

February 2010



Health e-Links

Health Education & Lifestyle Management Newsletter

Heart Health Month

Baker-Gilmour Cardiovascular Institute "Take It To Heart" Screenings

Heart disease is the number one killer of American women. Yet, research shows that less than half of all women are aware of these alarming statistics. It is important to know the risk factors for heart disease in women as well as men.

The "Take It To Heart" screening will include:

- Cardiovascular History and Exam
- Blood Pressure Check
- EKG
- Labs, which includes:
 - Fasting Blood Sugar
 - Total Cholesterol
 - HDL Cholesterol "Good Guy"
 - LDL Cholesterol "Bad Guy"
 - Triglycerides
 - Homocysteine Level
 - C-Reactive Protein (CPR) > Inflammation
 - Framingham heart risk assessment program for determining the risk of heart disease over the next ten years

Cost: \$100.00

Call (904) 733-4444 Ext. 202 to schedule your
"Take it to Heart" screening.

The \$100 fee can be reimbursed through your FSA

National Health Observances for
February
Visit the links below for more information

American Heart Month
www.americanheart.org/presenter.jhtml?id

National Wise Health Consumer Month
www.aipm.net/wise

National Wear Red Day 5
www.nhlbi.nih.gov/health/hearttruth

National Donor Day 14
www.organdonor.gov/get_involved/national_donorday.htm



WHY WEIGHT DCPS

Medically Supervised Weight Loss Programs

SKINNY DIET * SMART FOR LIFE DIET * HCG DIET



DCPS Employee Wellness presents medically supervised weight loss programs which mean physicians and practitioners play an active part in supervising your weight loss efforts with Corporate Care Works as support in behavioral health.

This program is covered by the health plan for participants who are covered by the health plan and who meet the medical criteria.

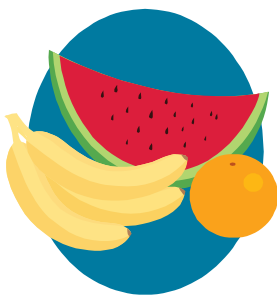
For more information visit:

Dr. Anthony Capasso M.D., Smart For Life Weight Management
(Beaches 694-0992, Mandarin 288-7888)

www.duvalschools.org/static/wearedcps/employeeinfo/wellness/why_weight.asp

News Flash: Snacks are Healthy!

Research actually shows that snacking in between meals, or even eating 4-5 smaller meals throughout the day, is better for you than the traditional two or three larger meal routine. That is, of course, if you are eating nutritious snacks instead of the all-too-popular vending machine potato chips and soda, which many of us are drawn to.



Healthy Snack Ideas

Yogurt	Fruit cup	Apple
Banana	Pear	Peach
Grapes	Plum	Orange
Berries	Watermelon	Raisins
Carrots	Celery	Broccoli
Mixed nuts	Tomato	Chicken noodle soup

Source: Zach Van Hart. Staff Writer