



TELL IT WELL EMPLOYEE FEATURE

A few years ago my worksite (William E. Dunn Water Reclamation Facility) hosted a free leg vein screening. I had never heard of that before, but I thought that I'd go ahead and do it. My legs were restless at night sometimes and my feet were always cold. I was surprised to find out they were able to see problems right away in the ultrasound. I told them I had spider veins and had had them treated several times over the years, but they kept coming back. The technician at the screening told me that the spider veins could be symptomatic of a bigger medical problem and I should get checked out.



Christina Goodrich
Pinellas County Utilities

Because of the screening and advice, I scheduled an appointment at a facility in Palm Harbor. They did a complete ultrasound evaluation of my leg veins and arteries. I was diagnosed with incompetent veins (leaky one-way valves in my veins).

The medical procedures were pretty simple and didn't really hurt. Just a few stings from the numbing injection (like ant bites). I was worried about eliminating big veins but they told me the smaller ones would take on the extra flow. They treated both legs and I had to wear compression stockings for a little while.

Then they did a phlebotomy where they removed

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FREE Skin Screenings

available May through June. Offered at various County worksites. See locations, dates and times on our [Upcoming Events](#).

Skin Cancer Awareness Month



One in five Americans will develop skin cancer in the course of a lifetime.

Your risk for developing melanoma doubles if you have had more than five sunburns.

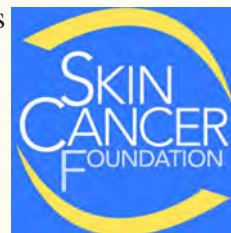


Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50%.

[Get more facts](#) from the [Skin Cancer Foundation](#) on what you should and shouldn't do to protect against the damaging rays of the sun.

Skin Cancer Prevention Guidelines

Since its inception in 1979, The Skin Cancer Foundation has always recommended using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. However sunscreen alone is not enough.



- ▶ Seek the shade.
- ▶ Do not burn.
- ▶ Avoid tanning and UV tanning booths.
- ▶ Cover up.
- ▶ Use a broad spectrum (UVA/UVB) sunscreen.
- ▶ Apply one ounce of sunscreen.
- ▶ Keep newborns out of the sun.
- ▶ Examine your skin.

See your physician every year for a skin exam.

[Read our full list](#) of skin cancer prevention tips and share them with your friends and family.



**Your
UHC
Nurse**
Amy

Avoid Aging Skin and Skin Cancer

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Our skin is our largest organ in terms of surface area and weight. Skin serves to protect our bodies from infection, regulate our temperature, and provide sensation (i.e. touch). But what happens when our skin fails us?

With more than 3.5 million cases diagnosed annually, skin cancer is the most common form of cancer in the United States. While some skin cancers may come from man-made sources such as tanning beds, more than 90% of skin cancers are caused by sun exposure.

Why does the sun cause skin cancer? The sun's rays contain two types of ultraviolet light. Ultraviolet A (UVA) causes tanning, aging skin, and wrinkles. Ultraviolet B (UVB) causes sunburn. BOTH types of ultraviolet light can cause skin cancer.

Our skin can burn on sunny days, cloudy days, and even on cold days. The white sand on the beach reflects the sun's rays. Never be fooled by the temperature because the sun is still putting out rays.

Prevention is the best cure. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. Sunscreens contain chemicals that interact with the skin to protect it from UV rays. Some key points when using sunscreen include:

- ▶ Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. However, if the sunscreen has been exposed to high temperatures, the shelf life will be even shorter. If in doubt, throw it out and replace it.
- ▶ Apply sunscreen at least 30 minutes before sun exposure. This gives the agents in the sunscreen

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Seasonal Produce



Apricots

Butter lettuce

Pineapples

Lychee

Radicchio

Bitter melon

Honeydew

Chayote squash

Mango

Vidalia onions

2 + 3

for a Healthier Me

Eat at least 2 servings of fruit and 3 servings of veggies each day!

[Learn more](#)

The Real Truth About Sugar

By Kathleen M. Zelman, MPH, RD

Recently the nation's war on obesity has been top of mind and sugars are fingered as one of the main culprits. Diets loaded with lots of sugar are being blamed for the overweight and obesity epidemic.

The types of sugars villainized for much of the overweight and obesity epidemic are primarily added sugars. These sugars are called "empty calories" because they provide mostly calories, very few nutrients and are so easy to over consume.

There is no question that our desire for sweet food and drinks adds a lot of extra calories. But sugar alone or how it is processed in the body is not necessarily responsible for weight gain. Eating more calories than you need, regardless of the source, coupled with sedentary lifestyles is the real problem.

[View and print](#) this article in PDF format.



time to properly bind to the skin. Reapply sunscreen every 2 hours. A good dose of sunscreen is actually around 1 ounce or a full shot glass.

- ▶ Anyone over the age of six months should use a sunscreen daily. Even those who work inside are exposed to ultraviolet radiation for brief periods throughout the day, especially if they work near windows, which generally filter out UVB but not UVA rays.
- ▶ Children under the age of six months should not be exposed to the sun, since their skin is highly sensitive to the chemical ingredients in sunscreen as well as to the sun's rays. Shade and protective clothing are the best ways to protect infants from the sun.

For more information, please visit www.skincancer.org.

Amy Hertog, UHC's Nurse Liaison (a.k.a. Nurse Amy) is here to educate and counsel employees and to help connect employees with needed healthcare resources. [Visit Amy's web page](#) or contact her at 464-5579 or by email at amy_hertog@uhc.com.

How to Prevent Arthritis

Right. The fact is, there is no sure way to prevent arthritis. But you can help to reduce your risk, and delay the potential onset of certain types of arthritis. If you have healthy joints right now, do all you can to maintain mobility and function.

There are [more than 100 types of arthritis](#) and related conditions, and all have risk factors, individual features, behaviors and circumstances that are associated with the disease.

There are risk factors that are not modifiable. There is nothing you can do about them. Being female and having a family history of arthritis (genetic profile) are two examples of factors that make people more likely — but not certain — to get some types of arthritis.

In contrast, some risk factors are considered to be modifiable. They are the behaviors and circumstances that can be changed in order to reduce risk, delay onset or altogether prevent arthritis. [Learn more.](#)



some veins. I had a few round acne looking wounds on my legs for a while, but they go away in a few months. After all that was done, they cleaned up all the spider veins on both legs using injections (like ant bites again but a lot of them). I am a very fair skinned person so the spider veins were very obvious. But the treatment was completely worth it.

It has been almost 2 years now and still no spider veins have returned. No more restless legs at night and my feet are actually warm now. If you have spider veins, or varicose veins, I highly recommend getting them checked out. Many providers make it very simple to get treatment.

I'm very grateful to the County for providing the free screening and for the health care coverage which paid for everything. Thank you!



We want to hear from you!

TELL IT WELL

EMPLOYEE FEATURE

If you or your spouse/domestic partner has improved their life by making healthy changes, *To Your Health* wants to feature and congratulate you! Contact Crystal Lockwood at clockwood@pinellascounty.org for details on how to share your story.

Health4Me Mobile App UnitedHealthcare



UnitedHealthcare's [Health4Me app](#) provides instant access to you and your family's critical health information—anytime/anywhere. Whether you want to find physicians near you, check the status of a claim or speak directly with a nurse, Health4Me is your go-to resource for everything related to your health.





Circuit 1

All-Around Lunges
30 secs



Chest Press
30 secs



Thrusters
30 secs



One-Arm Rows
30 seconds [one side per set]



4

Circuit 2

Box Lunges
30 secs



Crunch chops
30 secs



Kickbacks
30 secs



Triceps Kickbacks
30 secs



4



May is National Stroke Awareness Month

Stroke can happen to anyone, at any time, and at any age. Gear up with lifesaving information, not just for yourself, but also for your family, your friends, and others around you. Watch this excellent video “[Are You Street Smart About Stroke?](#)”



Best Damn Race

Last December, Nancy decided that as her 2016 goal she would run a half marathon. The longest she had run in a race previously was a 15K. After sharing her goal with Karen, they decided they would train for the “Best Damn Race 2016” in Safety Harbor together and made a pact to cross the finish line together no matter what. Though there were some of life’s challenges encountered along with weather related challenges, they maintained their training commitment to reach the goal. They made it!



In blue, **Nancy Dickman**, Manager of Recording Services, and **Karen Lamb**, Office Administrator for Clerk’s Administration, both employees for the Clerk of the Circuit Court & Comptroller, crossing the finish line.

UnitedHealthcare
PODCAST



Sun Safety

Skin cancer is the most common cancer. But there are a number of things you can do to protect yourself. This podcast focuses on the prevention of sun and heat related illnesses.

[View Podcast](#)

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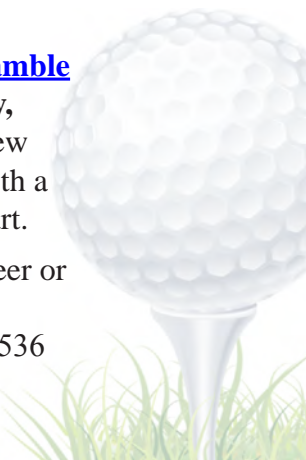


Register for the Golf Tournament Now!

**REGISTRATION CLOSES
FRIDAY, MAY 6!**

The 2016 [Spring Scramble](#) is happening **Saturday, May 21** at the Belleview Biltmore Golf Club with a 12:00 p.m. shotgun start.

If you'd like to volunteer or donate, please contact Becky Batten at 464-5536 or Jonathan Ferguson at 453-3434.



Wellness at Work



Source4Women® Online Seminar

Making Healthy Food Choices

May 10, 12:30 p.m.

Sometimes it's difficult to make the right food choices especially when faced with temptation and confusion from conflicting advice. But it doesn't have to be. Discover good nutrition – it is the foundation of good health! When combined with exercise, a nutritious diet may improve your health, help you lose weight, lower your cholesterol level, and improve the way your body functions on a regular basis. Join us for this informative seminar on how to make healthy choices. Learn all about the 2015 Dietary Guidelines for Americans, types and amounts of food and beverages you may need, super foods, hot nutrition trends, along with simple swaps, tips and tricks that could help you improve your diet by making better choices.

[Register here](#)

Simple Italian Salad

Fresh, white mozzarella cheese lends authentic flavor to this classic Italian salad. Using only one ounce of cheese per serving and lots of veggies, this dish is low in fat and provides two full servings of vegetables.

Ingredients

2 tbsp. balsamic vinegar
1 tbsp. extra-virgin olive oil
2 cloves garlic, minced
1 cucumber, peeled and seeded
2 large ripe tomatoes, sliced
2 ounces fresh mozzarella cheese
10 leaves fresh basil, chopped

Directions

- Mix balsamic vinegar, olive oil and garlic in a small bowl.
- On a salad plate, layer slices of the cucumber, tomato and cheese.
- Drizzle with the dressing.
- Sprinkle with the chopped fresh basil.



Nutrition Facts

Yield 2 servings

Amount Per Serving

Calories 137

Fat 10 g

Protein 5.5 g

Carbohydrates 6.5 g

Fiber 1 g

Sodium 27 mg

Source: myOptumHealth

National Walking Day 2016

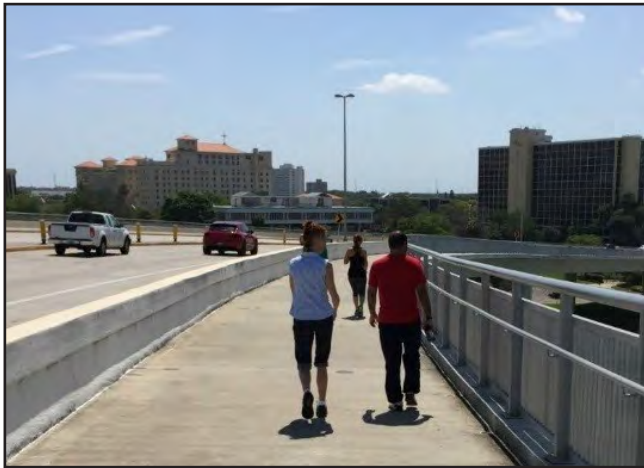
April 6th was National Walking Day. This year the American Heart Association hosted National Walking Day to promote the health benefits of walking and the need to move throughout the day, especially when some of our jobs tend to be more sedentary. See some of your coworkers in action!



Clerk of the Circuit Court



Purchasing Department



Clerk of the Circuit Court



Real Estate Management

Men's Health Physician Panel

Get your questions answered by experts on men's health. Join a panel of physicians who will be able to answer any men's health related questions you may have, including heart health, reproductive health, and much more.

- ▶ Date: Friday, June 17, 12:00 - 1:00 p.m.
- ▶ Location: City of Clearwater's Public Works Complex
- ▶ This event is open to men only from the City of Clearwater Government and Pinellas County Government.
- ▶ No question is off limits.
- ▶ You will be able to submit your questions anonymously.

Seating is limited. [Register now.](#)

Wear BLUE Day 2016 is Friday, June 17th

National Wear BLUE Day is celebrated the Friday of Men's Health Week. Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue. If Friday of Men's Health Week doesn't work for you then pick any other day of the year and start a fun **Wear BLUE** day at work. Show your support for the men and boys in your lives. [#ShowUsYourBlue](#)



May Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy
12:10 - 1:00 p.m. Circuit Training Instructors: Melissa	1:45 - 2:15 p.m. Interval Training Instructor: Ashley	12:10 - 1:00 p.m. Mat Pilates (5/4, 5/11, 5/18) Zumba (5/25) Instructor: Melissa	1:45 - 2:15 p.m. Interval Training Instructor: Ashley	12:10 p.m. - 1:00 p.m. Circuit Training Instructor: Melissa
	5:15 p.m. - 6:15 p.m. Mat Pilates (5/3, 5-10) Zumba (5/17, 5/24) Instructor: Melissa	5:15 p.m. - 6:15 p.m. Yoga Instructor: Kelli	5:15 p.m. - 6:15 p.m. Circuit Training Instructor: Melissa	

Wellness Center Orientation

Exercise classes are held at the Pinellas County Wellness Center in downtown Clearwater. The facility is free for all permanent employees. To join, you must attend an orientation during which you will tour the facility, get information about programs, and complete paperwork. Contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation. Also see [exercise class descriptions](#) and [satellite Fitness Center locations](#).



Local Races

Have a MAYvelous, MAYtastic month!
(Click the links to register.)

- [Dunedin Hog Hustle](#), May 7th, 373 Douglas Ave., Dunedin
- [May Day Race](#), May 7th, 3201 34th St. S., St. Petersburg
- [I Love Mother's Day 5K](#), May 8th, John Chesnut Park, Palm Harbor
- [Beach to Bayou 5K Run/Walk](#), May 15th, 735 Dodecanese Blvd., Tarpon Springs
- [Sunsets @ Sand Key Park Beach Series 5K](#), May 20th, Sand Key Park, Clearwater
- [Hippie Dash 5K](#), May 21st, Downtown Gulfport
- [Madeira Beach Triathlon](#), May 22nd, Madeira Beach



Dry Mouth

We all experience a dry mouth from time to time, usually due to intense thirst. When this happens, drinking a glass of water is the simple solution to restoring the moisture in your mouth. But for individuals living with xerostomia, also known as dry mouth, the symptoms, causes and effects on your health are much more complicated.

[What is dry mouth?](#)

