



## February 2018 Newsletter



### Welcome to your Center for Employee Health newsletter!

It's February, National Heart Awareness Month. I hope your month has been filled with love, chocolate and of course, some heart healthy food!

We have had an especially tough flu season this year and I want to thank everyone who received their flu shot. MIT found that a *droplet* from a cough or sneeze, can travel 26 feet! Once that droplet hits a surface, it can stay alive up to 24 hours. This is why hand washing is so important during cold and flu season. If you are an eligible candidate, I strongly suggest you get a flu shot every year.

With so many illnesses going around, ***it is more important than ever that you properly cancel any appointment you are unable to keep at the Center, with at least a 24-hour notice.*** Your fellow District team members will appreciate the courtesy and you will avoid a possible no-show fee. To cancel an appointment, either call the **Center at 407-483-5757** or visit our website [SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net)

Care Sessions (non-religious counseling) are being offered at the Center for a *limited time*. They are at **no-cost** and they are *confidential*. The sessions are 1/2 hour duration and are offered from 3 pm—7 pm on Wednesdays. If you come in for a Care Session, ***no one will know***, as it will appear you are at the Center for a regular medical appointment. There is no shame in asking for help if you are going through a difficult time. I'm a big believer in the benefits of counseling, as I have utilized this service myself. Call the Center to schedule your session. If you have any questions, please feel free to contact me privately at [AskErin@flhosp.org](mailto:AskErin@flhosp.org).

Get your sneakers ready for the SDOC Annual 5K on Saturday, March 3<sup>rd</sup>, at the Center. It is going to be a great time! The Center will be offering height, weight, BMI and blood pressure screenings during the event. I will also be onsite answering questions about the Center; please stop by as I'd love to see you! Please note, the Center will be closed for medical care on March 3<sup>rd</sup> due to the 5K event.

Also, on Wednesday, March 7<sup>th</sup>, we will be hosting our next Diabetic Education Class at the Center. The class is at *no-cost* and will be from 3:30 pm – 7:30 pm with dinner provided. For additional details and to reserve your spot, call Helen Jones, the Center's Care Coordinator at 407-201-4766.

If you need anything, I'm always here for you.

Till next time~

Erin~

[AskErin@flhosp.org](mailto:AskErin@flhosp.org)



### MAMMO COACH DATES

- Feb 28 - the Center
- Mar 1 - Hickory Tree ES
- Mar 16 - St Cloud MS
- Mar 27 - KOA ES
- Mar 28 - Narcoossee ES

### FOR ADDITIONAL MAMMO DATES, VISIT OUR WEBSITE

[SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net)



**FLORIDA  
HOSPITAL**

## February is National Heart Awareness Month

Written by Brittany Graves MS, RD, LDN



Did you know heart disease is the number one cause of death in the United States?

That is why taking care of your heart is extremely important. Being a mom of two small children and having a husband with a difficult work/school schedule; I understand how busy life can get and not having time to take care of yourself. However, it is very important to start putting your health first.

Please take this as a reminder to start caring better for your heart. Start by including exercise, as our hearts need a work out too. Next feed your body healthy foods. Junk food contains lots of bad fat (saturated fat), which clogs our arteries. Make sure to limit the sodium “salt” you consume, so your heart doesn’t have to work extra hard to pump blood to your entire body.

- If you have high blood pressure, it is recommended to have 1500-2000 milligrams or a little over 1/2 teaspoon to a little less than one teaspoon of sodium per day and 2300 milligrams or 1 teaspoon of sodium for those who don’t have high blood pressure. The American heart association states “the average American eats 3400 milligrams or ~1.5 teaspoons of sodium per day”. In discussing sodium with patients, I have heard many times that they do not add salt to their food. And I recommend not adding salt since it is already in the food, especially packaged processed foods.
- It is also important to limit cholesterol intake. Cholesterol is a waxy substance that your body needs however if we have too much, it builds up in our arteries and can lead to heart attack or stroke.
- Lastly, stay hydrated as our bodies are made up of 60% water and many functions of our body rely on receiving enough hydration.

This does not mean everyone needs to eat a plant based diet but we can eat out less often, increase our water intake while decreasing soda intake, limit processed foods and include more fruit, veggies and whole grains. Let’s take care of our heart so we can continue to care for those we love. Remember the things we put in our body will affect our health for the future.

If you are ready to start putting yourself and your health first, I am here for you! I would love the opportunity to teach you how to eat healthier, understand food labels and make better choices. If this interests you, please call the SDOC Employee Health Center at 407-483-5757 to schedule an appointment with me, Brittany Graves, Registered Dietitian/Nutritionist.

Please note, a referral is **not** needed to learn about healthy eating and/or weight loss.

We will need a referral from your medical provider or a referral from one of our providers at the SDOC Employee Health Center if your appointment is for diabetes, high cholesterol, high blood pressure and/or food allergies.

Happy Heart Month!



### BRITTANY'S HEALTHY BITES

#### Lemon-Thyme Roasted Chicken with Potatoes

Recipe By: Diabetic Living

#### Ingredients

- 4 teaspoons extra-virgin olive oil, divided
- 1 teaspoon crushed dried thyme, divided
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 pound small red or yellow potatoes
- 4 small skinless, boneless chicken breasts (1 to 1 1/4 pounds)
- 2 cloves garlic, minced
- 1 lemon, thinly sliced

#### Directions

In a very large skillet, heat 2 teaspoons oil over medium heat. Stir 1/2 teaspoon thyme, salt and pepper into the oil. Add potatoes; toss to coat. Cover and cook for 12 minutes, stirring twice.

Stir potatoes; push to one side of the skillet. Add the remaining 2 teaspoons oil. Arrange chicken breast halves on the other side of the skillet. Cook, uncovered, for 5 minutes.

Turn chicken. Spread garlic over chicken breast halves; sprinkle with the remaining 1/2 teaspoon thyme. Arrange lemon slices on top of chicken. Cover and cook for 7 to 10 minutes more or until chicken is no longer pink (170°F) and potatoes are tender.

Add steamed broccoli or a garden salad for a complete heart healthy meal! Yum 🍷



## Center Testimonials...

“The doctor was exceptionally pleasant and helpful in answering questions.”

“Excellent medical and staffing care. The whole experience has been great and have already spoken to my co-workers and friends about contacting this facility to establish care.”

“Pleasant and efficient. I am impressed with the quality of service I received from this facility.”

“Amazing. I could not ask for better care, thank you.”

## The Goal in 2018, No More Broken Hearts!

Written by Erin Lysik

My goal this year is to **not** have a broken heart; that’s my goal for you too. No, I’m not talking about your love life, I’m talking about your heart health!

Your heart works hard, beating about 100,000 times a day. (No wonder we are tired at the end of the day.) Any damage to the heart, can reduce the pumping power, *forcing the heart to work harder* just to keep up with the body’s demand for blood. Every cell in your body gets blood from the heart, except for your corneas/eyes. \*

Heart disease has been around forever; it has even been found in 3000-year-old mummies. \* We have come a long way; as we now know the importance of eating healthy, managing stress and keeping our weight, cholesterol and blood pressure in check. Plus, regular exercise is the single most important key to heart health, according to the Cleveland Clinic. We have so much more information now, *but are we using it to our full benefit?*

As many as 50% of all cardiac deaths are due to disease in the heart’s vessels, this can occur in individuals with *no prior history or symptoms* of heart disease. Additionally, “*silent*” heart attacks account for 45% of all heart attacks in the U.S. These individuals discover later through an EKG, that a heart attack occurred, even though they had **no** symptoms during the actual heart attack. These are some scary statistics and another reason to get in to the doctor to get checked out.

High blood pressure, high cholesterol and smoking are key risk factors in damaging the human heart and currently *47% of Americans have at least one of these risk factors. In addition*, other medical conditions and lifestyle choices may put you at a higher risk for heart disease; these conditions may include diabetes, obesity, poor diet and excessive alcohol use. \*\*

Did you know 610,000 people die of heart disease in the U.S. every year? **It accounts for 1 in every 4 deaths and it’s the leading killer of men and women.** \*

47% of sudden cardiac deaths occur **outside** of a hospital, which suggests people with heart disease don’t act early on the warning signs.\*\*

Let’s take a look at the warning signs, as it can be *more* than chest pain. Warning signs can include: shortness of breath, nausea, lightheadedness or cold sweats, upper body pain or discomfort in the arms, back, neck, jaw or upper stomach.

Ladies, be aware that sometimes our signs can be *less* obvious. When a woman has a heart attack, she is more likely to have symptoms of nausea, indigestion and shoulder aches, rather than the standard chest pain.\*\*\*

We all need to take care of and *listen* to our bodies, especially when we are under a lot of stress. It’s not surprising that the peak days for heart attacks are Christmas Day, followed by Dec. 26<sup>th</sup> and New Year’s.

In 2018, 735,000 Americans will have a heart attack. My goal is that you don’t have a broken heart this year. \*\*

\*Cleveland Clinic, \*\*CDC, \*\*\*WebMD



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

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



CENTER FOR  
**Employee Health**  
In Partnership with Florida Hospital

Hurricanes Irma and Maria brought some challenges to Osceola County and the District family. Additionally, our neighbors in Puerto Rico, have been going through their own recovery. Many of you have taken on expanded work to welcome these families to your school, potentially resulting in additional stress.

To help with this, the Center will be offering "Care Sessions" for the District family, provided by the Florida Hospital Pastoral Team. These sessions are an opportunity for you to talk about what is on your mind and in your heart. The sessions are *non-religious*, unless the District member invites faith into their Care Session. These Care Sessions will be offered for a *limited time* and will be at no cost.

The Care Sessions are *not* a replacement to your Employee Assistance Program (EAP), where District employees and families can get counseling at no cost. The Care Sessions are an additional resource for the District family as we go through the transition of Hurricane Maria.

The 30-minute Care Session can be for the employee or the session may be a "family" session, as the storm has affected so many of us *as a family*. Additionally, the Care Team is **bilingual**. The Care Sessions will be offered at the Center on Wednesdays, from 3 pm—7 pm.

Call the Center at **407-483-5757** to schedule your **confidential** Care Session with the Florida Hospital team.

If you have any questions, please let me know. Thank you~

Erin~

Erin Lysik

[AskErin@flhosp.org](mailto:AskErin@flhosp.org)



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Los huracanes Irma y Maria trajeron algunos desafios al condado de Osceola y a la familia del Distrito. Además, nuestros vecinos en Puerto Rico han estado atravesando su propia recuperación. Muchos de ustedes han asumido un trabajo ampliado para dar la bienvenida a estas familias a su escuela, lo que puede resultar en estrés adicional.

Para ayudar con esto, el Centro ofrecerá "Sesiones de Cuidado" para la familia del Distrito, proporcionadas por el Equipo Pastoral del Florida Hospital. Estas sesiones son una oportunidad para que hables sobre lo que tienes en mente y en tu corazón. Las sesiones no son religiosas, a menos que el miembro del Distrito invite a la fe a su sesión de cuidado. Estas sesiones de cuidado se ofrecerán por tiempo limitado y no tendrán costo.

Las "Sesiones de Cuidado" no son un reemplazo de su Programa de Asistencia al Empleado (Employee Assistance Program - EAP), donde los empleados y las familias del Distrito pueden obtener asesoramiento sin costo alguno. Las sesiones de cuidado son un recurso adicional para la familia del Distrito a medida que avanzamos en la transición del huracán María.

La sesiones de cuidado de 30 minutos puede ser para el empleado o la sesión puede ser una sesión "familiar", ya que la tormenta ha afectado a muchos de nosotros como familia. Además, el Equipo de Cuidado es bilingüe. Las sesiones de cuidado se ofrecerán en el Centro los miércoles, de 3 p.m. a 7 p.m.

Llame al Centro al 407-483-5757 para programar su sesión confidencial de atención con el equipo de Florida Hospital.

Si tiene alguna pregunta, por favor hágamelo saber.

Gracias,

Erin Lysik [AskErin@flhosp.org](mailto:AskErin@flhosp.org)