



Health e-Links

Health Education & Lifestyle Management Newsletter (HELM)

FLU SEASON IS APPROACHING

Get Vaccinated Now!



Every year in the United States, 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and about 36,000 people die from the flu. Older people, young children, and people with certain health conditions are at high risk for serious flu complications.

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza (the flu):

1. **Take time to get a flu vaccine.** While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
2. **Take everyday preventive actions.** Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water. Try to avoid close contact with sick people.
3. **Take flu antiviral drugs if your doctor recommends them.** Antiviral drugs are prescription medicines that fight against the flu by keeping viruses from reproducing in your body.

Duval County Employee Wellness and Blue Cross Blue Shield of Florida have engaged Maxim Health Systems to provide flu shots for active employees and their dependents at several worksites throughout Duval County for the entire month of October. Visit DCPS Employee Wellness website to view the flu shot schedule.

<http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/index.asp>

Source: Centers for Disease Control and Prevention

National Health Observances for October

Visit the links below for more information

National Breast Cancer Awareness Month

www.nbcam.org

Healthy Lung Month

www.lungusa.org

Eye Injury Prevention Month

www.aao.org/aaosite/eyemd/injury.cfm

National Down Syndrome Awareness Month

www.ndss.org

National Dental Hygiene Month

www.adha.org

National Domestic Violence Awareness Month

dvm.vawnet.org

National Celiac Disease Awareness Month

www.csaceliacs.org

“Talk About Prescriptions” Month

www.talkaboutrx.org

DCPS Regional Health Screenings

Over the next several months, DCPS Employee Wellness and Blue Cross Blue Shield will be hosting regional health screenings in an effort to increase health awareness, promote positive lifestyles, and decrease the risk of disease.

The first employee health screenings will take place:

Where: Ed White High School
When: Friday, October 24, 2008
Time: 8 am – 1 pm

There will be health risk assessments, healthy heart awareness, diabetes education, free give-a-ways, and so much more!

FREE MASSAGES!! BCBS will sponsor free onsite massages at the school site with the highest percentage of participants who complete a health risk assessment. We encourage you to attend and bring a co-worker!

The following nearby schools are also invited to participate in the regional health screenings on October 24, 2008:

Baldwin Middle/High
Chaffee Trail Elem.
Fishweir Elem.
Hyde Park Elem.
Lake Shore Middle
Normandy Village Elem.
Ramona Blvd. Elem.
Ruth N. Upson Elem.
Thomas Jefferson Elem.
Whitehouse Elem.

Central Riverside Elem.
Crystal Springs Elem.
Hyde Grove Elem.
Joseph Stilwell Middle
Mamie A. Jones Elem.
Pinedale Elem.
Robert E. Lee High
Stonewall Jackson Elem.
West Riverside Elem.

The next regional health screenings are scheduled to take place on January 16, 2009 at Sandalwood High School. The list of schools invited to participate at that location will be provided prior to the event.



October is National Breast Cancer Awareness Month

Breast cancer is a cancer that forms in the breast and is the most common form of cancer in women in the U.S. aside from skin cancer. Breast cancer occurs in both males and females, but it is rare in males (making up only 1% of breast cancer victims). The National Cancer Institute estimates 182,460 new cases of breast cancer in females and 1,990 in males in 2008. Of those, 40,480 females and 450 males will die from breast cancer. Lung cancer is the only other cancer that accounts for more deaths in women.

Risk Factors:

- **Gender:** Breast cancer is 100 times more likely in females
- **Age/Race:** The risk for cancer increases with age. In Caucasian women, the risk increases after the age of 40, but in African American women the risk is greater before the age of 40. The incidence of breast cancer is lower in all other racial and ethnic groups.
- **Family Personal History:** The risk is higher if a woman has a mother, sister or daughters who have had breast cancer and that risk is even greater if two or more first-degree relatives have had breast cancer.
- **Early Menstruation and/or Late Menopause:** Women that began menstruation before the age of 12 and women who go through a late menopause (age 55 or older) have a greater risk.
- **First Pregnancy after Age 35 or having No Children:** The risk increases the more menstrual cycles a woman has in a lifetime.
- **Use of Hormonal Replacement Therapy (HRT):** Long-term use (several years or more) of combined (estrogen and progesterone) hormone therapy increases the risk of breast cancer and may also increase the chances of dying of breast cancer.
- **Alcohol Consumption:** The use of alcohol increases the risk of getting breast cancer. Women who drink 1 alcoholic beverage daily have a very small increase in the risk for breast cancer, while those who drink 2 to 5 alcoholic beverages daily have about 1 ½ times the risk of women who drink no alcohol.

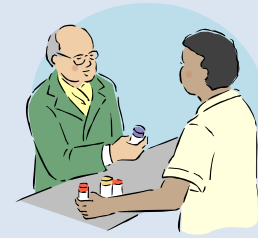
Lifestyle choices can reduce the risk of developing breast cancer as well as many other chronic diseases.

- **Decrease fat intake, especially saturated and hydrogenated fats.** Choose leaner cuts of meats and low – or non-fat dairy products.
- **Increase fiber.** Choose whole grains, beans, vegetables and fruits.
- **Eat more fruits and vegetables.** The USDA recommends 5-9 servings of fruits and vegetables daily.
- **Be active.** Engage in at least 30 minutes of moderate to vigorous physical activity most days.
- **Don't smoke.** Smoking does not cause breast cancer but it increases the chance of blood clots, heart disease and other cancers that can spread to the breast.
- **Early detection is essential.** Detection methods include monthly self-exams of the breast. Mammography is recommended for women starting at the age of 40, or earlier if there is a strong family history.

The odds of surviving depend on early treatment.

Source: www.cancer.org

"Talk About Prescriptions" Month



Medicines have the power to improve the quality of our life and even save lives when taken properly. However, there are thousands of prescription and non-prescription medicines available, and many have very adverse effects when not taken properly.

Ensure that you're getting the right medications by following these tips:

- **Ask your doctor to write on the prescription the medical problem for which you're taking the drug.** For example, "for sinus" or "for backache." This helps the pharmacist ensure that no mix-ups occur. It is also a helpful note for you to remember, especially if you take multiple medications.
- **Get the correct spelling** and ask your doctor or your pharmacist for the proper pronunciation of the medication(s).
- **Double-check the name on your prescription drug label.** Before you leave the pharmacy check the prescription label. Is it the right medication and dosage that your doctor prescribed?

Source: www.talkaboutrx.org

Healthy Recipe Banana Berry Jumble

Ingredients:

- 1 large banana, halved and cut into ½ inch pieces
- ¼ cup oats
- ¾ cup fresh or frozen cranberries
- ½ tsp nutmeg

Directions:

1. Combine all ingredients in a large non-stick skillet.
2. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally
3. Remove from heat; cool slightly
4. Spoon into bowls add low-fat whipped topping, fat free sour cream or low-fat frozen yogurt, if desired.

Serves 2

Nutritional Information per serving (1/2 of recipe):

Calories 160; Total Fat 2g; Cholesterol 0mg; Sodium 0mg; Carbohydrates 33g; Fiber 6g; Sugar 10g; Protein 4g