

## Screening Detects Cancer Early

“Who really knows what a PSA number truly means until it becomes necessary?” For Larry Bunker, a veteran painter for the PCSB B-2 Maintenance Shop, comparing his prostate specific antigen (PSA) numbers was routine. “I have attended the Annual PCSB Employee & Retiree Health Fair faithfully for the last seven years and have tracked my PSA levels each year.”

Larry wasn't really bothered when his PSA level went from 1.9 to 2.9. “It was still classified as normal,” he said. However, Larry was alarmed when his PSA level went from 2.9 to 8.7 in a six-month time period. “I knew I could have a serious problem,” he explained.

PSA is a protein produced by the cells of the prostate gland, and the PSA test measures the level of the antigen in the blood. Although most doctors consider PSA levels below 4.0 as normal, there is no specific normal or abnormal PSA level according to the National Cancer Institute.

Elevated PSA readings can be a risk factor for prostate cancer. Other risk factors include a history of prostate cancer on both parents' sides and race; black men are at a much higher risk for developing prostate cancer. According to Johns Hopkins University, age is also very important. A younger man might be a much higher risk for harboring cancer than an older man with the same PSA level, although younger men are less likely to have a PSA elevation due to prostate enlargement.

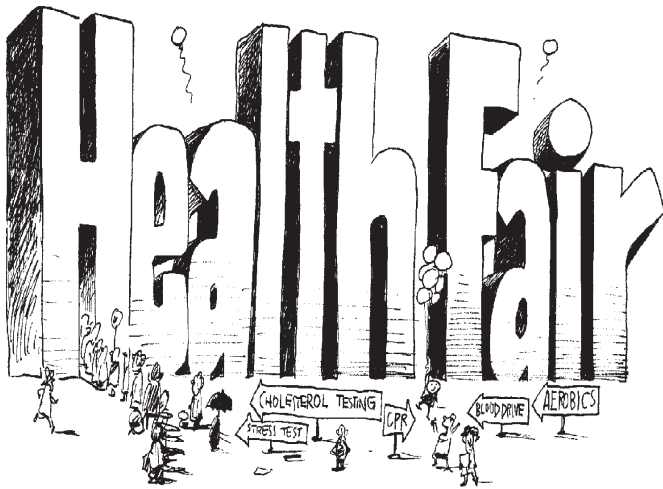
The American Cancer Society (ACS) estimates that more than 186,320 new cases of prostate cancer will be diagnosed in the United States this year. Next to lung cancer, prostate cancer is the second leading cause of death in males, with one in six males expected to be diagnosed during his lifetime. Early detection is critical to reducing the death rate from prostate cancer, as well as the emotional and financial costs that inevitably accompany the condition. The good news: when discovered early in the local and regional stages, the likelihood of survival approaches 100% according to ACS.

To his credit, Larry sought immediate medical attention. A battery of tests followed including a prostate biopsy by a specialist. The diagnosis was clear—Larry had early stage prostate cancer, but his cancer was contained.

“I'm quite familiar with prostate cancer,” Larry admits. “I'm the fifth male in my family to be diagnosed.” At the age of 56, Larry claims, “I'm the youngest, too.” Larry also has two co-workers who have survived prostate cancer.

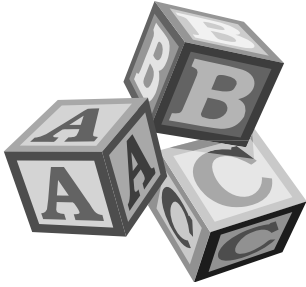
“For 20 years, I've heard Debbie (Zimmerman) preach the importance of annual cancer screenings and early detection. I'm a walking testimonial!” Larry is quick to encourage other men to let down their “macho” image and get screened. All individuals who carry PCSB health insurance have access to free annual screenings at their worksite not only for prostate, but for other cancers as well. Proactive self-care can save your life, sparing you and your loved ones from unnecessary heartache.

Follow Larry's lead—get on the Lakeland Regional Cancer Center bus! **Screenings are provided at every school/worksite and at the PCSB Health Fair, which will be held March 7<sup>th</sup> from 7 am—noon at the Highlands Park Church of the Nazarene.** Pre-registration is required; log onto <https://healthfair.polk-fl.net/>.



Special  
Health Fair  
Edition





# ABCs of Health

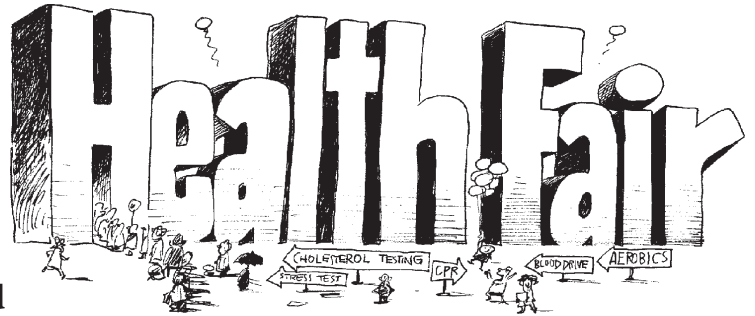
## Polk County Schools Employee Health Fair

**Free health screenings—\$1,200 value!**

**March 7, 2009**

**7:00 AM to 12:00 PM**

**Highland Park Church  
of the Nazarene,  
Family Ministries Building  
4777 Lakeland Highlands Road, Lakeland**



- \* Total cholesterol
  - \* HDL/LDL/VLDL
  - \* Triglycerides
  - \* Blood sugar & A1c
  - \* Blood pressure
- \* PSA (men only)
  - \* Homocysteine
  - \* Insulin resistance
  - \* Massage therapy
  - \* Vision screenings
- \* Cancer screenings
  - \* Hearing tests
  - \* P.A.D. screening
  - \* Memory screening
  - \* Lung function

**Due to increased liability, children's activities WILL NOT be available.**

### Lakeland Regional Cancer Center Screenings:

- ◆ Breast
- ◆ Prostate
- ◆ Colorectal
- ◆ Skin
- ◆ Osteoporosis

**Mammography by appointment only,  
call (863) 603-6579**

**PCSB Blue Cross/Blue Shield  
Insurance card required**

There are no age restrictions for these services. Polk County School Board BC/BS insurance is required for cancer and osteoporosis screenings. Please present your PCSB BC/BS insurance card prior to screening. Cancer and osteoporosis screenings will not be performed on those who do not have their insurance card. Note for the men: Please have lab/blood drawn prior to prostate screening.

### Special Thanks to Health Fair Sponsors



PUBLIX SUPER MARKETS  
CHARITIES



**A Ride for Your Health!  
Free transportation to the  
Health Fair**

We are going the extra mile for your health, and we want you to also! Employees are welcome to ride to and from the Health Fair in style! Join us by riding a school limousine (bus) with pick-ups at the following locations:

- \* Haines City HS and Auburndale HS
- \* Frostproof MS and McLaughlin MS



Plus, get a chance to win special prizes. We want to spoil you, so all riders will also receive a secret incentive. To learn more or to sign-up to ride the bus, call Ashley at Support Services (519-8067).

**Win a Beach Vacation**

All Health Fair participants will have the opportunity to win one of hundreds of door prizes. One lucky person will win the grand prize:

**3-days and 2-nights  
at a  
Tradewinds Resort  
on beautiful  
St. Pete Beach**

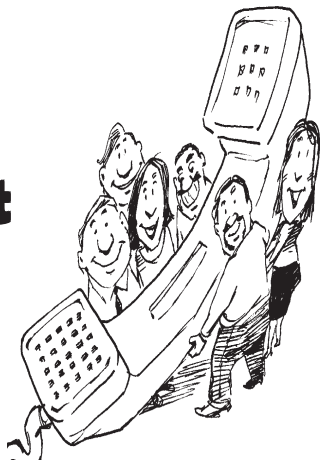


**New This Year  
Call Now For  
Your Appointment**

**Peripheral Artery Disease—PAD Screening**—Call Kari at (863) 397-7662 for an appointment.

**Memory Screening**—Call Stephanie at (863) 688-4834 for an appointment.

**Don't  
Forget  
Call  
NOW!**



**Preregistration Required!  
ABCs of Health Pre-registration  
Information**

Pre-register at: <https://healthfair.polk-fl.net> or complete the following information:

Name \_\_\_\_\_

SAP No. \_\_\_\_\_

School/Worksite \_\_\_\_\_

Phone (home or cell) \_\_\_\_\_

\_\_\_\_\_ I will have blood work completed.

Will your spouse be attending? \_\_\_\_\_

Spouse's name \_\_\_\_\_

\_\_\_\_\_ My spouse\*\* will have blood work completed.

\*\*A spouse not covered by PCSB BC/BS insurance is required to pay \$50 for blood work.

Send your registration to the following address:

**Courier Mail:**  
Wellness Program  
Woodlake Center  
Route D  
Attn: Betty Serdynski

# WANTED: Friendly, Smiling Faces



**Volunteers needed at  
Health Fair  
March 7, 2009**

Volunteers are needed to meet and greet participants at the *ABCs of Health*, Polk County Schools Annual Health Fair! Responsibilities may include registration, vendor relations, set-up, break down, or other assignments as necessary. Volunteers are needed on March 7th between 6:00 A.M. to 1:00 P.M. (Any volunteer wanting lab work should arrive at 5:30 AM.) Please contact Jennifer Patzkowsky via email at [jennifer.patzkowsky@polk-fl.net](mailto:jennifer.patzkowsky@polk-fl.net) or phone 648-3057 to volunteer.

## SMART Start 2009 Participants Earn 50 Extra Points

Great news to help you earn extra points for making a SMART Start AND participating in the Health Fair. Attendees will get 25 points. Attendees who also serve as volunteers will get 50 points. Plus, you will also receive a special T-shirt that will be the envy of all! Please contact Jennifer at 648-3057 or via email at [jennifer.patzkowsky@polk-fl.net](mailto:jennifer.patzkowsky@polk-fl.net) to volunteer.

**50  
EXTRA  
POINTS**

# Gotta get away? Just Let Go!



*TradeWinds Island Resorts*  
**Very Special Polk County School Board  
Employee Discount Program**

St. Pete Beach is where you gotta be! Whether it's for an active, family-friendly beachfront stay at the AAA four-diamond Island Grand, featuring boatloads of fun-in-the-sun and kids activities galore; or a more relaxed escape at Sandpiper Suites with its tranquil beachfront setting... Polk County School Board employees now qualify for the best rates around!

Please make note of your promo code: VSE (Very Special Employee.) You will always need it when making a reservation. Reservations are only accepted on-line and may be made up to 90 days in advance. Please remember that room types and dates are subject to availability and promotional allotment, are for leisure travel only, and cannot be used for meetings and conference accommodations. For resort information, call 800-251-0613 or visit [www.JustLetGo.com/VSEPolk](http://www.JustLetGo.com/VSEPolk).

*TradeWinds*  
**ISLAND RESORTS ON ST. PETE BEACH**