



October 2017 Newsletter



Welcome to your Center for Employee Health newsletter!

As we slide into flu season, we want to remind everyone, it's important that you get a flu shot *every year*. Free flu shot clinics continue on-site at various locations throughout the District; visit our website www.SDOCEmployeeHealthCenter.net or refer to your wellness guide for the full listing of flu shot clinics. If we are not scheduled at your site, call the Center today to *schedule an appointment* for your free flu shot. Even if you are part-time or a substitute, you are eligible for this free vaccine.

As we speak of those impacted by the recent hurricanes, Florida Hospital continues to extend our mission by providing medical care on the ground in Puerto Rico and in the Virgin Islands. Our mission will continue for some time on the islands.

Just a reminder, as cold and flu season hits, **the Center treats all ages, from infants to adults**. We can help get you and your entire family feeling better fast! As always, remember to **call the Center to schedule an appointment for all your medical needs**. Also, if it's necessary to cancel your appointment, **kindly provide a 24 hours' notice so that we can provide the appointment slot to someone else in need of care**.

If you are 40 or older and haven't had your mammo screening this year, **join me for a special Mammo Coach screening on Wednesday, December 6th, at the Center**. I'm getting my screening that day, and I look forward to visiting with the District women who are getting theirs too. We are planning to have something special for those ladies scheduled that day. The Center's website and your wellness guide has a complete listing of the Mammo Coach dates. **Call 407-303-1615 to schedule your appointment**.

Have you had an A1C lab test within the last 12 months? This is a simple finger-stick blood test, to show your average level of blood sugar and determine your risk of diabetes. If you have not had your labs done this year, this is an easy and quick test. You can call the Center at **407-483-5757**, to schedule this **15-minute appointment**. Plus, you'll get your results while there!

I have had the pleasure recently of talking with the transportation, custodial, nursing, wellness coordinator departments and assistant principal teams. I want to thank all of you, for making me feel so welcomed. I love my time with the District family.

Till next time~

Erin~ (AskErin@flhosp.org)



MAMMO COACH DATES

- Nov 18 - the Center
- Nov 29 - Horizon MS
- Dec 6 - Special screening with Erin, at the Center
- Dec 7 - Ross E Jeffries

FLU SHOT DATES

- Oct 31 - Ross E Jeffries
- Oct 31 - Celebration K-8
- Nov 1 - Deerwood ES
- Nov 2 - Osceola HS
- Nov 2 - Maintenance Depart. Dixie

FOR ADDITIONAL MAMMO AND FLU SHOT DATES VISIT

SDOCEmployeeHealthCenter.net



**FLORIDA
HOSPITAL**

Women's Wellness

Written by Erin Lysik

“Any female with female complaints, is a women's wellness issue.”

Dr. Nikita Shah, Employee Health Center

Yesterday I got the call from my GYN office, reminding me I was due for my yearly women's wellness checkup. As a woman and mom, I needed this gentle reminder, as I get busy like everyone else.

A women's wellness appointment is tailored for each woman's *individual* needs. This visit can *vary*, depending on age, family health history of the patient, etc.

A big part of this yearly appointment is for **early detection** of cancers that affect women, but there is so much more.

Nowadays, many teenagers are starting these visits to help with heavy periods, STD/pregnancy prevention, and to start their HPV immunization series. We recommend the HPV vaccination for **both** males and females. Check with your provider for additional information and details on where you can receive this vaccine.

A lot of women start these appointments with getting their first pap smear at 21, which looks for cervical cancer. This is the *easiest* gynecologic cancer to prevent with regular screenings. If you are 30 or older, it is common that your provider is doing a HPV test *along* with your pap smear. (This is called co-testing.) The HPV test looks for the virus (human papillomavirus), that can cause cervical cells to change and potentially cause cancer. It is recommended that women get pap smears until we turn 65. Talk to your doctor about your risk factors and how often they recommend you get your pap smear done. Every woman is different.

During this visit, you will also have a breast check. If you are 40+, the Mayo Clinic and experts at Florida Hospital recommend a **yearly** mammography (aka mammo) screening. If you have a history of breast cancer in your family, talk to your doctor about starting your mammo screening earlier. If your mom or sister was diagnosed with breast cancer, talk to your doctor about getting a BRCA test. This is a *one-time test*, which shows *genetically* if you are predisposed to breast cancer.

During this appointment, this is also a great opportunity to talk with your doctor about family planning and what birth control would be most beneficial.

As we age, our wellness appointment will include checking for osteoporosis. Our bones can become brittle and fragile, due to our changing hormones. Women who are 65+ are encouraged to get a Dexa Scan to check their bone density. Your doctor will write a referral for this painless test.

Then there is menopause. Yes, having an honest open discussion with your doctor can address your questions, concerns, and symptoms; as we go through “the change of life.”

We offer Women's Wellness exams at the Center (with female providers). If you have not had your wellness visit this year, I encourage you to call to get an appointment.



**BRITTANY'S
HEALTHY
BITES**

Oatmeal-Flax Chocolate Chip Cookies

Ingredients :

- 1 1/2 cups all-purpose flour
- 1 cup quick-cooking oats
- 1/4 cup ground flaxseed
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 1/2 sticks unsalted butter, softened
- 1 cup granulated sugar
- 3/4 cup packed dark brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup semisweet chocolate chips

Directions:

Preheat the oven to 350 degrees F. Line baking sheets with parchment paper. Whisk the flour, oats, flaxseed, baking soda, salt and cinnamon in a bowl. Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on medium-high speed, about 4 minutes. Beat in the eggs one at a time, beating well after each addition. Beat in the vanilla. Reduce the mixer speed to low; add the flour mixture and beat until just combined. Stir in the chocolate chips. Drop heaping tablespoonful of dough onto the prepared baking sheets, about 2 inches apart. Bake until golden brown, 10 to 12 minutes.



Center Testimonials...

"I began my weight loss journey in April 2017. After a long struggle with what I called "emotionally eating." At first it was scary and embarrassing to admit that I needed help. But then after recommendations from my doctor to see Brittany, the Nutritionist, I began taking steps towards the new me! The first nutritionist appointment was very educational and eye opening. For the first time I felt empowered to get rid off the weight.

Then step by step, I followed all the recommendations and set realistic goals for myself. I began an exercise routine with the help of a friend who encouraged and believed in me. I remember speaking to Brittany about putting my needs first, in order to be there for my husband and kids (boy that was a very emotional conversation). As a result, we created a plan that was manageable and did not compromise time with family.

I have now lost a total of 51 pounds. I feel amazing, empowered and in control. I am very thankful for all the help received. I have learned so much about myself and my faith. I thank God for giving me strength the days I wanted to give up. To Him be the glory. I am humbled by the opportunity to be a blessing to others through this journey." ~ Walkiria

"1 in 8 women get breast cancer. Today, I'm the one."

Actress Julia Louis-Dreyfus September 28, 2017

Written by Erin Lysik

This was the announcement, from the actress so many of us know from Seinfeld, The New Adventure of Old Christine, and the HBO series Veep. Julia received her cancer diagnosis the day after receiving her historic 7th Emmy Award. Wow, talk about cutting a celebration short!

It is also a stark reminder that breast cancer is yet another cancer that doesn't discriminate. ***It can happen to anyone, male or female.*** 1 in 100 breast cancer patients will be a man.

Whether male or female, early detection is vital. You want to be informed *and* proactive.

Ladies, when it comes to mammography (mammos), in accordance with Florida Hospital's "standard of care", mammos are done yearly. I do this as well, as I have had a mass removed, and I don't play around.

If you are a woman with a history of breast cancer in your family, talk to your doctor about starting your mammo screening earlier.

If you want added convenience, I encourage you to use the Florida Hospital Mammo Coach. The Coach visits *numerous* District locations and the Center throughout the year. If you're 40+, you ***don't*** need a referral, just schedule your appointment at 407-303-1615.

All Mammo Coach dates can be found on the Center's website, at www.SDOCEmployeeHealthCenter.net

If you are a woman currently having breast issues (i.e. lump, discharge, etc.) the Mammo Coach is *not* going to be an option for you. You will need to get a referral for a ***diagnostic mammo*** from your doctor. A diagnostic is a more *in-depth* mammo screening, which also includes an ultrasound of the breast. Florida Hospital Outpatient Radiology provides diagnostic mammography.

Men, your warning signs for breast cancer include a lump on the breast area and/or discharge from the nipple. Many times, men think their nipple is infected, however these can be signs of breast cancer. ***Gentlemen, if you have any of these symptoms, you need to get into your doctor immediately.***

Ladies, just a reminder, that it's important you are doing monthly "self-checks".

District employee Sandra, an 8-year survivor reminds us that, "breast cancer is ***not*** a death sentence, especially with early detection." Well said Sandra.

Another District family member, Barbara, recently had a breast biopsy. She tells me, "Erin, everything is different now, and I don't let the little things get to me anymore. I cherish *every* moment." Barbara has the right mind set, and knowing her, she will prevail.

You can prevail too, by being pro-active with your healthcare.



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

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