

Wellness Watch

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



Breast Cancer Prevention, Awareness and Early Detection

Breast cancer is one of the most common cancers among American women. Mammogram screenings are a reliable tool and indicator to help diagnose breast cancer in its early stages. This early detection can help save women lives as it may be easier to treat before it becomes palpable, or causes symptoms.

What Are the Symptoms?

There are different symptoms of breast cancer and some people have no symptoms at all. Symptoms can include:

- Any change in breast size or shape.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

How Can I Lower My Risk?

You can take action to help lower your breast cancer risk.

- Maintain a healthy weight and exercise regularly.
- Limit or do not consume alcohol.
- Discuss the risk of taking hormone replacement therapy or birth control pills with your doctor.
- If possible, breastfeed your infant.

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>

- **On-site Mammography Screening, Biometric Screening, and Flu Shots are available at several County locations.**



WellnessWorks has you covered. Florida Mobile Mammography will be at OTV, Government Center, Police Headquarters and Fire Rescue Headquarters together with Flu Shots and Biometric screenings at some locations. Schedule your appointment now by visiting <https://secure.miamidade.gov/employee/coronavirus/wellnessworks-resources.page>. Complete the flu shot attestation form on the www.healthyroads.com for a chance to win an air fryer. You can also earn \$20 for completing the biometric screening.

(Reminder: flu shots and mammograms have no copay for AvMed members.)

"EVERY DAY is a new opportunity to change your life."

-Unknown

NO BEAN TURKEY AND SWEET POTATO CHILI

Ingredients:

- 20 oz. 93% lean ground turkey
- kosher salt, to taste
- 1/2 cup onion, chopped
- 3 cloves garlic, crushed
- 10 oz. can Rotel mild tomatoes with green chilies
- 8 oz. can tomato sauce
- 3/4 cup water
- 1/2 tsp. cumin, or to taste
- 1/4 tsp. chili powder
- 1/4 tsp. paprika
- 1 bay leaf
- 1 medium sweet potato, peeled and diced into 1/2-inch cubes
- fresh cilantro, for garnish



Stove Top:

1. In a large skillet, brown turkey over medium-high heat, breaking it up as it cooks into smaller pieces and season with salt.
2. When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat.
3. Add the can of Rotel tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.
4. Cover and simmer over medium-low heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally.
5. Add 1/4 cup more water if needed. Remove bay leaf and serve.

To learn more about this recipe or for an instant pot version of this recipe visit

<https://www.skinnytaste.com/no-bean-turkey-and-sweet-potato-chili/>

October is National Physical Therapy Month (NPTM)

3 THINGS YOUR PHYSICAL THERAPIST WANTS YOU TO KNOW ABOUT AGING WELL

Physical therapists are movement experts who can help you optimize quality of life through prescribed exercise, hands-on care and patient education.

See below some of the items physical therapist suggest to help you age well:

1. Chronic pain doesn't have to be the boss of you.

According to the Centers for Disease Control and Prevention (CDC), in 2016 an estimated 20.4% (50 million) US adults experienced chronic pain, contributing to indirect medical costs, lost work time and wages. Physical therapist, supervised exercise, mobility, and pain management treatment plans can ease pain while moving and at rest, improving your overall quality of life.

2. You can get stronger when you're older.

Research shows improvements in strength and physical function are possible in your 60s, 70s, and even 80s and older, with an appropriate exercise program. Progressive resistance training, in which muscles are exercised against resistance that gets more difficult as strength improves, has been shown to prevent frailty.



3. You may not need surgery or medication for low back pain.

Low back pain is often over-treated with surgery and medications despite a wealth of evidence demonstrating physical therapy can be an effective alternative — and with much less risk.

For a full list of things physical therapists want you to know to age well, visit:

<https://www.choosept.com/resources/detail/9-physical-therapist-tips-to-help-you-agewell>

Be Well. Stay Well. Earn \$20 dollars for completing your PHA online at

www.healthyroads.com

2021 WALK AROUND THE WORLD POLE TO POLE CHALLENGE



WellnessWorks is seeking the first 40 teams of 20 participants to join 2021 Walk Around the World Pole to Pole challenge. Teams will compete in a worldwide trek that includes the north and south poles. Prizes and surprises are planned at different landmarks. Participants will have access to journey updates and valuable information from HealthyroadsSM. WellnessWorks points will be awarded every quarter. To register your team <https://secure.miamidade.gov/employee/news-item.page?Mduid=1598997376160597>

All completed registration forms must be submitted to wellnessworks@miamidade.gov

Note: Registration will close immediately upon receiving 40 completed team registrations forms. All participants must be registered on healthyroads.com to participate in the challenge and be sure to provide the email address on the registration form used to register at www.healthyroads.com.

Wellness on Demand

"Let Wellness Come to You"

October Webinar Topics:

- 1-Oct-20** Women's Mysterious Pains
- 6-Oct-20** Live Well Fall Series: Session 1 I. Body Basics: Eating, Moving, Sleeping and Hygiene
- 7-Oct-20** Foods to Fight Inflammation
- 8-Oct-20** Live from the Kitchen: Healthy Dinners for the Family
- 13-Oct-20** Live Well Fall Series: Session 2 Mental Basics: Resilience, Boundaries, Stress/Anxiety, Relationships
- 14-Oct-20** Your Fall Exercise and Nutrition Plan to Battle the Holiday Bulge

To register to attend a webinar this month visit <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>

Note: Registration links are updated weekly.

For more information on Wellnessworks programs and offerings email wellnessworks@miamidade.gov

Healthy Selfie:

Eric Navarro from ISD starting his V5K Run/Walk Staying Well Together at Tropical Park.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to WellnessWorks@MiamiDade.gov.



Next Step Challenge: Step into Winter Challenge

Step up to maintain your health, increase your immunity against the flu and common cold, and get moving to start the Holiday Season.

Challenge: 200,000 steps

Registration Date: October 12

Challenge Dates: Oct. 18 – Nov 14, 2020

To register or for more information visit

www.HealthyRoads.com