

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 (key word: wellness).

Nutrition and the Cancer Connection



What's inside...

Cancer Screenings	2
FSA Saves Money	3
Tanning Beds Top	
Cancer Risk Category	3
Informed Consent: Ask your Surgeon	3
ABCs of Diabetes	4
Healthy Babies	4
LOSE Weight Loss	4

Defying the Odds Against Melanoma

Baby oil, iodine, a foil visor, and sun—all key ingredients for the perfect summer tan...right? Let me explain, these were “mandatory” tanning elements of my youth as I sought the ultimate Coppertone tan. (If you recall these secret ingredients, you know it’s been a long time...) I believed half-heartedly that when my freckles multiplied and ultimately collided, I would have one masterful, tropical tan. How crazy can one be?

Now, fast forward many years and you may recognize the major issues; they are as easy as ABC! “A” is for aging. My grandmothers would tell me as I baked on the pool recliner that the sun would make me look old. (At that stage of my life, “adults” really didn’t know too much!) “B” is for blotches. Some people call these liver spots, “angel kisses” or age spots. No matter what the label, these blotches appear on skin that has been over exposed to the sun’s ultraviolet (UV) rays. “C” is for cancer! Skin cancer has its own labels: basal cell, squamous cell or melanoma. Mine was the “Big M.”

In 2007, I became a statistic...a faceless number. I was one of more than a million new cases of skin cancer diagnosed that year in the United States. I was one of 54,000 melanomas detected, but only one of 27,500 females with invasive melanoma. (If this were a lottery, I could have retired from the payoff.)

As Floridians, we count on sunshine to provide warmth, green yards, and a constant flow of tourists to fund our state’s revenue. However, as we go from house to car, classroom to office, or frolic in the sunshine, we can also count on damaging UV rays. That is why it is very important for each of us to be vigilant to protect ourselves from the sun.

Our number one protection is sunscreen with a minimum sun protection factor (SPF) of 15; I prefer SPF 35, 50 or even 75! Apply this every morning after your shower to all the areas that are exposed to the sun. If you sweat during the day, reapply sunscreen every one to two hours.

Your next best protection is clothing and other accessories. A long sleeved, cotton shirt with a collar can shield you from the sun. Keep your collar up to guard your neck—one of the first areas that “ages quickly” due to sun damage. Wear a wide-brimmed hat to protect your face and ears. Basal and squamous cell cancers are quick to appear on these areas due to constant sun exposure. Next, don’t forget your sunglasses that are designed to protect against UVA and UVB rays. (Note that some of the most fashionable sunglasses do not defend you in the battle of the rays.)

Annual skin cancer screenings are your next best defense, and we make that simple! The Polk County School Board Wellness Program in conjunction with Lakeland Regional Cancer Center (LRCC) provide skin, breast, prostate, fecal occult and osteoporosis screenings annually at all schools and worksites. This **FREE** benefit is available to all employees who have PCSB Blue Cross/Blue Shield health insurance. There are no age restrictions for cancer and osteoporosis screenings on the LRCC screening bus. (See the next page for 2009-10 Cancer Screening Schedule.)

I defied the odds and found my melanoma through a monthly skin self-exam. Because of early detection, I did not require chemotherapy and my survival rate is 99 percent. Through early detection...I will live!

Debbie Zimmerman, Wellness Manager

2009-2010 CANCER SCREENING SCHEDULE

August - December 2009

10/7 ALTA VISTA EL
 11/12 AUBURNDALE CENTRAL
 9/29 AUBURNDALE SR
 9/9 BARTOW AIR BASE
 10/29 BARTOW SR
 10/30 BARTOW SR
 12/14 BEN HILL GRIFFIN EL
 11/4 BOSWELL EL
 10/6 CALDWELL EL
 11/30 CRYSTAL LAKE MID
 11/6 DR. N.E.ROBERTS EL
 10/20 DUNDEE RIDGE MID
 10/13 EASTSIDE EL
 8/6 EERS SHOP
 10/22 FLORAL AVENUE EL
 10/21 GARDEN GROVE EL
 12/8 GAUSE ACADEMY
 12/10 HIGHLANDS GROVE EL
 11/17 INWOOD EL
 10/8 JAMES STEPHENS EL
 10/12 JAMES STEPHENS EL
 9/23 JESSE KEEN EL
 9/28 JEWETT MIDDLE ACAD
 9/22 JEWETT SOTA
 9/2 JIM MILES CTR
 9/24 KAREN M. SIEGEL ACAD
 11/9 KATHLEEN SR
 12/11 KINGSFORD EL
 11/5 LAKE ALFRED EL
 12/3 LAKE GIBSON SR
 12/4 LAKE GIBSON SR
 10/14 LAKE SHIPP EL
 11/10 LKLD HIGHLANDS MID
 10/26 LAKELAND SR
 10/27 LAKELAND SR
 11/3 LAWTON CHILES MID
 11/11 LENA VISTA EL
 12/15 LOUGHMAN OAKS EL
 12/16 MEDULLA EL
 12/7 MULBERRY MID
 12/17 MULBERRY SR
 12/2 NORTH LAKELAND EL
 11/16 PHILIP O'BRIEN EL
 11/18 POLK CITY EL
 10/5 POLK LIFE & LEARNING
 11/19 PURCELL EL
 10/1 ROCHELLE SOTA
 10/19 SANDHILL EL
 9/30 SIKES EL
 10/28 SLEEPY HILL MID
 10/15 SPOOKHILL EL
 11/2 STAMBAUGH MID
 12/9 TENOROC SR

August - December 2009

8/11 WAREHOUSE
 12/1 WENDELL WATSON EL
 8/5 WH-5 SHOP
 8/4 WOODLAKE CTR
January - July 2010
 1/20 ALTURAS EL
 7/28 B-1 SHOP
 7/29 B-1 SHOP
 7/15 B-2 & B-4 SHOP
 7/20 B-3 SHOP
 1/14 BARTOW EL ACAD
 1/21 BARTOW MID
 1/22 BARTOW MID
 6/10 BARTOW TRANS
 6/14 BARTOW TRANS
 1/29 BETHUNE ACAD
 4/30 BOONE MID
 4/19 BRIGHAM ACAD
 4/12 CARLTON PALMORE EL
 3/2 CHAIN OF LAKES EL
 3/22 CHURCHWELL EL
 2/26 CLEVELAND COURT EL
 4/14 COMBEE EL
 5/4 CRYSTAL LAKE ELEM.
 7/7 CWAC SHOP
 1/7 DANIEL JENKINS ACAD
 1/5 DAVENPORT SOTA
 1/26 DENISON MID
 6/24 DISTRICT OFFICE
 6/29 DISTRICT OFFICE
 6/30 DISTRICT OFFICE
 7/1 DISTRICT OFFICE
 6/22 DISTRICT OFFICE
 6/23 DISTRICT OFFICE
 5/17 DIXIELAND EL
 4/6 DORIS SANDERS CTR
 1/19 DUNDEE EL
 4/26 EAGLE LAKE EL
 4/7 EAST AREA ADULT
 7/21 EERS SHOP
 1/27 ELBERT EL
 3/1 FROSTPROOF EL
 1/11 FROSTPROOF MID/SR
 1/12 FROSTPROOF MID/SR
 5/19 FT. MEADE MID/SR
 1/13 GARNER EL
 2/18 GEORGE JENKINS SR
 4/21 GIBBONS STREET EL
 2/1 GRIFFIN EL
 5/10 HAINES CITY SR
 5/11 HAINES CITY SR
 3/23 HIGHLAND CITY EL
 2/8 HORIZONS EL

January - July 2010

4/8 KATHLEEN EL
 2/22 KATHLEEN MID
 7/8 L-6 SHOP
 7/6 L-7 SHOP
 3/3 LAKE GIBSON MID
 4/29 LAKE MARION CREEK EL
 2/24 LAKE REGION SR
 2/25 LAKE REGION SR
 6/15 LAKE WALES TRANS
 6/16 LAKELAND TRANS
 5/18 LAUREL EL
 2/16 LEWIS AW EL (Lewis)
 2/17 LEWIS AW EL (Lewis)
 3/4 LINCOLN AVENUE ACAD
 3/25 LK ALFRED-ADDAIR MID
 7/22 LW-9 SHOP
 7/27 MARK WILCOX CTR
 5/3 MCLAUGHLIN MID
 2/19 OSCAR J. POPE EL
 1/6 PADGETT EL
 4/13 PALMETTO EL
 3/26 PINEWOOD EL
 1/28 R. BRUCE WAGNER EL
 2/12 RETIREES @ Mark Wilcox
 4/20 RIDGE CAREER CTR
 3/5 RIDGE COMMUNITY SR
 1/15 ROOSEVELT ACAD
 4/27 SCOTT LAKE EL
 4/28 SCOTT LAKE EL
 4/9 SE ESE OFFICE
 2/5 SLEEPY HILL EL
 3/8 SNIVELY EL
 2/4 SOCRUM EL
 5/13 SOUTHWEST EL
 2/23 SOUTHWEST MID
 1/8 SPESSARD HOLLAND EL
 5/26 TRAVIS CAREER CTR
 7/14 UA-1 SHOP
 4/5 UNION ACADEMY
 3/24 WAHNETA EL
 5/14 WEST AREA ADULT
 5/6 WESTWOOD MID
 5/7 WESTWOOD MID
 7/13 WH-5 SHOP
 5/25 WINSTON EL
 2/2 WINTER HAVEN SR
 2/3 WINTER HAVEN SR

Please call 648-3057 if you have any questions regarding cancer or osteoporosis screenings.

Tanning Beds Top Cancer Risk Category



The results are in and the experts agree—tanning beds and ultra-violet radiation are both in the top cancer risk category! An analysis of about 20 studies concludes the risk of skin cancer jumps by 75 percent when people start using tanning beds before age 30.

More than 7,000 melanoma cases were studied and researchers found a strong association between tanning bed use and the disease. The link is similar to that found between tobacco and lung cancer. According to the studies, using tanning beds caused about a 20 percent increase in the relative risk of developing melanoma, the deadliest kind of skin cancer.

Informed Consent: Ask Your Surgeon

Surgery is almost always a scary prospect to confront. The American Association of Neurological Surgeons offers patients this list of questions they should ask before the day of any surgical procedure:

- **What** surgery are you recommending?
- **Why** do I need it?
- Are there any **alternatives** to this surgery?
- What are the **benefits** of having this surgery?
- What are the **risks**?
- How much **postoperative pain** will there be?
- What might happen if I **choose not** to have this surgery?
- Where can I go for a **second opinion**?
- What is your **experience** with this procedure?
- How much will the surgery **cost**?
- Is there a less expensive **alternative**?
- **Where** will the surgery be performed?
- Is this the **most affordable** surgical center?
- What kind of **anesthesia** will be used?
- Can I **eat or drink** anything the day before and/or the day of my surgery?
- **How long** can I expect to be in the hospital?
- Where should I go **when I arrive** at the hospital, and what should I bring with me?
- How long will it take to **recover**?
- What if I still have pain or still experience symptoms **after surgery**?
- When do I schedule my post-surgery **follow-up** appointment?

Flexible Spending Account Saves You Money

Do you or your dependent(s) have regular medical expenses like deductibles, co-insurance payments, dental services, eyeglasses, contact lenses and solution or even sun screen? Do you have a major medical expense planned in the upcoming months or year? If you answered yes to any of these questions and would like to save some money, you should look into a Flex Plan or Flexible Spending Account (FSA) that is offered through the Polk County School Board and administered by Cornerstone Group.

A Flex Plan provides you with the opportunity to withhold pre-tax dollars from your paycheck to pay for qualified, non-reimbursable health related and dependent care expenses. You decide how much to contribute and whether to participate in the Healthcare FSA, Dependent Care FSA, or both. With the Flex Plan, a portion of your annual election amount will be deducted from your monthly gross pay and transferred into your Flexible Spending Account. The money deducted is deposited into your account automatically from your gross pay prior to calculating Federal and Social Security (FICA) taxes. Since your taxable income is reduced, so are your annual taxes.



PLEASE NOTE: For this year only, FSA participants will be required to complete two separate elections by August 31, 2009. The first election will cover the time period October 1, 2009 to December 31, 2009. The second election will cover the time period January 1, 2010 to December 31, 2010. It is extremely important that the first election completed includes only those expenses projected for a 3-month period.

Your 2009-2010 Open Enrollment booklet (pages 45-49) provides complete details of the FSA, qualifying medical care expenses that can be paid from a FSA account, and a worksheet to help you estimate your expenses. Based on IRS Publication 502, Medical and Dental Expenses, the FSA follows the “Use it or Lose it” rule; any monies taken pre-tax must be used to pay for qualified, elected benefits or they will be forfeited. You are encouraged to be conservative in your estimates.



ABCs of Diabetes

The *ABCs of Diabetes* is a proactive course through the Wellness Program that provides 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

**Save \$400
per year!**

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 | 8/6/09 |
| ➤ Nutrition & Exercise | 8/13/09 |
| ➤ Advanced Diet Planning | 8/20/09 |
| ➤ Hypertension & Heart Disease | 8/27/09 |

Classes will be held in the main building of the Jim Miles Center—Live Oak Rm, 5204 US Highway 98 S, Highland City. 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.

Healthy Babies



Are you thinking about having a baby, or are you in your first trimester of pregnancy? If so, you need *Babies & You!** This March of Dimes program is offered to all School Board employees at no cost, **plus you will receive \$100 after the birth of your baby!** *Babies & You* is a nine-hour educational program designed to promote healthy pregnancy and prevent birth defects.

September 3, 10 & 17, 2009

Jim Miles Center 4:30 pm—7:30 pm

OR

October 13, 20, 27, 2009

Mark Wilcox Center 4:30 pm—7:30 pm

*Babies & You**, *Healthy Addition*® and free prenatal vitamins are offered at no cost to expectant (or soon-to-be expectant) Polk County School Board employees covered under the Blue Cross/Blue Shield health insurance plan. A \$100 co-pay reimbursement is given after delivery to those completing the requirements for each program (a maximum of \$200 for completing both programs). Free prenatal vitamins require a prescription from your physician.

Visit www.polk-fl.net keyword: Wellness
Call 648-3057 to register for classes.



Have you lost extra pounds... only to find them?

- Is weight loss on your mind, but you have no plan?
- Do you have trouble staying motivated?
- Atkins, South Beach, Grapefruit, Cabbage, Zone...do diets really work?

If you answered yes to any of these questions, the PCSB Wellness Team is here to help!

L.O.S.E. (Lessons on Sensible Eating) activities provide personalized weight loss assistance from nutrition, fitness and behavioral health professionals. Participants may choose between two comprehensive plans that contain the keys to lifelong weight management.

L.O.S.E. Plus includes a 7-step approach to permanent weight loss, including biometric screenings, required weekly educational sessions, incentives, relapse prevention and on-going personal evaluation.

L.O.S.E. Too includes biometric screenings, required weekly educational sessions through a commercial weight loss program (i.e., Weight Watchers, Jenny Craig, or TOPS) and incentives.

Minimum Qualifications:

Body Mass Index (BMI) of ≥ 27 or ≥ 25 with one or more health risks such as hypertension, lipid disorders, stroke, diabetes, heart disease, sleep apnea and osteoarthritis. To calculate your BMI visit: <http://nhlbisupport.com/bmi/>

Questions? Please call Jennifer at 648-3057