



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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To take the first **October Challenge** about Prescriptions



What is the value of a penny earned? More...



26th Annual Talk About Prescriptions Month

Did you know that in 2010 almost four billion prescriptions were filled in the U.S., totaling more than \$307 billion? Cultural statistics of such great magnitude warrant further attention! So, for the 26th year, the *National Council on Patient Information and Education* (NCPPIE) is recognizing collaboration as the key to medicine safety. The focus for 2011 targets the most common drug in America... acetaminophen, the active ingredient in Tylenol.

When used as directed, acetaminophen is safe and effective. However, taking more acetaminophen than directed may result in liver damage and even death. Liver injury from acetaminophen overdose is a serious public health problem, despite continuous efforts to improve the safe use of medicines that contain this popular drug.

To prevent acetaminophen overdose, consumers are encouraged to read labels and recognize when their medicines contain acetaminophen. Although the active ingredients in over-the-counter (OTC) medicines are clearly listed on the label, prescription labels may not be as clearly marked. Be wise and err on the side of caution! [Learn more about acetaminophen...](#)

Wellness Happenings

* **Flu Shots Are Here!** Oct. 1st—Nov. 10th at Polk County high schools, transportation sites and district offices, no appointment needed. [Schedule and details](#)

* **ABCs of Diabetes: Details—October ABCs Classes**, 4:30–6:00pm at Mark Wilcox Center, 611 Post Ave. SW, Winter Haven

- Medical Issues in Diabetes 10/06/2011
- Nutrition and Exercise 10/13/2011
- Advanced Diet Planning 10/20/2011
- Hypertension & Heart Disease 10/27/2011

Diabetes Refresher: Conversational Mapping Class—Food and You: Tuesday, November 1st in the Jim Miles Live Oak Room—4:30–6:00pm. [Register](#)

* **Earn In-Service Points with Professional Development:** Topics include *Couponing, Stress, Sleep and others*. [Register here](#) • [Additional options](#)

* **Surviving the Holidays:** Nov. 8th at Jim Miles Center, 4:30-5:30pm—What you need to know to stay stress-free this year! [Register](#)

* **Tobacco Cessation Classes at Bartow Transportation:** Become an ex-smoker using a curriculum designed by ex-smokers! [Details](#)

* **Polk Nature Fest 2011:** This weekend, Oct. 6th—9th at Circle B Bar Reserve. [Details](#); Support your county parks: Meet and greet Thomas Brooks, local artist. [Details](#)

* **Personal consultation with a dietitian or exercise physiologist:** Call 648-3057.

* **BCBS Wellness Screening Schedule:** All employees are eligible to attend one free annual health screening. [Register here](#)

National Breast Cancer Awareness Month



Early detection of cancer plays a primary role in determining one's prognosis. One of the earliest signs of breast cancer can be an abnormality identified on a mammogram before anything is seen or felt. The most common signs of breast cancer include a lump, abnormal thickening or a change in the shape or color of the breast. Additional warnings appear as swelling, redness, or pain in one spot that does not vary with a woman's monthly cycle. [Learn more...](#)

In order to promote prevention, the **PCSB Wellness Program, in conjunction with Lakeland Regional Cancer Center provide yearly mammograms at no cost to all employees who have School Board insurance.** "Get on the Bus" to preserve your health! [Make your appointment today...](#)

1,440 Minutes to Fit in Fitness!

Did you know that one day contains 1,440 minutes? To say, "Time is a precious irreplaceable commodity, along with your health," is an under-statement! Invest some time engaged in exercise while improving your health. Here's how to fit it in. [Details...](#)

1. Be an Early Bird
2. Cut Down on Inactive Media
3. Integrate TV with Movement
4. Actively Commute
5. Throw a Fitness Party
6. Schedule a Date with Yourself
7. Become Habitual
8. Whistle While you Work
9. Learn to Say No
10. Enjoy, Enjoy, Enjoy!



Mental Illness Awareness Week

Intangible mental and emotional traits vary between people, just like the color of one's hair and eyes, or height and weight. While subtle differences in physical attributes are often glossed over, mental illness is all too often unaccepted and misunderstood. In 1990, the U.S. Congress named the first week of October, *Mental Awareness Week*, to recognize the efforts of the *National Alliance on Mental Illness* (NAMI). Through outreach, education and advocacy, NAMI strives to share information about mental illness with families, friends, mental health professionals, and the general public. Many activities are sponsored nationwide to offer hope, reform and health to American communities. [Learn more](#) about mental illness, treatment and services.

Eat My Chia?

Remember those animal figurines with live herbs that simulate fur or hair? Today, the edible nutty-flavored Chia seed is being sold at health food stores and online as a hunger controlling super-food. Chia, meaning strength, has its origin in the desert plant *Salvia hispanica*, which is grown in Mexico. Dating back to Mayan and Aztec cultures, folklore contends that these people used the tiny black and white whole grain seeds—rich in omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium—for energy enhancement. One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams of fat, 12 grams of carbohydrates and 11 grams of fiber, plus vitamins and minerals. Heart health and weight loss from seeds? Is it too good to be true? [Get the scoop...](#)



Wellness Wednesday Archives • Wellness Matters Archives

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