

What Causes Cancer?

Did you know that cancer can be caused by both genetic and environmental factors? According to the American Cancer Society (ACS), about one-third of all cancers are related to overweight or obesity, physical inactivity, and poor nutrition. Many more cancers are due to tobacco and smoking, including cigars, pipes, smokeless tobacco and cigarettes.

The Wellness Program has developed a new brochure called *Nutrition and the Cancer Connection*, which includes guidelines to help you lower your cancer risk. If you would like more information about preventing cancer, please visit our website at www.polk-fl.net (keyword Wellness).

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Focus on Cancer Prevention

SMALL STEPS SAVE LIVES

Pink ribbons and the month of October have a common theme—breast cancer awareness. Prostate is the focus in September and the colon dictates March. Due to the significant emotional and financial costs of cancer, these campaigns highlight risk factors, prevention and the value of early detection for the most common forms of cancer.

Statistically, 1 in 2 males and 1 in 3 females will develop some type of cancer during their lifetime. Many people believe they are immune to cancer without family history or genetic predisposition. However, only 5% of individuals are at risk for *inheriting* cancer, while the majority of risk comes from habits innocently learned during childhood.

According to the American Cancer Society (ACS), about one-third of cancer-related deaths in 2008 will be related to overweight or obesity, physical inactivity and poor nutrition.

Populations with the highest levels of dietary fat consumption are also the ones with the highest death rates from breast and colon cancers. In addition, excess intake of red (beef, pork, lamb) and processed meats (cold cuts, bacon, hot dogs, etc.) is linked to an increased risk of colon, rectum and prostate cancers. Tobacco use, excess alcohol consumption and sunburns are all culprits of the “C” word and completely controllable.

You can take small steps towards increasing your chances of living cancer-free. People who exercise daily have a lower risk of colon and breast cancer despite weight. So, if you are overweight but exercise moderately most days, you are on the right track. The American Institute for Cancer Research recommends one hour each day of moderate activity and one hour each week of vigorous activity.

Evaluate your eating habits. Are you consuming two to three cups of vegetables each day? How about one to two cups of fruit? Do you choose fiber-rich whole grains, low-fat dairy and lean meat? Are you checking out the food labels? If any of these answers are no, one change towards “yes” is a great beginning to a happy ending.

How about sunscreen and protective clothing for your largest organ—your skin? There will be an estimated 1 million new cases of skin cancer this year in the United States, and Florida will have the second highest rate of deadly melanoma. Protect yourself from the sun’s rays with a daily application of sunscreen and avoid indoor tanning.

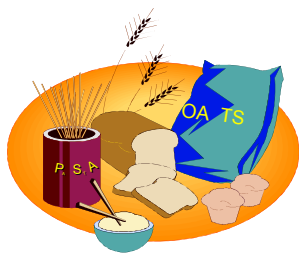
If you smoke, consider calling the ACS QUIT line at **1-800-QUIT-NOW** for free, confidential assistance and nicotine replacement therapy.

Insufficient or inadequate sleep and stress can sabotage all your efforts. Take time out everyday to re-energize yourself. Practice this two letter word: **NO!** Avoid lengthy conversations, TV, food, caffeine, smoking and physical activity before bedtime. Finally, take advantage of your free, annual cancer screenings on the Lakeland Regional Cancer Center bus when it comes to your school or worksite (School Board BC/BS insurance is required). Visit www.polk-fl.net (keyword: wellness) for the schedule.

Unfortunately, there is no cure for cancer and no magic “cancer-proof” vest to protect us from this sometimes deadly disease. However, we can be watchful of the lifestyle practices that may increase our likelihood of developing the “Big C.”

Eat Whole Grains for Cancer Prevention

The National Cancer Institute recommends 20-30 grams of fiber per day to help reduce the likelihood of developing cancer. Whole grain foods are made from the entire grain seed, which includes the outer shell (bran), the endosperm that contains complex carbohydrates and protein, and the germ. Many of the potentially beneficial nutrients including fiber and phytochemicals are found in the bran and germ. Fiber moves cancer-causing compounds out of the body before they can create harm. It is also thought to dilute probable carcinogens and may effect hormone production, thus lowering the incidence of hormone-related cancers like breast and prostate cancers.

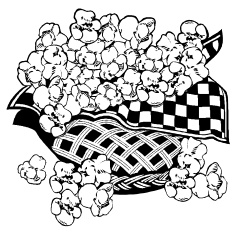


Refined grains have been milled, and the bran and germ have been removed. Without the bran and germ, about 25% of a grain's protein is lost, along with at least 17 key nutrients. Usually the refined grains are enriched, which means some B vitamins and iron are added back

after processing so that refined products still contribute valuable nutrients. However, fiber is not added back to most enriched grains. Therefore, whole grains are healthier, providing more protein, more fiber and many important vitamins and minerals.

What is 100% whole grain? Check the ingredient list and "Nutrition Facts" label. For many but not all whole-grain food products, the words "whole" or "whole grain" may appear before the name (i.e., whole wheat bread) and should be the first ingredient listed.

Use the "Nutrition Facts" label to help you choose whole grain products with a higher % Daily Value (% DV) for fiber. Fiber varies from grain to grain, ranging from 3.5% in rice to over 15% in barley and bulgur. Both fiber and whole grains have been shown to have health benefits.

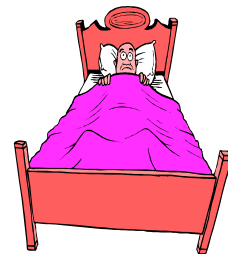


The **Cancer Research and Prevention Foundation** suggests that you substitute:

- brown rice for white
- whole wheat bread or rye for white
- black beans for ground meat
- bran muffin for croissant or pastry
- popcorn for potato chips
- unpeeled apple for applesauce
- baked potato with skin for mashed potato
- bean dip or salsa for sour cream dip

Sleep Apnea & Your Heart

Sleep apnea increases blood pressure and can cause or worsen existing hypertension. Sleep apnea, a breathing disorder, is most often caused by airway blockage during sleep. It is characterized by snoring, brief arousals from sleep, and daytime sleepiness. The lack of oxygen in the blood strains the heart and raises blood pressure. The effect of sleep apnea on blood pressure not only occurs during sleep, but will cause high blood pressure during the day time. Since high blood pressure is a major risk for heart disease and stroke, it is important to seek treatment for sleep apnea. Studies have shown that sleep apnea treatments can decrease blood pressure. If you have symptoms of sleep apnea, you may want to consult your physician to determine a diagnosis, especially if you have high blood pressure or heart disease.



Source: <http://hyper.ahajournals.org/cgi/reprint/42/6/1067>

Give Yourself a Boost with Exercise!

Did you know that exercise can give you a boost if you are receiving chemotherapy for cancer? Women who participated in the Supervised Trial of Aerobic versus Resistance Training (START) program and were receiving chemotherapy for early-stage breast cancer improved their self-esteem, fitness, and body composition. Women that exercised were also more likely to complete their chemotherapy than those that did not exercise. Neither type of exercise caused lymphedema (swelling) or other adverse side effects. *What types of exercise did the women do?* The aerobic trained group exercised three times per week on a stationary bicycle, treadmill, or elliptical trainer beginning at 60% of capacity for 15 minutes and progressing to 80% of capacity for 45 minutes. The resistance trained group exercised three times per week performing two sets of 8–12 repetitions of 9 different exercises at 60–70% of their estimated 1 repetition maximum (RM) based on results from a baseline 8 RM test. The weight was increased by 10% when participants could complete >12 repetitions.

Source: Courneya, K.S., et al. Barriers to Supervised Exercise Training in a Randomized Controlled Trial of Breast Cancer Patients Receiving Chemotherapy. *Ann. Behav. Med.* (2008) 35:116–122.



After having a baby and paying out of pocket expenses, deductibles and co-pays (which quickly adds up, even with insurance), it was a blessing to receive a \$200 reimbursement simply because I completed **Babies & You** and **Babies 1st**.

I participated in both programs during my first pregnancy in 2005 and again in 2008. These programs were not time consuming and easily fit into my everyday schedule. The information I was provided at the **Babies & You** classes had not changed that much (from 2005), but was updated to reflect the most current information/recommendations from the medical and nutritional fields. This time, a registered dietitian and exercise physiologist addressed the importance of nutrition and exercise during pregnancy as well as after delivery when you're trying to lose those last few stubborn pounds in attempts to reach your pre-pregnancy weight. The **Babies 1st** program could be completed via telephone. All I had to do was sign up—they called me throughout my pregnancy to monitor my progress, as well as after delivery. At each phone call, the nurse reinforced the availability of the 24/7 nurse line. Although I did not have to call the nurse line, it was an added benefit knowing I could talk to a nurse 24/7 should the need arise.

During my first pregnancy, the program did not offer free prenatal vitamins and I paid for them each month. By not having to pay the \$40 prescription co-pay each month with this pregnancy, I feel like I've gotten back more than the \$200. I received the same prenatal vitamins that I took with my first pregnancy, but the best part is that this time, thanks to the Wellness Program, they were free!

With the overall cost-of-living continuing to increase, it is a great incentive to have programs that not only provide the tools to have a healthy pregnancy and healthy baby, but also "reward" you with a \$200 reimbursement after delivery. Thank you for making the **Babies & You** and **Babies 1st** programs available.

Traci Allen
Facilities & Operations Division

Healthy Babies



If free prenatal vitamins and a \$200 reimbursement sound good to you, then check out the Polk County School Board's **Healthy Babies** activities.

Babies & You is a March of Dimes preconception program designed to promote healthy pregnancies and prevent birth defects. Participants receive a \$100 reimbursement after child birth. To be eligible for the \$100 reimbursement, the program must be completed

before the end of the first trimester. The next **Babies & You** classes will be held October 7, 14 and 21 at the Jim Miles Center—Palmetto Room.

Babies 1st is designed to provide valuable guidance and expert advice on conditions such as nausea, gestational diabetes, multiple births and preterm deliveries. If you are pregnant and want to join **Babies 1st**, call

1-800-698-9694. Participants receive a \$100 reimbursement after child birth.

We're here for you!



Babies & You
Oct 7, 14, 21, 2008
Jim Miles Center
4:30 to 7:00 PM

Both programs, **Babies & You** and **Babies 1st** improve the chances of delivering a healthy, full-term baby. Plus, your participation in both programs allow you to receive free prenatal vitamins (with a physician's prescription) and reimbursement of \$200.

To register, visit www.polk-fl.net (keyword: Wellness) and learn more about having a **Healthy Baby**.





ABCs of Diabetes

The *ABCs of Diabetes* is a proactive course through the Wellness Program that provides FREE educations, screenings, and discounts for diabetes supplies and prescriptions. Here are a few of the benefits ABCs of Diabetes participants enjoy:

Benefits:

- Free eye and foot exams
- Free lipid, HbA1c, kidney function, and blood pressure screenings—two times each year
- Free Accu-Check glucose monitor

Reduced Rx Copayments:

- Generic tier copay \$4 (\$8/mail order*)
- Preferred tier copay \$12.50 (\$31.25/mail order*)
- Non-preferred tier copay \$20 (\$50/mail order*)
- *90-day supply

*Education/Lakeland:

- Medical Issues in Diabetes—10/2/08
- Advanced Diet Planning—10/9/08
- Nutrition & Exercise—10/16/08
- Hypertension & Heart Disease—10/23/2008

Classes will be held in the Palmetto Room of the Jim Miles Center, Hwy 98 S in Lakeland.

All classes start at 4:30 PM, and registration is required. Please email janet.armitage@polk-fl.net or call Janet Armitage, RD, LD/N at 648-3057 for more information.

**Save \$400
per year!**

Get Fit & Have Fun Worksite Group Fitness Classes

10/1/08 to 01/31/09

\$35

- | | |
|-------------------|-------------------------|
| ➤ Griffin Elem | ➤ Chain of Lakes Elem |
| ➤ Socrum Elem | ➤ Stambaugh Mid |
| ➤ Pinewood Elem | ➤ Highlands Grove Elem |
| ➤ Spook Hill Elem | ➤ Bartow Fitness Center |
| ➤ Inwood Elem | ➤ Palmetto Elem |
| ➤ Bethune Acad | ➤ Carlton Palmore Elem |
| ➤ W. Watson Elem | ➤ Lk Alfred/Addair Mid |
| ➤ L. Chiles Mid | ➤ Auburndale Sr |

To participate, complete and submit the registration and liability forms as well as your check made payable to the **Polk County School Board** and mail to: Jan Calder, Woodlake Center, Rt. D. All documents and details are posted at www.polk-fl.net (keyword: Wellness).

Early Diagnosis through Cancer Screenings Can SAVE Your Life!



On-site cancer and osteoporosis screenings are provided to you by the Polk County School Board (PCSB) Wellness Program in conjunction with Lakeland Regional Cancer Center (LRCC). This **FREE** benefit is available to all employees who have PCSB Blue Cross/Blue Shield health insurance. For an appointment, please contact the Cancer Screening Coordinator at each location at least two weeks prior to the screening date. There are no age restrictions for cancer and osteoporosis screenings on the LRCC screening bus.

October 2008

- 10/01/08 JAMES STEPHENS ELEMENTARY
- 10/02/08 LAKE SHIPP ELEMENTARY
- 10/06/08 EASTSIDE ELEMENTARY
- 10/07/08 SPOOKHILL ELEMENTARY
- 10/08/08 SANDHILL ELEMENTARY
- 10/09/08 DUNDEE RIDGE MIDDLE
- 10/13/08 GARDEN GROVE ELEMENTARY
- 10/14/08 FLORAL AVENUE ELEMENTARY
- 10/15/08 LAKELAND SENIOR HIGH
- 10/16/08 LAKELAND SENIOR HIGH
- 10/20/08 SLEEPY HILL MIDDLE
- 10/21/08 BARTOW SENIOR HIGH
- 10/22/08 BARTOW SENIOR HIGH
- 10/23/08 STAMBAUGH MIDDLE
- 10/27/08 LAWTON CHILES MIDDLE
- 10/28/08 BOSWELL ELEMENTARY

10/29/08 LAKE ALFRED ELEMENTARY

10/30/08 DR. N. E. ROBERTS ELEMENTARY

November 2008

- 11/03/08 KATHLEEN SENIOR HIGH
- 11/04/08 LAKELAND HIGHLANDS MID
- 11/05/08 LENA VISTA ELEMENTARY
- 11/06/08 AUBURNDALE CEN. ELEMENTARY
- 11/07/08 LIME STREET ELEMENTARY
- 11/10/08 INWOOD ELEMENTARY
- 11/12/08 POLK CITY ELEMENTARY
- 11/13/08 PURCELL ELEMENTARY
- 11/17/08 CRYSTAL LAKE MID
- 11/18/08 WENDELL WATSON ELEMENTARY
- 11/19/08 NORTH LAKELAND ELEMENTARY
- 11/20/08 LAKE GIBSON SENIOR HIGH

Get On The Bus!