016 Newsletter



Welcome to your Center for Employee Health newsletter!

Just a few quick updates...

We are excited the Center for Employee Health is growing and are happy to announce we are currently interviewing for a 5th provider. (A provider being a Physician, Nurse Practitioner or Physician Assistant).

As we work hard to catch everyone up on their healthcare needs, ***please call the Center and give us a 24 hour notice if you are not able to make your scheduled appointment***, so that we can provide the timeslot to another District employee.

Also, we have recently launched our new website. Please check it out at www.SDOCEmployeeHealthCenter.net. In the future, you will have the option of booking your appointment on-line.

Just a reminder, the Center offers Direct Access Physical Therapy, where you can get up to 30 days of PT without a doctor's referral. Call the Center for more information and to see if you qualify.

Join us for our first Lunch & Learn of the school year to learn about foods for Breast Cancer Prevention. It will be on Wednesday, October 19th, from 12:10pm – 1pm, in the multi-purpose room at 831 Simpson Rd. For more information and to register for it, please go to:

<https://www.surveymonkey.com/101916Lunchandlearnregistration>

Don't forget to pre-register for one of our many flu shot clinics, it's easy and convenient. Go to <http://centracarecorporate.org/onsite/sdoc>.

Have a great month and until next time~

Erin~



MAMMO COACH DATES:

- October 19—Celebration H.S.

FLU SHOT CLINIC DATES:

- Oct. 13—Neptune M.S.
- Oct. 17—SDOC Health Center
- Oct. 17—Partin Settlement E.S.
- Oct. 18—Bus Barn (Simpson)
- Oct. 18—Bellalago Charter Acad.

Breast Cancer Awareness for Women *and* Men

Written by Erin Lysik



Every October we turn our attention to breast cancer awareness. This year is no different, but I would like to expand the dialogue to include men battling breast cancer, (yes it happens). In the U.S. (excluding skin cancer), breast cancer is the most common cancer in women, no matter your race or ethnicity. It is also the most common cause of death from cancer among Hispanic women.

According to the latest statistics available from the CDC, almost a quarter of a million women were diagnosed with breast cancer and over 2,000 men were diagnosed in 2013 alone. One difference between men and women facing this disease, is that there is not as much support for men who are diagnosed. I hope that will change in time.

Current guidelines recommend women ages 50-74 years old, who are at average risk for breast cancer, should be doing a screening mammogram every two years. Women at higher risk of breast cancer or with a strong family history of breast cancer may benefit from starting this screening at age 40, which would also be done every two years.

A mammogram is an X-ray of the breast, and ladies having them regularly can lower your risk of dying from breast cancer. I want to make this very clear, *getting a mammo does **not** hurt*. It's true! Plus, the mammo techs are female, professional and they always make you feel comfortable while this imaging is being done.

As a woman, doing self checks and getting a mammogram are the best way for early detection. For the men, if you feel a lump on your breast tissue, do not ignore it. Often men will mistakenly think that "it can't happen to them", but it can. For women and men both, early detection is key. Breast cancer can be curable if caught early, and it can be deadly if it's not. Ignorance is not bliss when it comes to this type of cancer.

Do not be shy talking with your healthcare provider about your personal situation/family history and when you should be starting your breast cancer screenings.

As a benefit of our partnership with the Osceola School District, Florida Hospital is doing over 40+ onsite mammo coach visits this school year, and ladies, this is one bus you don't want to miss!

Visit our website for a list of dates and locations.

SDOEmployeeHealthCenter.net

BRITTNEY'S HEALTHY BITES

Lucky Black-eyed Pea Salad

Ingredients:

- 1 (16oz.) can blacked eye peas, drained and rinsed
- 1 (10 oz.) can peaches in light syrup, drained and cut in large dice
- ¼ cup fresh cilantro, chopped
- ¼ cup red wine vinegar
- 2 tablespoons olive oil
- 1 jalapeno pepper, small dice
- ½ teaspoon kosher salt
- ¼ teaspoon fresh ground pepper
- 1 cup red bell pepper, small dice
- 1/3 red onion, small dice

Procedure:

Follow the instructions next to each ingredient and combine salad in a bowl.

Keep refrigerated until use

Nutritional analysis:

Calories 96, Fat 5g; Carbohydrates 19g;
Protein 4g, Fiber 2g; Sodium 234mg



It's time for a heart to heart talk.

Written by Erin Lysik

At 37 I was hospitalized for high blood pressure. No one would have ever known by looking at me that I had a blood pressure issue. Guess what? I didn't know either, and *I had no symptoms*. This is why high blood pressure is called The Silent Killer. I'm lucky my problem was caught early, as high blood pressure is the single most common contributor to cardiovascular death, stroke, and heart attacks.

Though many women think of heart disease as a “man's disease”, it's actually the number one killer of men *and* women in the U.S. One in four women will die of heart disease, it's the *same* ratio for men. Many women are more concerned with cancer, with only 54% of women recognizing that heart disease is the number one killer, and that is a dangerous mind set.

64% of women and 50% of men who die suddenly from coronary heart disease will have had no previous symptoms. This is serious stuff, we need to pay attention.

So, the million dollar question is how do we keep our heart healthy?

- Quit smoking
- Make Healthy food choices. Being overweight and obese raises your risk of heart disease.
- Limit alcohol consumption
- Exercise regularly
- Lower your stress level
- Know your blood pressure numbers!

When it comes to monitoring your blood pressure, here are the numbers to keep in mind.

Normal blood pressure is less than 120 over 80 (120/80)

Prehypertension is 120-139 over 80-89, if your numbers are consistently in this range, discuss it with your doctor on your next visit or make a *non-urgent* doctor's appointment.

Stage 1 High Blood Pressure is 140-159 over 90-99, in this case make a doctor's appointment within a week.

Stage 2 High Blood Pressure is 160 and above over 100 and above, please see a doctor the same day.

If you have chest pain, dizziness, worsening headache or blurry vision, go to the Emergency Room immediately.

The District has 17 blood pressure kiosks at various sites, please use them. ***Your blood pressure reading is confidential, even if you swipe your ID card.*** Swiping your card tracks your blood pressure readings for you, nobody else.

Our Medical Director, Dr. Jonathon Schwartzman reminded me of a quote by Nelson Mandela, “A good head and a good heart are always a formidable combination.” Let the Center help you with this winning combination for life.

831 Simpson Road, Kissimmee, FL 34744 (Next to TECO Campus)

Monday—Friday 7 am—7 pm, Saturday 8 am—Noon (Urgent Care Only)

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