

Wear Pink Day October 21st

Please join Pinellas County to bring awareness to breast cancer.

When you join the hundreds of thousands of people who take part in [wear it pink](#), you become part of a collective force of scientists, supporters and people affected by breast cancer.



What Can I Do to Reduce My Risk of Breast Cancer?

Although you cannot prevent cancer, [some healthy habits](#) that can help reduce your risk are:

1. Maintain a healthy weight
2. Stay physically active
3. Eat fruits and vegetables
4. Do not smoke
5. Limit alcohol consumption

Breast Cancer Awareness Month

October is [Breast Cancer Awareness Month](#), which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to detect the disease in its early stages.

Early Detection

[Early warning signs](#) of breast cancer may involve the discovery of a new lump or a change in the breast tissue or skin.

Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a health care professional.

Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual.

Are You Undernourished or Overnourished?

Published September 26, 2016 EatRight.org

Malnutrition is a common and detrimental condition that must be addressed quickly and comprehensively. Registered dietitian nutritionists are working hard to improve the speed and accuracy of malnutrition diagnosis and nutrition interventions in health care.

Malnutrition is a physical state of unbalanced nutrition. It can mean undernutrition or over-nutrition. When most people think of malnutrition, they usually picture undernutrition, which can be caused by a lack of calories, protein or other nutrients.

This occurs frequently in areas of the world without adequate access to food and clean drinking water.

Overnutrition comes from eating too many calories. Someone can be obese and malnourished at the same time. They may be consuming enough, or too many, calories but not eating enough nutritious foods like fruits, vegetables, whole grains, lean protein, beans, low-fat dairy, nuts and seeds. This can result in vitamin, mineral or protein deficiencies. In the United States, this is commonly seen in the hunger and overweight paradox, which occurs mostly in food insecure,

[Continued on page 2.](#)



Your
UHC
Nurse
Amy

What You Need to Know About Breast Health

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

October is Breast Cancer Awareness Month. Pink ribbons and walks to support breast cancer awareness are in full swing. But what do you really need to know about breast cancer?

Based on current incidence rates, 12.4% of women born in the US today will develop breast cancer in their lifetime (or 1 in 8 women). Breast cancer is the second leading cause of cancer death (second only to lung cancer) for women. Breast cancer incidence increases with age (which is why women of a certain age need to have annual mammograms).

Who is at risk for breast cancer?

Family history of breast cancer is a risk factor. About 5-10% of breast cancer cases are hereditary. The most common cause of hereditary breast cancer is an inherited mutation in the BRCA1 and BRCA2 genes.

Women diagnosed with certain **benign breast conditions** might have an increased risk of breast cancer. Women who, before age 30, had **radiation therapy** to the chest area as treatment for another cancer (such as lymphoma) have a significantly increased risk for breast cancer.

Women with **dense breasts** on a mammogram have a risk of breast cancer that is 1.2 to 2 times that of women with average breast density. Dense breast tissue can also make mammograms less accurate.

Women whose mothers took **DES** (a drug that was used from the 1940s-1960s to prevent miscarriage) during pregnancy may have a slightly higher risk of breast cancer. Women who have had more menstrual cycles because they **started menstruating early** (before age 12) and/or went through menopause later (after age 55) have a slightly higher risk of breast cancer.

[*Continued on page 3.*](#)

[*Malnutrition - continued from page 1.*](#)

impoverished areas.

Malnutrition also can be the result of an eating disorder, organ failure or severe infection or physical trauma like a head injury. Malnutrition frequently occurs in the older adult population, especially in those with dementia or Alzheimer's disease. Approximately 14 percent of nursing home residents and upwards of 50 percent of rehab facility patients are malnourished.

Tooth loss and other dental issues, loss of appetite and functional decline are contributing factors to malnutrition among older adults.

Study on Wellness in the Workplace

Pinellas County has been asked to assist in a new research study on workplace wellness. The study is funded by the National Institutes of Health (NIH) and run by Organizational Wellness & Learning Systems (OWLS).

Pinellas County employees are invited to participate in evaluating a new online program. Participation is confidential, voluntary and is to be completed while off-duty. Participants will be compensated.

The program begins October 31 and slots are limited. If you are interested, you will find [more information here](#).



BEAT THE SWEETS THIS HOLIDAY SEASON

Give yourself the gift of a healthy smile.

From Halloween through New Year's Eve, the sweets and treats are practically everywhere we turn. And too many can be harmful to your teeth.

[Here are some tips](#) to help preserve your healthy smile through a combination of a balanced diet and proper oral hygiene.



[Nurse Amy, continued from page 2.](#)

Overall, white women are slightly more likely to develop breast cancer than are African-American women, but African-American women are more likely to die of this cancer. However, in women under 45 years of age, breast cancer is more common in African-American women. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.

How can you prevent breast cancer?

There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk, such as changing risk factors that are under your control. For example, body weight, physical activity, and diet have all been linked to breast cancer—all areas where you can take action.

If you have a family history of breast cancer, talk to your doctor about genetic testing for mutations in genes that increase the risk of breast cancer, such as the BRCA genes. Genetic testing is covered under your insurance benefit.

If you are of a certain age or if your doctor recommends it, you will need to get an annual mammogram (an x-ray of the breast). Compared to the past, the technology behind the modern mammogram is superior with less radiation exposure, better image quality, and improved comfort. A routine preventative mammogram is covered by your insurance at 100%.

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.



Economic Development staff wore purple on September 30th to support ITP (Immune Thrombocytopenia) awareness, a platelet disorder marked by severe bruising, among many other issues. Learn more at the Platelet Disorder Support Association website: www.pdsa.org/.

Mammo Days October 21st & 22nd

Pinellas County is proud to offer a mammogram screening event for our female employees. See [registration link](#) and details.

As a Pinellas County employee using an in-network provider, your screening is covered at 100% [annually](#) and at any time during the calendar year. Those eligible earn 12,500 rewards points or \$50 cash for having this preventative screening.

When: Thursday, October 20th, 12:30 - 4:45 p.m.
Friday, October 21st, 8 a.m. - 4:45 p.m.

Where: BayCare Outpatient Imaging (Carillon)
900 Carillon Parkway, St. Petersburg

**Appointments are scheduled every 15 minutes.*

2016 Tampa Bay Heart Walk

This year's
Tampa Bay Heart
Walk kicks off
WalkingU!



Saturday, November 12, 2016

Festivities begin - 8:00 a.m. | Walk begins - 9:00 a.m.

Get your teams ready. Registration begins **October 17th**. Join a team or create a team here: [Pinellas County Government Group](#).



Flu Shot Q&A

With Nurse Amy
(in photo at right)

Is it flu season?

Amy: Yes. Flu season begins in October.

Does getting a flu shot really help?

Amy: Yes, it does help to prevent getting the flu.

Doesn't the shot basically give you the flu?

Amy: No. The shot is made with an inactive virus that's not infectious. It makes your body create antibodies that fight off infection.

So as soon as I get it I'm immune?

Amy: No. It takes about 2 weeks to be fully effective. After that, you could still get the flu but it shouldn't be as severe.

I don't like shots. I can handle a little flu. I almost never get sick.

Amy: I don't like shots either. But think about the rest of the population. Older people, babies, and others at high risk can catch the flu from you but won't be able to fight it like you can. They can develop complications like pneumonia and can even die. The flu virus spreads VERY easily.

So, if I get sick I won't go out.

Amy: That will help but remember, you're contagious before you even know you're sick. You can infect other people for one day **before** symptoms develop and for 5-7 days after.

I hadn't realized people could become so sick. I'd always thought the flu was like a bad cold.

Amy: You're not alone. But last year over 10,000 deaths in Florida were flu and pneumonia related.

Where can I get the shot?

Amy: FREE flu shots are available for County group health plan members at your network physician's office or a [local Walgreens or CVS clinic](#).

Now?

Amy: Definitely now. Before the flu catches hold and becomes widespread.



Be More Productive



Source4Women® Online Seminar

October 11, 2016, 12:30 p.m.

Productivity is a hot button these days because most admit to feelings of insanity when balancing home, work and life. You may think to yourself, "If I could just be a little more productive, then I wouldn't feel all this stress." Sometimes it is the little things in life that can make a big difference. This webinar will provide 10 strategies that most people aren't implementing that are designed to increase personal productivity – both at home and at work – so that you can enjoy life in the sane lane.

[Register here.](#)

UnitedHealthcare PODCAST



Office Ergonomics

Do you know where and how you sit at work can have a big impact on your body, your health and your life? This program addresses ways for your employees to maximize workstation comfort and includes tips to help make their work environment ergonomically efficient.

[View podcast.](#)



It's not too late to participate in Deskercise this month. If you'd like to receive the videos [sign up](#) here.





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.

Annual Enrollment Starts October 10

Everyone **MUST** enroll. Get the information you need on Human Resource's [Annual Enrollment web page](#).

Quarterly Incentive Payouts

The wellness incentives are reported and processed quarterly. (It takes about six weeks to process once a quarter ends.) See the breakdown of the time frames below:

Activities completed within:

Jan-March (1st qtr.)	Incentive rewarded in May
Apr-Jun (2nd qtr.)	Incentive rewarded in August
Jul-Sept (3rd qtr.)	Incentive rewarded in November
Oct-Dec (4th qtr.)	Incentive rewarded February of following year

It's important to note that Rally only reflects the percentage you've accomplished towards your maximum wellness incentive goals, not whether you are receiving points or cash.

To learn more about the Wellness Incentive Program, visit www.pinellascounty.org/hr/incentive.

Arms Workout

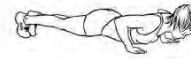
From FitBodyBuzz.com



Pushup
15 reps



Diamond / Tricep Pushup
15 reps



Dumbbell Lateral Raise
(Power Partial)
15 reps



Forward / Front Dumbbell
Raise
15 reps



Hammer Curls
15 reps



Standing Dumbbell Curl
15 reps



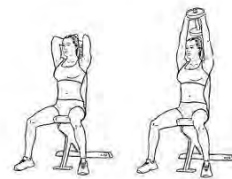
Standing Overhead Dumbbell
Press
15 reps



Dumbbell Shrug
15 reps



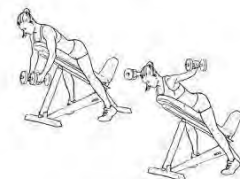
Upright Dumbbell Row
15 reps



Seated Tricep Press /
Extension
15 reps



One Arm Dumbbell Row
15 reps



Reverse Flys
15 reps

<http://fitbodybuzz.com/best-arm-workouts-for-women-with-dumbbells/>



Seasonal Produce



Asian pear
Cranberries
Endive
Pumpkin

Butter lettuce
Hearts of Palm
Passion fruit
Jalapeño peppers

2 + 3
for a Healthier Me

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

[Learn more](#)

Local Farmer's Markets Open in October

The **Saturday Morning Market** in downtown St. Petersburg opens from early October to late May each year from 9 a.m. – 2 p.m. This reflects the optimum weather period and the mid-Florida growing season.



Pierce Street Market is the new waterfront local makers market with over 80 vendors and food trucks. Look for it on the waterfront in downtown Clearwater under the Memorial Causeway Bridge every 2nd & 4th Saturday of the month from 10:00 a.m. - 4:00 p.m. during the October-May months.

Find more in the [Pinellas Guide to Farmers Markets & Produce Stands](#) and enjoy!

Shepherd's Pie

Cottage pie and shepherd's pie are popular British meals. Both contain meat and vegetables and are topped with mashed potatoes; however, cottage pie contains beef, and shepherd's pie contains lamb.

Ingredients

Topping:

2 russet potatoes, peeled & diced
1/4 teaspoon salt

1 egg yolk

Filling:

12 ounces ground lamb

1 cup onions, diced

1/2 teaspoon black pepper

1 teaspoon thyme, dried

1 teaspoon chili powder

2 cups carrots, shredded

1 cup fresh green beans, chopped

1/2 cup frozen corn

2 tablespoons tomato paste

1 cup low-sodium vegetable or chicken stock

Directions

- Preheat oven to 375 degrees Fahrenheit.
- Place the potatoes in a medium saucepan. Cover with cold water. Cover the pot with a lid, bring to a boil and then reduce to a simmer. Cook for 10-12 minutes until the potatoes are soft.
- While potatoes are simmering, prepare the filling. Place a large saute pan over moderate heat. Add the meat and onions and cook until it is no longer pink. Add the carrots, beans, spices, and tomato paste, stir to combine, and simmer for 2-3 minutes. Add the stock and corn, then stir to combine. Place the meat and vegetables into a casserole dish and set aside.
- Drain the potatoes and mash well, using a potato masher or ricer. Add the egg yolk and salt. Spread on top of the meat mixture. Bake 10 minutes, until the potatoes are browned.

Nutrition Facts

Servings Per Recipe: 4

Serving Size: 1 serving

Amount Per Serving

Calories	405.6
Total Fat	21.7 g
Saturated Fat	9.2 g
Polysaturated Fat	2.1 g
Monounsaturated Fat	8.8 g
Cholesterol	108.1 mg
Sodium	332.2 mg
Potassium	1,079.9 mg
Total Carbohydrate	33.8 g
Dietary Fiber	7.1 g
Sugars	5.5 g
Protein	15.2 g

Source: [Spark Recipes](#)





October 2016 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 to 7:15 am Spin* Instructor: Nancy (10/11, 10/18, 10/25)	6:15 to 7:15 am Spin* Instructor: Nancy (10/12, 10/19, 10/26)	6:15 to 7:15 am Spin* Instructor: Nancy (10/13, 10/20, 10/27)	
	12:15 to 12:45 pm Spin* Instructor: Melissa K. (10/25)	12:15 to 12:45 pm Spin* Instructor: Melissa K. (10/19, 10/26)		
12:10 to 1:00 pm Killer Abs & Back Instructor: Isiah (10/3) Upper Body Circuit Instructor: Melissa (10/10, 10/24) Lower Body Circuit Instructor: Melissa (10/17, 10/31)	1:45 to 2:15 pm Full Body Blast Instructor: Ashley (10/4, 10/11, 10/18, 10/25) 5:15 to 6:15 pm Mat Pilates Instructor: Melissa (10/4) Step Circuit Instructor: Melissa (10/11) Zumba Step Instructor: Melissa (10/18, 10/25)	12:10 to 1:00 pm Zumba Instructor: Melissa (10/5) Step Instructor: Melissa (10/12) Mat Pilates Instructor: Melissa (10/19) Zumba Step Instructor: Melissa (10/26) 5:15 to 6:15 pm Yoga Instructor: Kelli (10/5, 10/12, 10/19, 10/26)	1:45 to 2:15 pm Full Body Blast Instructor: Ashley (10/6, 10/13, 10/20, 10/27) 5:15 to 6:15 pm Total Body Circuit Instructor: Melissa (10/6) Zumba Instructor: Melissa (10/13) Total Body Circuit Instructor: Melissa (10/20, 10/27)	1:10 to 2:00 pm Lower Body Cardio Circuit Instructor: Melissa (10/7, 10/14) Upper Body Cardio Circuit Instructor: Melissa (10/21, 10/28)

* Orientation required for Spin class.

All group fitness classes are held in the Wellness Center located in the basement of the old courthouse at 324 South Fort Harrison Avenue in downtown Clearwater, and are free for all members. If you're not a member yet, contact our staff to schedule an orientation.

Classes are subject to change.

See [exercise class descriptions](#) and [satellite Fitness Center locations](#).

Pinellas County Wellness Program
(727) 464-4049

www.pinellascounty.org/hr/wellness

