



September 2017 Newsletter



Welcome to your Center for Employee Health newsletter!

They say, “If you want to hear a good laugh, tell God your plans”. God is having a good laugh at the moment, as I planned on having this newsletter out weeks ago. We are thankful that Hurricane Irma has passed, and our prayers are with our friends and family in Puerto Rico.

Hurricane Irma reminded us that we need to feel our best to have energy. It’s so important we are taking care of ourselves, including preventative care. Speaking of preventative care, if you have not had your **A1C level** checked (average level of blood sugar), in the past year, please call the Center 407-483-5757 to book a **quick 15-minute appointment** with Helen Jones. It only requires a stick to the fingertip and you’ll get your results right then and there!

The **Florida Hospital Mammo Coach** screenings have begun, and our **Flu Shot Clinics** for the District start this month. **Ladies 40+** are encouraged to get their *yearly* mammo screening, *no* referral is needed, simply call **407-303-1615** to schedule. A flu shot is a terrific way to protect you *and* everyone around you. When you come in contact with this virus, everything you touch may become contaminated, including: door knobs, pens, refrigerator handles, microwaves, etc. The flu symptoms come on *very quickly* and the virus can be *deadly*. Upcoming dates for both, are on the bottom right corner of this page, and a full list of dates is available on the Center’s website. If we are not scheduled at your location, please call the Center today to schedule your flu shot. Last year, Kissimmee Middle doubled their flu shots, they did a great job!

If you are diabetic, plan to join us for our **Diabetic Education Class**, brought to you by the Florida Hospital Diabetic Institute. The next class is **Wednesday, Oct. 25th, from 3:30 pm - 7:30 pm**, at the Center. You will receive lots of great information, insightful material, and dinner is provided. There is *no-cost* for this terrific opportunity, but you must *reserve your spot* as it will fill up. **Contact Helen Jones, the Center’s Care Coordinator, at 407-201-4766 to book.**

Don’t forget to ***please call and cancel any appointment you are unable to make at the Center.*** When there is a “no-show”, that denies a fellow co-worker/family member healthcare.

As we wrap up this crazy September, I look forward to having a quieter October. Well, at least an October with no hurricanes, (fingers crossed.)

Till next time~

Erin (AskErin@flhosp.org)



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MAMMO COACH DATES

- Sept 27 - the Center
- Oct 13 - Celebration H.S.
- Oct 28 - the Center

FLU SHOT DATES

- Sept 28 - St. Cloud Transportation
- Sept 28 - Horizon M.S.
- Oct 3-Harmony M.S.
- Oct 5-Poinciana H.S.

FOR ADDITIONAL MAMMO AND FLU SHOT DATES VISIT

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**FLORIDA
HOSPITAL**

Colonoscopies, *not* a pain in the butt, and it just might save your life.

Written by Erin Lysik



Whenever I mention the importance of getting a colonoscopy, the typical response is “Ugh, it’s such a pain, I don’t want to get it.” Let me clarify, ***you don’t want to get colon cancer.*** I promise you, a colonoscopy is a walk in the park, compared to colon cancer.

Of all the cancers that affect men and women both, colorectal cancer (colon cancer) is the *second* leading cause of cancer related deaths in the US and your risk *increases* with age. Additionally, this cancer does not discriminate, anyone can get it, *including you.*

A colonoscopy is an important screening that detects cancer, ulcers, polyps, inflammation and bleeding. The procedure only lasts 15 minutes, it’s painless and is done at an out-patient surgical center or hospital. You will be sedated for the actual procedure, so get ready for a great nap. (Who doesn’t like a nap, right?)

Colonoscopies are typically performed every 10 years, starting at the age of 50. If you have an increased risk (i.e. a close relative with colon cancer or polyps), talk with your provider about starting this important screening earlier. Due to a family history of this killer disease, I started getting mine at 40. (Lucky me!)

The procedure is performed by a Gastroenterologist specialist, which is a doctor who specializes in treating ailments of the stomach, intestines, gall bladder and more. They are also known as a GI doctor. If you do not have a GI doctor, the Center for Employee Health would be happy to refer you to a local specialist.

Prepping for this screening is done the afternoon before. You will be drinking a lot of water and taking medications to clean out your intestines. Staying close to home is beneficial during this time.

Because you will be sedated for this procedure, you will need to have a driver. I like to have a driver that will go with me to lunch afterwards, as I’m usually pretty hungry.

Finally, ***if you are 50 or older, this colonoscopy screening is covered 100% under the Cigna plan with the District.*** So, there is no financial pain either. (It’s always nice when medical procedures are covered by insurance.)

If you’re a District employee and you have been putting off this life saving screening, it’s time to get this procedure booked. If you have any additional questions or concerns, please talk with your provider, or feel free to contact me at AskErin@flhosp.org.



**BRITTANY’S
HEALTHY
BITES**

Oat and Blueberry Muffins

Ingredients:

- 1 cup unbleached flour
- 1 cup dry instant oats
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 3/4 cup sugar
- 1/2 cup applesauce
- 1/2 cup non-fat vanilla-flavored Greek-style yogurt
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups fresh blueberries

Directions:

Preheat oven to 400 degrees F. Spray 12 muffin cups with cooking spray or use paper liners.

Mix flour, oats, baking powder, and cinnamon together in a bowl. Stir sugar, applesauce, yogurt, egg, and vanilla extract together in a separate bowl. Stir flour mixture into applesauce mixture until just combined. Fold blueberries into batter. Fill prepared muffin cups 2/3 full with batter.

Bake in the preheated oven for 15 min.



The Importance of Men's Health.

Written by Erin Lysik



Dr. Jonathan Schwartzman,
Medical Director

Why do an article on Men's Health?

Because only 50% of men have had a physical within the past year!

I went to the Center's Medical Director, Dr. Jonathan Schwartzman, looking for answers.

What does "Men's Health" mean?

Men's Health means *complete* physical, mental, and social well-being; as experienced by men, and not merely the absence of disease.

Why are many men *not* going to the doctor's office?

The two most common barriers are men feeling they need to be extremely sick to seek healthcare, and feeling they have no reason to go to a physician because they *feel* healthy.

What types of disease or conditions do men need to be on the lookout for?

Except for a few health conditions that only affect men, such as prostate cancer and low testosterone, most health risks affect men and women alike, including heart disease, diabetes and colon cancer.

How important is it for a man to have a primary care (family practice) doctor?

Every man needs a primary care doctor, even if you're young. Many conditions like high blood pressure, high cholesterol and pre-diabetes, can have "silent" or no symptoms, so the patient has no idea unless they're checked. It is important that you and your doctor know your "baseline", when it comes to various medical screenings. Be sure to share with your family doctor the medical history of your family, as this will be vital information.

What tests/screenings do you recommend for men?

- Get your blood pressure checked annually.
- Talk to your doctor about getting your cholesterol checked.
- If you are age 50-74, get tested regularly for colorectal cancer. Ask your doctor what type of colorectal cancer screening test is right for you.
- If you are a man age 65-75 and have ever smoked, talk with your doctor about your risk for abdominal aortic aneurysm (AAA).
- If you feel stressed, anxious, or sad, ask your doctor to screen you for depression. **Most people with depression feel better when they get treatment.**
- Ask your doctor about taking aspirin every day, especially if you are 50-59, as taking an aspirin every day can lower your risk of heart disease and colon cancer.

As a male physician, what is a final piece of advice you would give the men in the District?

Preventative care, exercise and getting your yearly physical is very beneficial to both your physical *and* mental wellbeing. You want to protect your family, so protect yourself as well.

Center Testimonials...

"I met with Dr. Schwartzman for my annual physical last year. We put together a battle plan for me to lose weight, get healthier, and get off my meds for good. I followed his orders and even visited with Brittany, the nutritionist. Wanting better health, I changed my eating habits, including dropping soda and fast food. When I met with Dr. Shah for this year's checkup, she greeted me with a "high five and congrats"! She said she could see the *drastic* changes I had done in the past year, and was happy to announce my A1C levels had truly dropped, the rest of my labs were really good. I left that appointment ecstatic, I could not stop talking about it. I look forward to my next follow up to kick off these remaining 20lbs. Woohoo!!!" - Evelyn