



October 2018



W WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



NATIONAL BREAST CANCER AWARENESS MONTH



Except for skin cancer, breast cancer is the most common cancer in women in the United States. Deaths from breast cancer have declined over time, but remains the second leading cause of cancer death among women overall and the leading cause of cancer death among Hispanic women.

Each year in the United States, about 237,000 cases of breast cancer are diagnosed in women and about 2,100 in men. About 41,000 women and 450 men in the U.S. die each year from breast cancer. Over the last decade, the risk of getting breast cancer has not changed for women overall, but the risk has increased for African-American women and Asian and Pacific Islander women. African-American women have a higher risk of death from breast cancer than Caucasian women.

The risk of getting breast cancer goes up with age. In the United States, the average age when women are diagnosed with breast cancer is 61. Men who get breast cancer are diagnosed usually between 60 and 70 years old.

What Are the Symptoms of Breast Cancer?

Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer.

SAVE LIVES ONE STEP AT A TIME



Join the County's support of Breast Cancer Awareness and Making Strides Against Breast (MSABC) Cancer by signing up for the MSABC walk on October 27, 2018 at Marlins Park at 9 am.
http://main.acsevents.org/site/TR/?fr_id=89653&pg=team&team_id=2360888

Join Miami-Dade County's Alina Hudak, 2018 Chair of MSABC, and the American Cancer Society at the Making Strides Against Breast Cancer walk, which raises awareness and funds to save lives from breast cancer. The events raise money to fund innovative research, provide free information and support, and to help people reduce their breast cancer risk or find it early when it's most treatable.

Learn more here: http://makingstrides.acsevents.org/site/PageServer?pagename=strides_learn

There are various events that will be coming your way throughout the month. Show your support by participating, walking and donating! Help make this year's walk the most successful one yet.

What Can I Do to Reduce My Risk of Breast Cancer?

Getting regular exercise and keeping a healthy weight can help lower your breast cancer risk.

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways:

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

Source: <https://www.cdc.gov/cancer/breast/index.htm>

Share Your Story!



Have you made a change to your health in 2018? Are you more focused on your Wellbeing? On Oct. 20, 2018 at the 5K Family Fun Day at Zoo Miami, visit the private video testimonial booth (capture pod) and share your story! Create a short video and it will immediately be sent to your phone. How has WellnessWorks impacted your life? You never know how your journey may inspire someone else!

Healthy Pumpkin Muffins



Ingredients

- 3/4 cup extra-virgin olive oil
- 1/2 cup maple syrup or honey
- 2 eggs, at room temperature
- 1 cup pumpkin purée
- 1/4 cup milk of choice (almond milk, lowfat)
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon, plus more for sprinkling
- 1/2 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice or cloves
- 1 3/4 cups white whole wheat flour or regular whole wheat flour
- 1/3 cup old-fashioned oats, plus more for sprinkling on top

Directions

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius). If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray (my pan is non-stick and didn't require any grease).
2. In a large bowl, beat the oil and maple syrup or honey together with a whisk. Add the eggs, and beat well. Mix in the pumpkin purée and milk, followed by the baking soda, vanilla extract, salt, cinnamon, ginger, nutmeg and allspice.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined. If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
4. Divide the batter evenly between the muffin cups. Ok to fill the cups a little higher than you normally would. Sprinkle the tops of the muffins with a small amount of oats, followed by a sprinkle of cinnamon. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down (you have been warned!). You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.
6. These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed).

<https://cookieandkate.com/2014/healthy-maple-pumpkin-muffins/>

Let's make Halloween fun, spooky and a little healthier too

Afraid you'll be dealing with an excess of Halloween treats that can last through fall and into the new year? **Here are some ideas for enjoying the evening's haul responsibly and getting rid of leftover candy:**

- Let each child keep enough candy to have one or two pieces a day for one or two weeks (long enough for the excitement to wane). Throw away, donate or repurpose the rest.
- When your child asks for a piece of candy, pair it with a healthy snack: an apple, a banana, some nuts or celery with peanut butter.
- "Buy back" candy from your child with money or tokens they can trade in for a fun activity: a day at the zoo, an afternoon playing at the park, going ice skating or a day at the pool.
- Some dentists' offices have buy-back or trade-in programs, too.
- Save it for holiday baking.
- Save it to fill the piñata at the next birthday celebration or share throughout the holidays

- Don't eat it, use it in an arts and crafts project or to decorate a holiday gingerbread house.



- Donate excess candy to a homeless shelter, children's hospital or care package

program for troops overseas. A familiar sweet treat from home can be comforting at the holidays.

Have no fear – you got this!

Source: <http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-have-a-healthy-halloween>



HEALTHY SELFIE

Lunch Time Yoga

Human Resources: Susana Ramirez-Lapp, Ricardo Bran, Ingrid Martinez

Have you made fitness part of your lifestyle? Send us a picture showing you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to: WellnessWorks@MiamiDade.gov.

October Events

Date	Event	Location
Saturday, Oct. 13, 2018	2018 Schott Communities 5K Run, Walk & Roll	Schott Communities, 6591 S. Flamingo Road, Cooper City, FL 33330
Saturday, Oct. 20, 2018	5K Family Fun Day	12400 SW 152nd St., Miami, FL 33177
Saturday, Oct. 27, 2018	Making Strides Against Breast Cancer Walk	Marlins Park 501 NW 16th Ave., Miami, FL 33125
Saturday, Oct. 27, 2018	2nd Annual Trick or Trot 5K	Markham Park, 16001 West State Road 84, Sunrise, FL 33326
Saturday, Oct. 27, 2018	5K-Dog Run	Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012