



November 2017 Newsletter



Welcome to your Center for Employee Health newsletter!

Welcome to the holiday season! You know what that means? My Mammo Coach special event, at the Center, is right around the corner! Be sure to join me on **December 6th, from 3pm – 7pm**, to get your *annual* mammo checked off your to-do list. **All women who get their mammo screening that day, will receive a little something special.** I will be on the Coach all afternoon and I look forward to spending time with you. Whether it's your first mammo or your 10th, we will be there to *cheer you on*. **Call 407-303-1615 to book an appointment. Remember, no referral is needed if you are 40+.** Ladies, give yourself the gift of health this holiday season!

Visit the Center's website for the full list of mammo coach and flu shot dates, SDOCEmployeeHealthCenter.net.

As we prepare for this holiday season, getting a flu shot is a great way to stay healthy. **Free flu shots are available for all employees including subs and part-timers.** If we are not coming to your site, please call **407-483-5757** to *schedule* an appointment for your flu shot at the Center.

During flu season, it is more important than ever, to call and **cancel any appointment you cannot make at the Center.** Please don't deny a co-worker healthcare, because you don't cancel your appointment.

If for any reason, you are sick and unable to get into the Center, just a reminder that Centra Care is here to help. You will find locations in Kissimmee, Orange Lake, Hunter's Creek, Lake Buena Vista and St. Cloud. Visit CentraCare.org for more information.

Thank you to our Physical Therapist, **Jason Cirolia** and our Nutritionist, **Brittany Graves**, for being guest contributors to this month's newsletter.

As we wrap up 2017, remember **Brittany is here for any nutritional needs you may have including: diabetes, weight loss, high cholesterol, food allergies, and more.** There are so many success stories within the District family, including weight loss, where one employee has lost 30 lbs. and another employee has lost 27 lbs.! Changes in nutritional health can help improve your quality of life, call the Center at 407-483-5757 to schedule time with Brittany. It would be a great way to jump-start New Year's resolutions for 2018.

As we start the holiday season, we keep Puerto Rico close to our hearts.

Till next time~ Erin (askErin@FLHosp.org)



MAMMO COACH DATES

- Dec 6 - Special screening with Erin, at the Center
- Dec 7 - Ross E Jeffries
- Dec 16 - the Center
- Dec 27 - the Center

FLU SHOT DATES

- Dec 6 - East Lake ES
- Dec 6 - the Center

FOR ADDITIONAL MAMMO DATES, VISIT OUR WEBSITE

SDOCEmployeeHealthCenter.net

Achieving a Healthy Weight

Written by Brittany Graves MS, RD, LDN

When people say, I need to lose 50 pounds or more, it may seem overwhelming. Instead, we should set small goals, such as losing 10 pounds over the next 6-8 weeks. Once we break it down, it seems more manageable and we can celebrate achieving smaller goals along the way. If a person is overweight or obese, losing 5-10% of their current weight can improve blood pressure, cholesterol, blood sugars and relieve pressure on joints.

One important thing to remember is losing 10 lbs. of weight, in one week, is not healthy or realistic. When people go on extreme weight loss diets, they tend to lose muscle, some fat and/or water weight. Unfortunately, once they go off the diet they gain it back and sometimes more. What is a realistic weight loss goal? A healthy goal, is losing 1-2 lbs. per week, this is more manageable and research shows much easier to keep it off in the long run.

In general, making small changes over time, makes a big difference in your weight. Many people eat out at least once a day, which can lead to lots of extra calories and an increase in weight. Others may drink excessive calories by consuming lots of soda, sweet tea and juice. For example, if you have two 16-ounce glasses of juice, that adds up to about 500 calories. Try to limit eating out, by cooking more at home and drinking more water, instead of juice or soda.

Physical activity also plays a great role in weight loss. If you haven't been exercising, start with 10-15 minutes, several times per week and slowly increase to 30 minutes on most days. Focus on things you enjoy doing like riding a bike, walking by a lake, Zumba, dancing, running, playing tennis, etc.

Another key factor in weight loss is portion sizes. Over the last 50-60 years, our portion sizes have significantly increased. When we choose to eat off bigger plates/bowls and drink out of large glasses we consume more calories. Instead try to eat off a salad plate or drink out of an 8-ounce glass, when choosing beverages that contain calories.

Lastly, keep in mind, the importance of sleep and managing stress. Both cause changes in hormones, which can lead to increased eating and possibly more fat storage in our abdomen.

If you would like more help with achieving a healthy weight, please speak with your doctor or nurse practitioner to get a referral to see me, Brittany Graves, the Dietitian Nutritionist. During your visit, we will review your eating habits, sleep patterns, stress levels, portion sizes, exercise routine, and medical conditions. This will help us create a personalized plan to help you reach a healthier weight.

As we look to 2018, *make your healthcare a priority*. We want you to have a happy, healthy, and energized 2018!



BRITTANY'S HEALTHY BITES

Bobby's Whole Grain Apple Cranberry Stuffing

Recipe by Bobby Deen

Ingredients :

- Nonstick cooking spray
- 2 cups low-sodium chicken broth, hot
- 1 cup dried cranberries
- 1 cup chopped celery (about 7 stalks)
- 1 onion, chopped
- 2 tablespoons unsalted butter
- 2 Granny Smith apples, cored and finely chopped
- 6 cups of day-old whole grain baguette, cut into 1/2-inch cubes
- 3 large eggs, scrambled
- 1 teaspoon salt
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cinnamon
- 1 dried sage leaf, chopped

Directions:

Preheat the oven to 350 degrees F. Spray an 11-inch oval baking dish with nonstick cooking spray. Add broth & cranberries in a small bowl & soak for 30 minutes. In large skillet sauté celery & onions in butter. Add apples & cook for 5 minutes, stirring frequently. Remove from heat & transfer to a large bowl. Place the baguette cubes into a large bowl. Pour the broth and cranberries over. Pour in the eggs, and then add the salt, poultry seasoning, pepper, cinnamon and sage and mix together. Mix in the onion and celery mixture. Spoon the stuffing into the prepared dish and bake until the center is set, 35 to 40 minutes. Makes 8 servings.



Center Testimonials...

I am so grateful and appreciative of the partnership and collaboration established between the Osceola School District and Florida Hospital. I have been a satisfied consumer and recipient of the preventative and the emergency care services provided through the Employee Health Care Center, since the initial soft opening. The staff is professional, caring and approachable. I see this as a beneficial continuum of care for our community and the families with children being serviced. ~ Joanne

Diabetes and the Importance of Exercise (Yes, Exercise is Important!)

Written by Jason Cirolia, PT, DPT, OCS

If you are diabetic, *imagine this...*

You've been told that your *only* option, is to have a below the knee amputation of your left leg, due to a non-healing ulcer. While this paints a grim picture; 60% of all amputations performed in America are related to diabetes. This is the reality of those with uncontrolled diabetes and poor lifestyle management. Scary stuff, right?

To avoid this nightmare scenario, it is *imperative* that you manage your blood pressure, blood glucose and A1C (average blood sugar level over a 3-month period of time) through education, medication, diet, and ***exercise*** to avoid these complications. While it is easy to rely on medication, they should be used to augment your lifestyle changes and not replace them.

Many times, Americans want the “answer” to our physical problems to be in a prescription, as it's easy and convenient. However, sometimes you need *more* than meds and this is true if you are diabetic.

Exercise is important in controlling your diabetes, along with your medication.

As a diabetic, the first thing to consider before initiating a regular exercise routine, is to consult your primary care provider (family practice doctor) to establish baseline blood glucose and A1C levels. Also, it is important to determine if there are signs of neuropathy and decreased sensation in the feet to avoid wounds and injuries. It is recommended, that those who take insulin, should be monitoring their blood glucose levels before, shortly after and several hours after physical activity to avoid states of hypoglycemia. Supplementing with an extra amount of carbohydrates, prior to exercise, could be a good solution.

The American Diabetes Association, recommends 30 minutes of moderate-to-vigorous intensity aerobic exercise at least 5 days a week or a total of 150 minutes per week, without going more than 2 days in a row without exercising. Studies show what most effectively reduced A1C levels, was a combination of both aerobic *and* strength training. Additionally, it was found that those who are “pre-diabetic” can easily reduce their risk by 46%, by simply doing 20 min of mild to moderate intensity exercise per day.

If you are just starting to exercise, *start small and work your way up*. Don't buy into “no pain, no gain”; that's a great way to hurt yourself. Remember, baby steps can turn into big strides down the road. Just keep moving!

***2017 CDC Diabetes Stats**

23.1 million Americans are currently diagnosed with diabetes.

7.2 million Americans are currently undiagnosed with diabetes.



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

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