

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.

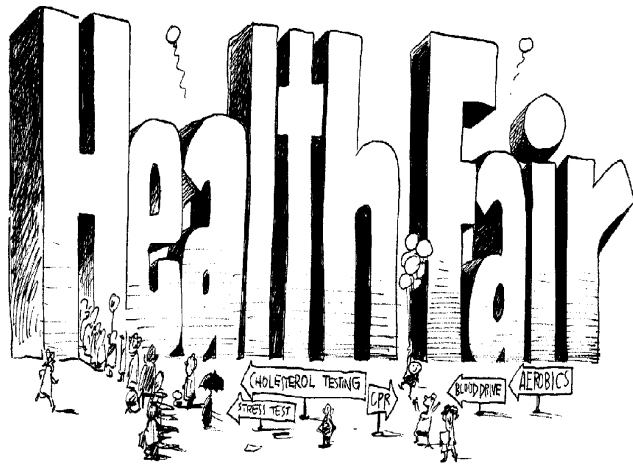
The American Cancer Society (ACS) estimates that more than 186,320 new cases of prostate cancer will be diagnosed in the United States this year. Next to lung cancer, prostate cancer is the second leading cause of death in males, with one in six males expected to be diagnosed during his lifetime. Early 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 7th from 7 am—noon at the Highlands Park Church of the Nazarene.** Pre-registration is required; log onto <http://www.polk-fl.net/healthfair>.



Special
Health Fair
Edition

Wellness Matters is a free monthly publication of the Polk County Schools Wellness Program, 3524 New Jersey Road, Lakeland, FL 33803. For more information, visit www.polk-fl.net keyword: wellness.

School Board Retirees



**FREE: mini health fair
with no-wait blood-draw
lines, memory testing &
cancer screenings!**

The *ABCs of Health*, Polk County Schools' employee and retiree health fair, is scheduled for Saturday, March 7, 2009 at Highland Park Church of the Nazarene Community Center. Retirees and spouses: get your blood drawn, cancer screening, memory testing & PAD screening early to avoid waiting in line!



**Friday, February 20, 2009
7:30 AM to 10:30 AM
Mark Wilcox Center
611 Post Avenue, SW
Winter Haven, FL 33880**



Appointments are limited so CALL now:

- ♥ **Blood screenings:** Cholesterol, HDL/LDL, triglycerides, homocysteine, PSA, glucose, insulin, insulin resistance: **Call Jamie at (863) 648-3057**
- ♥ **Cancer screenings:** Breast, prostate, skin, fecal occult & osteoporosis through Lakeland Regional Cancer Center: **Call Theresa at (863) 603-6579**
- ♥ **Memory screening:** Alzheimer's Association: **Call Stephanie at (863) 688-4834**
- ♥ **Paripheral Artery Disease (PAD) screening:** **Call Kari at (863) 397-7662**

Retirees & spouses only: FREE blood work, blood pressure, osteoporosis, memory and cancer screenings are available on February 20; **this is for retirees and their spouses who are covered under Polk County School Board Insurance.** (For those spouses without School Board Insurance, the cost for participating in blood screenings is \$50.) Yes, you will still want to attend the Health Fair; you'll just have more time to visit with our 65+ vendors and participate in other Health Fair screenings...without waiting in the blood-draw & cancer screening lines.

Don't forget: 8-hours fasting!



ABCs of Diabetes Program Details

Eligibility: Anyone on the School Board Health Insurance Plan (Blue Cross/Blue Shield) who has pre-diabetes or diabetes (Type 1 or Type 2) is eligible to participate in the *ABCs of Diabetes* Program.

Diabetes Education: Members of the *ABCs of Diabetes* Program are required to participate in four educational programs including:



- *Medical issues for diabetics
- *Managing diabetes with nutrition & exercise
- *Advanced diet planning
- *Managing heart disease & high blood pressure

These classes are designed to provide patient self-management skills/education to prevent acute complications and reduce the risk of long-term complications.

Screenings: All participants in the *ABCs of Diabetes* Program must complete preventive health screenings at least two times each year. Receive **FREE** screenings through the *ABCs of Diabetes*, or you may choose to visit your primary care physician at your expense. The screening dates for the *ABCs of Diabetes* are on Saturdays as follows:



- *January 31, 2009
- *May 9, 2009
- *August 8, 2009
- *November 14, 2009

Pre-registration is required for all screenings dates.

Intervention Sessions: High risk intervention and goal-setting sessions will be set up for all participants in the *ABCs of Diabetes* Program, and are a requirement to maintain active status in the program. These brief sessions review the risk factors each individual has based on their personal screening data.



ABCs of Diabetes Schedule

Diabetes Educational Classes

Mark Wilcox Center, 611 Post Avenue SW
Winter Haven

Diabetes—Medical Issues	1/08/09
Diabetes—Nutrition & Exercise	1/15/09
Advanced Diet Planning	1/22/09
Hypertension/Heart Disease	1/29/09

Register online at www.polk-fl.net/wellness.

Diabetes Screening—January 31

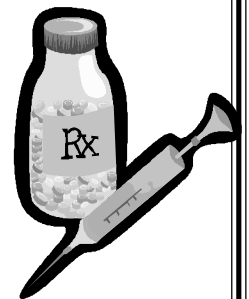
Phillips, Salomon & Parrish
215 First Street North—Winter Haven (2 blocks south of Winter Haven hospital)

Screenings include: dilated eye exam, cholesterol & triglycerides, HbA1c, kidney function test, blood pressure and foot exam.

Call Janet Armitage, RD/LDN at (863) 648-3057 for an appointment.

Don't pay full price again...

Participants in the *ABCs of Diabetes* enjoy reduced diabetes prescription co-payments and annual savings averaging \$400. Yes, all diabetes medications and supplies are 50% off regular copayments. Following are copayments for members of the *ABCs of Diabetes*:



Generic tier co-pay

- \$4—one month supply
- \$8—three-month supply

Preferred tier co-pay

- \$12.50—one month supply
- \$31.25—three-month supply

Non-preferred tier co-pay

- \$20—one month supply
- \$50—three-month supply

\$400 Annual Savings

Join Us!



**\$1,200
Value!**

**ABCs of Health
Polk County Public Schools'
Employee & Retiree Health Fair**

**March 7, 2009
7:00 AM to 12 noon
Highland Park Church of the Nazarene
4777 Lakeland Highlands Road
Lakeland**

**Polk County School Board
Wellness Program
P. O. Box 391
Bartow, FL 33831**

**Special
Health Fair
Information**



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