



To Your Health

September 2015

A publication of the Pinellas County Employee Wellness Program 464-4049 www.pinellascounty.org/hr/wellness

September Is Prostate Cancer Awareness Month

Early Detection & Screening

The question of screening is a personal and complex one. It's important for each man to talk with his doctor about whether prostate cancer screening is right for him.

There is no unanimous opinion in the medical community regarding the benefits of prostate cancer screening. Those who advocate regular screening believe that finding and treating prostate cancer early offers men more treatment options with potentially fewer side effects.

Those who recommend against regular screening note that because most prostate cancers grow very slowly, the side effects of treatment would likely outweigh any benefit that might be derived from detecting the cancer at a stage when it is unlikely to cause problems.

Should I Be Screened?

Prevention

The ultimate goal is to prevent men from developing prostate cancer. Although significant progress has been made and genetic and environmental risk factors for prostate cancer have been identified, the evidence is not strong enough for conclusive recommendations.

Diet and lifestyle modifications have also been shown to reduce the risk of prostate cancer development and progression, and can help men with prostate cancer live longer and better lives.

Top 10 Considerations for Preventing Prostate Cancer

Continued on page 3.

September Is Cervical Cancer Awareness Month

Women need to be aware of the tools available to safeguard their own health and their own lives. When women are aware of the dangers of gynecologic cancers, they can assess personal risk factors, learn to make necessary lifestyle changes, and lay the groundwork for a lifelong gynecologic health care routine.

Resources from the Gynecologic Cancer Foundation

How to Maintain Your Cervical Health

Steady progress has been made to lessen the burden of gynecologic cancers through research. Of particular promise is better understanding of the risks, symptoms and prevention of the three most prevalent gynecologic cancers: cervical, ovarian and uterine.

We urge women to LEARN about the prevention and early warn signs of these cancers unique to women and LISTEN to your body. We all know what is normal for us. And finally, ACT to maintain your gynecologic health!

Learn the steps to reduce the risk: LISTEN. LEARN. ACT.

Are you sitting too much?

This challenge reminds employees to get up from the desk and move.

If you are in a seated position for long stretches of time, you place excessive stress on certain muscles

leading to poor posture and increased risk of certain health conditions. Having a regular fitness routine is good; however, it may not counteract the effects of a prolonged sedentary lifestyle. It is recommended that individuals take a break from sitting every half hour to an hour throughout the day and this challenge will help you get started!

This challenge will remind you to get up and stretch twice a day. [Register here.](#)

30 Day Deskercise Challenge Begins October 1st



Human Resources
Helping U Succeed

Benefits U

Learn more about your benefits and get answers to your questions as you prepare for Annual Enrollment.

Info sessions are being held the evenings of **September 15th and 17th** for employees and spouses/domestic partners.

WHEN	Tuesday, September 15 5:30 to 7:00 p.m.	Thursday, September 17 5:30 to 7:00 p.m.
WHERE	Pinellas County Extension 12520 Ulmerton Rd. Largo	Filled g #1 22211 U.S. Highway 19 Clearwater

Please RSVP as refreshments will be provided, and seating is limited.

RSVP here!

[Visit the website for more information.](#)
[View the flyer for additional information.](#)



**SAVE
THE
DATE!**

**Fall Scramble Golf Tournament
Saturday, November 7, 2015**

at the
Bellevue Biltmore Golf Club

12 p.m. shotgun start. Registration opens September 24th.

OurSpace Employee Blog

Subscribe to the [RSS Feed](#) for our Wellness category through the [Our Space](#) blog and get notifications on new posts.



Autumn Chicken Curry

Ingredients:

- 1 tbsp. olive oil
- 1 lb. boneless skinless chicken breasts, cut into cubes
- 1 tbsp. margarine
- 1 medium onion, chopped
- 4 large tomatoes, chopped
- 2 clove garlic, minced
- 2 tbsp. chopped fresh ginger
- 2 tbsp. curry powder
- 2 tsp. garam masala (optional)
- 1/2 tsp. chili flakes, or more if desired
- 1 pkg. Knorr® Autumn Vegetable Soup
- 1/4 cup plain yogurt



Nutritional Info

Servings Per Recipe: 4

Amount Per Serving

Calories: 202.5

Total Fat: 9.2 g

Cholesterol: 18.7 mg

Sodium: 416.7 mg

Total Carbs: 23.3 g

Dietary Fiber: 4.6 g

Protein: 9.8 g

View full nutritional breakdown of [Autumn Chicken Curry calories](#) by ingredient

Directions

Heat olive oil in large skillet over medium-high heat and cook chicken, stirring occasionally, 10 minutes or chicken is thoroughly cooked. Remove chicken from skillet and set aside.

Melt margarine in same skillet over medium heat and cook onion, stirring occasionally, 5 minutes or until transparent and lightly golden. Stir in tomatoes, garlic, ginger, curry powder, garam masala and chili flakes and cook, stirring occasionally, five minutes or until tomatoes are softened.

Return chicken to skillet. Stir in Knorr® Autumn Vegetable Soup; heat through.

Remove skillet from heat, then stir in yogurt or serve it on the side. Serves four.

Don't forget to eat the recommended servings of vegetables and fruit each day!

Seasonal Produce

Apples	Almonds	Arugula
Broccoli Rabe	Chestnuts	Figs
Kiwis	Okra	Endive
Peas	Scallions	Sweet Potatoes

[See full list of seasonal produce](#)

Prostate Cancer Awareness

continued

Nutrition & Wellness

Which foods and nutrients have been shown to benefit men with prostate cancer? How reliable are the data for nutritional strategies in prostate cancer? Are there foods or nutrients that might prevent prostate cancer or even prevent or delay a recurrence of the disease?

[Here are some resources](#) to help you answer these questions.

Best Foods for a Healthy Prostate

Eating a diet rich in fruits and vegetables is one of the best ways to maintain a healthy prostate. Regular exercise is important, too.



Click on the picture to watch this "Ask the Expert" video from UHC.

Exercise to Protect the Prostate

What can you do to keep your prostate healthy? Fitness is key.

Setting aside time for workouts isn't the only way to protect your prostate. More physical movement in general in your everyday life is also a benefit to your health. A word of warning if your choice of exercise is cycling: if you are a cycling fan, get a prostate-friendly saddle, which is designed with a gap to remove pressure on the perineum.

A recent study found that men with physically demanding jobs were less likely to develop benign prostatic hyperplasia (BPH, or enlargement of the prostate) than men with desk jobs.

[What can YOU do?](#)



The WalkingU Team Challenge Starts October 15th

Pinellas County employees are invited to join coworkers and WALK your way to a healthier YOU for 60 days this fall. All County worksites are encouraged to start a team and take an active role in your health.

It is easy to start a team and have lots of fun!

- Establish a team captain
- Decide on what days and time your team will walk
- Recruit coworkers to join your team
- Create a team name
- Register your team and start walking

Win the GOLDEN SNEAKER AWARD for the 60 day walking team challenge!

The Golden Sneaker Award will be presented to a team each month throughout the Walking Challenge. Teams will be selected based on effort and participation percentage. Click [here](#) for details about this program.

2015 Tampa Bay Heart Walk Start up your team now!



Event takes place on
Saturday, November 7, 2015

Festivities begin - 8:00 a.m.

Walk begins - 9:00 a.m.

[Register Pinellas County Government teams here!](#)

Get Healthy: Your smile will thank you.

Did you know that obesity increases your risk for gum disease? Keeping a healthy weight can reduce your oral health risks. [Get more information](#) on oral health and your diet, from Cigna.



Wellness Center Orientation

The Pinellas County Wellness Center is free for all permanent employees of the County. To join, you must attend an orientation. During this orientation you will tour the facility, receive information about available programs and classes, and complete the necessary paperwork. Please contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation.

September Exercise Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Spin class is not available in September.</i> <i>Orientation is still open for Spin classes which will resume in October, 6:15 a.m. on T/W/Th/F.</i></p>				
12:10 p.m. - 1:00 p.m. <i>Circuit Training</i> Instructor: Melissa	12:45 p.m.-1:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Mat Pilates</i> Instructor: Melissa	12:45 p.m.-1:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Circuit Training</i> Instructor: Melissa
	5:15 p.m. - 6:15 p.m. <i>Mat Pilates</i> Instructor: Melissa	5:15 p.m. - 6:15 p.m. <i>Yoga</i> Instructor: Kelli	5:15 p.m. - 6:15 p.m. <i>Circuit Training</i> Instructor: Melissa	

* [View class descriptions and satellite locations.](#)

Take your pick! Check out these local races.

Click the link to register.

- [Tarpon Springs Sprint Triathlon](#), September 12th – Fred Howard Park
- [Cycle-Run-Walk](#), (Brain Tumor Alliance) September 19th – Coachman Park
- [Superheroes 5K](#), (Brain Tumor Alliance) Walk & Stroller Roll, September 19th – Coachman Park
- [One Step Closer to the Cure](#), Ovarian Cancer Foundation, September 19th – Albert Whitted Park
- [Rock the Ribbon](#), Miles for Men Prostate Cancer Research, September 26th - Clearwater
- [Oktoberfest Beer Run](#), September 26th – Downtown Dunedin
- [The Sunrise Run](#), September 26th – Vinoy Park

Choosing Your Care Wisely

The [Choosing Care podcast](#) is designed to help you gain a better understanding of options for care settings, the services offered and the associated costs so you can make informed decisions – about your health **and** health care costs.

Source4Women®

Being Organized in Being Balanced

September 22, 2015 – 12:30 p.m. (ET)

Audrey Thomas, CSP [Register now](#)

Imagine trying to juggle balls while walking through a busy park, blindfolded. This is nearly impossible and would be extremely stressful. For some people, that's how they describe the relationship between work and home. We all know that having balance at home and work invites peacefulness and lowers stress levels. We're also aware that when we feel balanced, we're happier in life and feel more productive. **This seminar will explore 7 best practices designed to invite peace, calm and mindfulness into your daily routines**, thus having a positive impact on you and your household. Come with an open mind and heart as we explore this important topic.