

## A Race for A Cure

Is there ever a good time to be told that you have cancer? Probably not! Bad times to receive dreadful news like this would include special days like a birthday or anniversary or holiday. This could put a damper on festivities for years to come! Ginny Kelley, Secretary III at the Mark Wilcox Center, remembers well the day she received the call with a diagnosis of her breast cancer. It was December 19, 2008, and she had just arrived in Tennessee visiting her daughter for the Christmas holidays. The diagnosis was scary enough, but being hundreds of miles away from home and knowing that she would not be able to get immediate care added stress to her situation. Making a few strategic phone calls, a new chapter in Ginny's life began.

Before the New Year, Ginny met with her surgical oncologist, Dr. Elisabeth Dupont. After multiple tests, a breast MRI and additional ultrasound views, Ginny learned that the tumor was much larger than originally anticipated. Plus, it was HER2 positive—a more aggressive breast cancer. “My first thought was to have the tumor removed as soon as possible.” However, her breast surgeon and oncologist felt differently. They recommended that her surgery not occur until after two 12-week treatments of chemotherapy to shrink the tumor. “In my mind, I was racing for a cure!” With the utmost faith and confidence in her medical team, Ginny proceeded with the protocol they proposed.

Being single with no immediate family in Florida, and on a limited income, Ginny was anxious. “Although I have good medical coverage through the School Board BC/BS insurance plan, meeting my financial obligations was a concern.” Fortunately for Ginny, she qualified to receive assistance through a grant\* funded by the Susan G. Komen Foundation. Designed to support low to moderate income people, the funding covered the first \$500 of Ginny's treatment and lifted a portion of the heavy burden that she carried.

Over the course of the following year, Ginny took on the race for a cure. She sought advice from others who had walked in similar shoes. “I looked for women who had a positive attitude about their cancer experience; I wanted to be optimistic!” One survivor recommended that Ginny buy a wig before she started chemotherapy, as she may not feel like shopping once treatment begins. “This was one of the best tips I received, and I had fun buying two chic wigs.” Ginny then had her hair cropped in a very short but modern style. “When I started to lose my hair, it wasn't so drastic or depressing,” she admits.

Ginny found great support in her School Board family as coworkers asked how they could assist. “People wanted to help me by preparing meals, buying groceries, and driving me to work or doctors' appointments. Friends made my life and cancer easier to handle.” Ginny also learned to speak out when she wasn't feeling well. “The nurses told me to contact them immediately if I started feeling poorly. From mega doses of IV fluids and anti nausea cocktails to pain relief, the nurse have the means—and desire—to make you feel better.”

Ginny is a survivor! “I can't imagine what would have happened if I didn't have my mammograms annually. My outcome may not have been so positive,” she said. Ginny is quick to remind women that yearly mammograms are essential for good health. She is also very thankful for events like the *Susan G. Komen Race for A Cure* that provides local funding for breast cancer screenings, diagnosis and treatment. Learn more about on-site cancer screenings at all schools and worksites as well as the *1st Annual Komen Polk Race for A Cure* (January 2012) in this edition of Wellness Matters.

\*The Health Council of West Central Florida Breast Cancer Treatment Support Grant



*Spotlight of the month shines on Ginny Kelley*

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# 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 and spouses 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.

<b>DATE</b>	<b>SCHOOL</b>	<b>DATE</b>	<b>SCHOOL</b>	<b>DATE</b>	<b>SCHOOL</b>
	<b>2011</b>	12/14	GARNER EL	4/10	CARLTON PALMORE EL
9/8	JIM MILES CTR		<b>2012</b>	4/11	LINCOLN AVENUE ACAD
9/7	BARTOW AIR BASE	1/5	FROSTPROOF MID/SR	4/13	GIBBONS STREET EL
9/14	JEWETT SOTA	1/6	FROSTPROOF MID/SR	4/16	SE ESE OFFICE
9/15	JESSE KEEN EL	1/9	ROOSEVELT ACAD	4/30	PALMETTO EL
9/16	KAREN M. SIEGEL ACAD	1/10	BARTOW EL ACAD	5/1	BRIGHAM ACAD
9/19	SIKES EL	1/11	DUNDEE EL	5/2	RIDGE CAREER CTR
9/20	AUBURNDALE SR	1/12	DENISON MID	5/7	HAINES CITY SR
9/21	JEAN O'DELL & LRNG CTR	1/13	ALTURAS EL	5/8	HAINES CITY SR
9/22	CALDWELL EL	1/17	LAKE ALFRED EL	5/9	EAGLE LAKE EL
9/23	ROCHELLE SOTA	1/18	BARTOW MID	5/14	WESTWOOD MID
9/26	LAKE SHIPP EL	1/19	BARTOW MID	5/15	BOONE MID
9/27	SPOOKHILL EL	1/20	ELBERT EL	5/16	LAKE MARION CREEK EL
9/28	SANDHILL EL	1/24	BETHUNE ACAD	5/17	FT. MEADE MID/SR
9/29	GARDEN GROVE EL	1/25	R. BRUCE WAGNER EL	5/18	SCOTT LAKE EL
9/30	FLORAL AVENUE EL	1/26	EASTSIDE EL	5/21	WEST AREA ADULT
10/3	DUNDEE RIDGE MID	1/30	WINTER HAVEN SR	5/23	MCLAUGHLIN MID
10/4	DUNDEE RIDGE MID	1/31	WINTER HAVEN SR	5/24	DIXIELAND EL
10/5	SLEEPY HILL MID	2/1	SOCRUM EL	5/30	LAUREL EL
10/7	STAMBAUGH MID	2/2	GRIFFIN EL	5/31	CRYSTAL LAKE EL
10/10	LAKELAND SR	2/6	SLEEPY HILL EL	6/1	SOUTHWEST EL
10/11	LAKELAND SR	2/7	HORIZONS EL	6/4	WINSTON EL
10/12	BARTOW SR	2/8	LOUGHMAN OAKS EL	6/6	TRAVISS CAREER CTR
10/14	BARTOW SR	2/9	LOUGHMAN OAKS EL	6/7	MARK WILCOX CTR
10/17	LAWTON CHILES ACAD	2/13	LEWIS EL	6/8	LAKELAND TRANS
10/18	BOSWELL EL	2/14	GEORGE JENKINS SR	6/11	BARTOW TRANS
10/19	DR. N. E. ROBERTS EL	2/15	GEORGE JENKINS SR	6/12	BARTOW TRANS
10/21	KATHLEEN SR	2/16	KATHLEEN MIDDLE	6/13	LAKE WALES TRANS
10/31	LKLD HIGHLANDS MID	2/17	CLEVELAND CRT EL	6/19	DISTRICT OFFICE
11/1	LENA VISTA EL	2/21	OSCAR J. POPE EL	6/20	DISTRICT OFFICE
11/2	AUBURNDALE CNTR EL	2/22	SOUTHWEST MID	6/21	DISTRICT OFFICE
11/4	PHILIP O'BRIEN EL	2/23	LAKE GIBSON MID	6/26	DISTRICT OFFICE
11/3	INWOOD EL	3/2	BLAKE ACAD	6/27	DISTRICT OFFICE
11/7	ALTA VISTA EL	3/5	LAKE REGION SR	6/28	DISTRICT OFFICE
11/8	JEWETT MID ACAD	3/6	LAKE REGION SR	7/10	L-7 SHOP
11/9	PURCELL EL	3/7	CHAIN OF LAKES EL	7/11	WH-5 SHOP
11/14	CRYSTAL LAKE MID	3/8	CHAIN OF LAKES EL	7/12	UA-1 SHOP
11/15	NORTH LKLD EL	3/19	FROSTPROOF EL	7/17	B-2 SHOP
11/16	MULBERRY MID	3/20	FROSTPROOF EL	7/18	L-6 SHOP
11/17	WENDELL WATSON EL	3/21	SNIVELY EL	7/19	B-3 SHOP
11/18	LAKE GIBSON SR	3/22	RIDGE COMMUNITY SR	7/24	EERS SHOP @ Jim Miles
11/28	TENOROC SR	3/23	RIDGE COMMUNITY SR	7/25	LW-9 SHOP
11/29	GAUSE ACAD	3/26	CHURCHWELL EL	7/26	CWAC SHOP @ Traviss
11/30	HIGHLANDS GROVE EL	3/27	WAHNETA EL	7/31	B-1 SHOP
12/1	KINGSFORD EL	3/28	HIGHLAND CITY EL	8/1	L-4 SHOP
12/2	MEDULLA EL	3/29	LK ALFRED ADDAIR	8/2	WOODLAKE CTR
12/5	BEN HILL GRIFFIN EL	3/30	PINEWOOD EL	8/7	WAREHOUSE
12/6	MULBERRY SR	4/1	UNION ACAD		
12/7	POLK CITY EL	4/3	DORIS SANDERS LRNG CTR		
12/8	DAVENPORT SOTA	4/4	EAST AREA ADULT		
12/12	PADGETT EL	4/5	COMBEE EL		
12/13	DANIEL JENKINS ACAD	4/9	KATHLEEN EL		

**Don't Miss  
the Bus!**

## Exercise Important for Survivors

A cancer diagnosis can completely disrupt your life in many ways. As difficult as it may be, cancer patients are urged to maintain or begin an exercise routine as soon as possible. According to research, cancer patients who engage in physical activity have significantly higher rates of survival, decreased rates of cancer recurrence and improved quality of life. But just how much exercise is enough? *The American College of Sports Medicine* and others recommend 150 minutes of moderate aerobic activity per week. This equates to 30 minutes of exercise such as brisk walking—difficult enough to become winded but still carry on a conversation. Health benefits are recognized whether the 30 minutes are completed all at once or broken up into sessions of no less than 10 minutes.

When following these guidelines, breast cancer patients showed a remarkable 40% reduction in mortality or cancer recurrence, prostate cancer patients experienced a decrease in disease progression by 57% and reduced mortality of 30%, while colorectal cancer patients showed a 50% reduction in recurrence and mortality. In addition to these effects, survivors who get the recommended amount of exercise also reduce their risk of developing diabetes, heart disease and stroke.

Although fatigue may appear to be a side effect, studies show that exercise helps maintain physical function without increasing fatigue. Visit the Wellness web site fitness page to view exercise tips, fitness facility discounts, group fitness classes, Trek 10 Trails of Polk County and/or sign up for “Walking Works.”

Regular aerobic exercise—including walking, running and swimming—is key to better cardiovascular and lung health.

The Cleveland Clinic mentions these possible benefits of aerobic exercise:

- ◇ Helps maintain a healthy body weight
- ◇ Helps lower blood pressure and cholesterol.
- ◇ Helps increase endurance.
- ◇ Helps manage stress.
- ◇ Helps ensure better sleep.

*Save the Date*

Saturday, January 14, 2012

The Susan G. Komen Polk County Race for the Cure®

10K & 5K Competitive Runs • 5K Walk  
1 Mile Fun Run/Walk

Make plans to join us for the 2012 Susan G. Komen Polk County Race for the Cure® on January 14 at Joker Marchant Stadium, Lakeland, FL

[www.komensuncoast.org](http://www.komensuncoast.org)



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## 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 glucose monitor

### Reduced Rx Copayments:

- Generic tier copay \$4\* retail or mail order
  - Preferred tier copay \$37.50\* mail order
  - Non-preferred tier copay \$62.50\* mail order
- \*90-day supply

Save \$600  
per year!

### Education/Winter Haven:

- Medical Issues in Diabetes 09/08/11
- Nutrition & Exercise 09/15/11
- Advanced Diet Planning 09/22/11
- Hypertension & Heart Disease 09/29/11

Classes will be held in the Palmetto Room at the Jim Miles Center, 5204 US Highway 98 South, Lakeland. All classes start at 4:30 PM; registration is required.

### Diabetes Screening:

The next diabetes screening will be held November 12, 2011 at Phillips, Salomon & Parrish, 4337 South Florida Avenue, Lakeland. Appointments are required.

Please email [allison.sullins@polk-fl.net](mailto:allison.sullins@polk-fl.net) or call Allison Sullins, RD, LD/N at 648-3057 for more information or to schedule a diabetes screening appointment.

## Keep a Healthy Balance in Life

Work is an important part of your life, but it shouldn't be your whole life. For your family's sake, and your own, strike a healthy balance between your career and your personal needs. Here are some tips:

- ◇ **Learn to shut work off.** These days with mobile phones, you can work practically anywhere, anytime. It can be a trap, so set a firm time of day to stop work and start concentrating on your family and other activities.
- ◇ **Focus on the here and now.** When you're working, give it your full attention. And when you stop, don't let worries about work and details about your job occupy your thoughts. This may take some practice, but teach yourself to be in the present at all times.



- ◇ **Find a good non-work activity.** If you've got nothing to do after work, you'll have a hard time disengaging when you try to stop. Find a hobby to immerse yourself in, or just make an effort to devote your full attention to your family's needs. Even then, make an effort to give yourself some personal time so you don't burn out on responsibilities.

- ◇ **Don't let your job define your identity.** When you describe who you are to people, let your job be only one aspect of your self-portrait. That way, a setback in any one area won't be as damaging to your self-image, and you'll be less tempted to ignore other possibilities open to you.

## Say Goodbye to the Pyramid

In June of 2011, the USDA unveiled the new diet icon, MyPlate, which replaced the food pyramid. The USDA stated in a press release that they want "consumers to think about building a healthy plate at meal time and to seek more information to help them do that by going to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)." MyPlate offers a practical visual that is easy to understand. MyPlate is based on the 2010 Dietary Guidelines which emphasizes avoiding "supersizing" meals, balancing calories, making fruits and vegetables fill up at least half your plate, increasing whole grains, and consuming less sugar, fat, and sodium. The website, [www.choosemyplate.gov](http://www.choosemyplate.gov), offers interactive tools such as food trackers, food planners, daily meal plans for moms, and a daily food plan personalized just for you! Be sure to check out the bulletin board at your school cafeteria to see the MyPlate icon and monthly nutrition tips!

