

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).

**Cancer Screening
Schedule Inside**



Want to Feel 20 Years Younger?

What would it take for you to feel 20 years younger? One person thought a two-week vacation at a spa, another said a full day of play without back pain, and one other said no grey hair or wrinkles! For Kathy Brammer, a teacher at Karen Siegel Academy, the “feeling younger” transformation was a process that was years in the making.

At the end of the 2005-2006 school year, Kathy and her friend heard about a new approach to weight management that the Wellness Program was starting called Lessons On Sensible Eating or **LOSE**. In this activity, the Wellness Program monitors your biometric values (cholesterol profile, glucose, insulin, and insulin resistance) as well as weight, body mass index and blood pressure. Participants are required to attend weight management classes taught by the Wellness Team (**LOSE Plus**) or by an approved commercial weight loss program (**LOSE Too**).

“My girlfriend and I both signed up and were accepted into **LOSE Too**. We chose Weight Watchers as I had some success with the program on my own about 15 years before. This time with a partner I would be more accountable.”

At the start of **LOSE Too**, Kathy had a check-up with her primary care physician. Her glucose level put her at risk for pre-diabetes and required frequent follow-ups and blood work. Kathy recalls, “When I returned for another appointment six months later, my doctor was ecstatic! My blood glucose had decreased by 30 points, and I was no longer classified as pre-diabetic. As we continued through the program, I could not believe how much younger I felt.”

The duo was diligent, and quite surprised at how easy it was to follow the Weight Watchers flex plan. “We continually shared new low-calorie recipes and foods we had found when we were shopping.” Nine months after starting the program, Kathy had lost 60 pounds and reached her Weight Watchers goal weight. “I dropped four dress sizes and had to buy a whole new wardrobe.”

Kathy admits, “If you are like me, you have been on every diet that is on the market. I would lose about 15 to 20 pounds and then give up because I wasn’t losing anymore. Then I would turn around and gain all of it back, plus another five or 10 pounds.”

One major lifestyle change Kathy incorporated was exercising. “I started off walking around my block, which is about half a mile. I slowly increased my activity and started running; now I am finishing a “Couch to 5K” class. I have run in several 5K races and have actually won a few awards in my age group.”

“Don’t think you can’t lose the weight because you are too old. I am proof that age does not matter. You can keep the weight off with the great support and encouragement you receive continuously from the Wellness Program. You can do it, because don’t you want to feel like you did 20 years ago!”

What’s inside

New LOSE	2	Cancer Screening	3
Good Carb or Bad Carb	2	ABCs of Diabetes	4
Exercise & Cancer Connection	2	Dust off Walking Shoes	4
		Making Strides	4

Good Carb or Bad Carb

Exercise and Cancer Connection



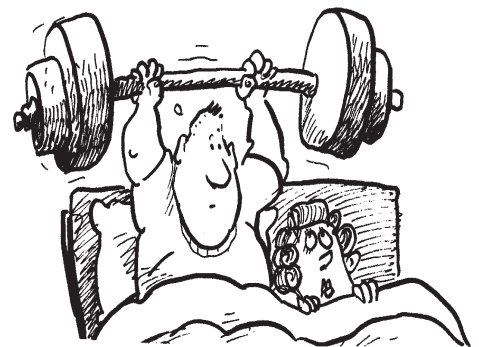
Have you heard that carbohydrates are fattening and should be limited when trying to lose weight?

This diet mantra has become commonplace with magazine headlines such as “Drop the Carbs! Drop the Weight!” screaming at us every time we’re in

line at the grocery. The real truth is many foods high in starch, like bread, rice, pasta, cereals, beans, fruits, and some vegetables are low in fat and calories. They become high in fat and calories when eaten in large portion sizes or when covered with high-fat toppings like butter, sour cream, or mayonnaise.

Foods high in starch (also called complex carbohydrates) are an important source of energy for your body. Approximately 50% of an individual’s total calories should come from carbohydrates. Aim to make half of the carbohydrates you eat whole grains. Whole grain foods are associated with a lower occurrence of heart disease and cancers of the lung, colon, esophagus and stomach.

You’ve heard this before. Daily physical activity helps to control weight; maintain healthy bones, muscles and joints; reduce the risk of developing high blood pressure, diabetes, heart disease and stroke; promote psychological well-being and the list goes on! But, what about cancer? Researchers are learning that physical activity also reduces the risk of cancers, particularly of the colon, breast, prostate, lung, and uterine lining. In spite of all this evidence, at least 50% of Americans engage in far less physical activity than is recommended by experts. According to the Centers for Disease Control (CDC), people need a minimum of 150 minutes of moderate activity or 75 minutes of vigorous activity each week. (For exercise examples visit: www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf.) Conclusive studies have repeatedly shown a reduction in the incidence of colon cancer by 30—40% in active people, relative to their inactive counterparts, regardless of weight.



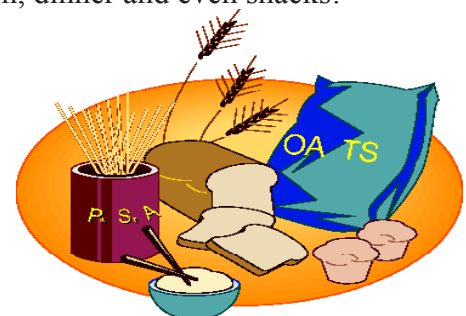
September is Whole Grains Month

As you get back in the routine of school, include whole grains for optimal health. Whole grains have been getting a lot of attention recently as research links a diet rich in these foods to many benefits including reducing risk of heart disease by lowering cholesterol; managing weight; reducing cancer risk, especially cancers of the stomach and colon; and reducing diabetes risk by helping maintain healthy blood sugar and insulin levels.

Whole grain foods are the whole package. Unlike refined grains found in many commercial food products, whole grains contain the entire kernel including the bran, germ and endosperm. All of their vitamins, minerals, antioxidants and fiber working together are important for good health. The Dietary Guidelines for Americans recommend at least 3 servings of whole grains daily.

Check out the many ways you can eat whole grains for breakfast, lunch, dinner and even snacks!

- Whole grain cereal
- Whole grain pancakes or waffles
- Whole grain pasta
- Whole grain side dishes like bulgur, quinoa or barley
- Whole grain bread, pita, tortillas or wraps
- Whole grain bagel or English muffin
- Whole grain crackers
- Brown rice or popcorn



2010-2011 Cancer Screenings

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 benefit is available at no cost to all employees who have PCSB BC/BS 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 screenings on the LRCC bus. Visit www.polk-fl.net (keyword: wellness) for a complete list of cancer screening dates.

Get On the Bus!

9/28	Alta Vista El	5/13	Ft. Meade Mid/Sr	5/19	McLaughlin Mid
1/19	Alturas El	10/7	Garden Grove El	12/9	Medulla El
11/8	Auburndale Cent. El	1/10	Garner El	11/18	Mulberry Mid
9/22	Auburndale Sr	12/3	Gause Acad	12/10	Mulberry Sr
7/27	B-1 Shop	2/10	George Jenkins Sr	11/17	North Lakeland El
7/14	B-2 & B-4 Shop	4/28	Gibbons Street El	2/15	Oscar J. Pope El
7/19	B-3 Shop	2/4	Griffin El	1/5	Padgett El
9/8	Bartow Air Base	5/4	Haines City Sr	4/26	Palmetto El
1/14	Bartow El Acad	3/25	Highland City El	11/9	Philip O'Brien El
1/24	Bartow Mid	12/6	Highlands Grove El	3/30	Pinewood El
10/20	Bartow Sr	2/8	Horizons El	12/15	Polk City El
6/13	Bartow Trans.	11/10	Inwood El	9/24	Polk Life & Learn.
12/8	Ben Hill Griffin Jr. El	9/29	James Stephens El	11/15	Purcell El
1/27	Bethune Acad	9/15	Jesse Keen El	1/28	R.B. Wagner El
11/11	Blake Acad	9/21	Jewett Mid Acad	4/29	Ridge Career Center
5/11	Boone Mid	9/14	Jewett SOTA	3/22	Ridge Community Sr
10/27	Boswell El	9/2	Jim Miles Center	9/23	Rochelle SOTA
4/27	Brigham Acad	9/16	Karen M. Siegel Acad	1/13	Roosevelt Acad
9/27	Caldwell El	4/6	Kathleen El	10/6	Sandhill El
4/7	Carlton Palmore El	2/14	Kathleen Mid	5/16	Scott Lake El
3/7	Chain of Lakes El	11/2	Kathleen Sr	4/1	SE ESE Office
3/24	Churchwell El	12/7	Kingsford El	9/17	Sikes El
2/17	Cleveland Court El	7/28	L-4 Shop	2/7	Sleepy Hill El
4/8	Combee El	7/7	L-6 Shop	10/14	Sleepy Hill Mid
5/26	Crystal Lake El	7/5	L-7 Shop	3/21	Snively El
11/16	Crystal Lake Mid	10/28	Lake Alfred El	2/3	Socrum El
7/6	CWAC Shop	3/29	Lake Alfred-Addair Mid	5/31	Southwest El
1/6	Daniel Jenkins Acad	2/24	Lake Gibson Mid	2/16	Southwest Mid
12/16	Davenport SOTA	11/30	Lake Gibson Sr	1/7	Spessard L. Holland El
1/20	Denison Mid	12/1	Lake Gibson Sr	10/5	Spookhill El
6/23	District Office	5/12	Lake Marion Creek El	10/25	Stambaugh Mid
5/24	Dixieland El	2/22	Lake Region Sr	12/2	Tenoroc High School
4/4	Doris Sanders Ctr	10/4	Lake Shipp El	6/3	Traviss Career Center
11/1	Dr. N.E.Roberts El	6/15	Lake Wales Trans	7/13	UA-1 Shop
1/18	Dundee El	11/3	Lkld. Highlands Mid	3/31	Union Acad
10/11	Dundee Ridge Mid	10/18	Lakeland Sr	3/28	Wahneta El
5/6	Eagle Lake El	6/10	Lakeland Trans	11/19	Wendell Watson El
4/5	East Area Adult	5/25	Laurel El	5/27	West Area Adult
10/1	Eastside El	10/26	Lawton Chiles Acad	5/10	Westwood Mid School
7/20	EERS Shop	11/4	Lena Vista El	7/12	WH-5 Shop
1/26	Elbert El	2/9	Lewis/ Woodbury El	6/2	Winston El
10/13	Floral Ave El	3/11	Lincoln Ave Acad	2/1	Winter Haven Sr
10/9	Food Service	12/13	Loughman Oaks El	8/1	Woodlake Center
3/9-10	Frostproof El	7/21	LW-9 Shop		
1/11	Frostproof Mid/Sr	7/26	Mark Wilcox Center		



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

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 \$400
per year!**

Education/Winter Haven:

- Medical Issues in Diabetes 09/09/10
- Nutrition & Exercise 09/16/10
- Advanced Diet Planning 09/23/10
- Hypertension & Heart Disease 09/30/10

Classes will be held in the main building of the Mark Wilcox Center, 611 Post Avenue SW, Winter Haven 33880.

All classes start at 4:30 PM, and registration is required.

Diabetes Screening:

The next diabetes screening will be held November 13, 2010 at Phillips, Salomon & Parrish, 4337 South Florida Avenue, Lakeland. Appointments are required.

Please email 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.

Dust Off Your Walking Shoes

What does it take to get fit and feel great? Joining a gym? Bicycling 10K a day? Swimming 20 laps? Did you know that getting fit does not require any special facility or equipment? Did you know that walking is one of the best forms of exercise and can provide the motivation to lose weight and achieve healthy lifestyle habits?

The May/June 2010 Walking Works competition showed hundreds of employees just how easy it is to feel like the first day of spring...every day! One avid participant stated:

"The Walking Works plan has jump started my fitness and good health for life. I have already lost enough weight that my blood pressure is under control. My doctor has decreased my blood pressure medication because it was too low on my last visit! Also, I have not had a headache or chest pain for a month."

Margie Bivins, Lakeland Highlands Middle

Save the Date
9/20/10
Walking
Contest
Begins!!!

It is your time! The next walking competition begins September 20. Get your team together now for a health-changing experience. All you need is a comfortable pair of walking shoes and an email address to register. Watch for registration information in Wellness Wednesday!

Making Strides Against Breast Cancer

1st Presbyterian Church
on Lake Hollingsworth Dr.
Lakeland, 33801

October 16, 2010
Registration — 7:30am
Walk — 8:15am

Contact:
Darcee Mora
(863) 648-3057
darcee.mora@polk-fl.net

Breast cancer touches all of us! Be it a family member, co-worker, or a neighbor, chances are you know someone who has battled this cancer courageously. Thanks to research and medical advances over the last three decades, breast cancer survivors are plentiful!

Making Strides Against Breast Cancer celebrates victories—the survivors who have fought and won the struggle, and it stresses the importance of early detection—when breast cancer is most treatable. *Making Strides* represents the progress being made to create a world with less breast cancer!

Get involved today when you sign-up to walk in *Making Strides*. Contact Darcee Mora at 863-648-3057 or darcee.mora@polk-fl.net to receive registration materials for you or your school-based team. Then join us on Saturday, October 16, 2010 at 7:30am as we walk for this great cause. Together, we can make a difference!