



February 2017 Newsletter



Welcome to your Center for Employee Health newsletter!

Better late than never, right? Wow, February has been quite a month, and our newsletter is feeling the effect! Thank you for your patience with it coming out later than normal.

February is all about your heart, and knowing your numbers. As a patient, we are given a lot of numbers including: BMI, cholesterol, etc., and it can be confusing. Check out the “Know Your Numbers” article, as the Center’s very own Dr. Scott Wiltz, explains the importance of these numbers.

Speaking of numbers, just a reminder you have 17 blood pressure kiosks throughout the District. ***Even when you “swipe” your ID card, your readings are confidential.*** If you don’t have a kiosk at your location, look for a convenient one, whether it’s at a Publix, CVS, etc.

This month we shot a few videos for the Center’s website (SDOEmployeeHealthCenter.net) These videos will give you the opportunity to learn more about your Center and your providers. Watch for the videos to be on the website in the near future.

Good news, the Center is now providing Department of Transportation Physicals (DOT) exams, for those who need one. Yay!

Attention ladies in St. Cloud, the Mammo Coach will be at St. Cloud Middle School on Friday, March 10th. This is a teacher workday. Please take this opportunity to book your yearly mammography screening.
Call 407-303-1615 to book.

Cold and flu season is here and many folks are getting sick. Just a reminder to *always* call the Center for any appointment needed, including urgent/same day appointments. As a courtesy, if you are **unable** to make a scheduled appointment, please call the Center to cancel.

Till next time~

Erin~

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UPCOMING SITE VISITS

- Mar. 7 – Michigan ES

MAMMO COACH DATES

- Mar. 1 – Hickory Tree ES
- Mar. 2 – KOA ES
- Mar. 10 – St Cloud MS
- Mar. 29 – Narcoossee ES and MS
- Mar. 30 – Kissimmee ES and MS
- Mar. 31 – Partin Settlement ES

FOR ADDITIONAL MAMMO DATES VISIT

SDOEmployeeHealthCenter.net



For the Health of Your Heart

Written by Erin Lysik

John Lennon once wrote, “Life is what happens to you while you’re busy making other plans.” I thought of this in December, as I was being rolled into the Cath Lab at Florida Hospital Orlando. I had been doing a lot of holiday planning, and having a procedure for a blockage in my heart was *not* in the plan. Life happened...

People tend to be surprised when I mention I have a blockage. I don’t “look the part”. Yoga is a huge part in my life, I don’t smoke, I get rest, I drink a lot of water, I eat well, and many people think I’m younger than I am.

But even with all this, life happened.

Every 43 seconds someone in the U.S. has a heart attack, and it’s the number one killer of men *and women*.

Every year about 735,000 Americans have a heart attack, with Monday morning being the “prime time” for an attack.

When a heart attack is called “*silent*”, this means the damage is done with the person being unaware that it happened. Silent heart attacks occur in both men and women. The majority of people will have the usual symptoms such as chest pressure, tightness, discomfort or shortness of breath. However, sometimes the symptoms of a heart attack are nausea, indigestion, back or shoulder pain. If you or someone you know appear to be having a heart attack, seek medical help immediately. The longer you wait, the more damage to your heart can occur.

You can invest in your heart health by doing the following: don’t smoke, eat healthy, exercise regularly, keep your weight in check, watch your cholesterol, take a baby aspirin every night, and check your blood pressure.

For the good of your heart, de-stress. I know it’s easier said than done. I struggle with this as well. A big reason I go to yoga is because it is one of the few places, I can completely “shut my brain off and quiet my mind”. It’s good for my heart *and* my head.

For the health of your heart, find your peace. Whether it is yoga, reading, hanging with your family (or pet), exercising, meditating, whatever it is, *find it*.

A final thought, studies have found that a good belly laugh can increase your blood flow to the body by 20%. Turn off the news and watch something funny. You may find laughter is the best medicine.



BRITTANY’S HEALTHY BITES

Pina Colada Overnight Oats

Ingredients:

- ½ cup uncooked oats
- ½ cup of (1% milk or almond milk or soy milk)
- 1 teaspoon honey
- 1 teaspoon shredded coconut
- 1 tablespoon slivered almonds
- ¼ cup diced pineapples.

Directions: Add oats to your container of choice and pour in milk. Layer pineapple, almonds and coconut on top of oats. Drizzle with honey and refrigerate overnight. Rise, shine and enjoy! You can mix and eat them cold or heat them in the microwave.

*makes one serving

Recipe from Quakeroats.com



