



## FLORIDA DEPARTMENT OF HEALTH IN FRANKLIN COUNTY

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

### WELLNESS NEWSLETTER OCTOBER 2015



### *Breast Cancer: Know the Risks*

Many things can increase the chance that you'll get breast cancer. They're called **risk factors**. Some things you can change. Others you can't.

#### Menstruation



Starting your period before age 12.



Starting menopause (the "change of life") after age 55.

#### Motherhood



Having children after age 35 or never having children.



Not breastfeeding your babies.

#### Hormones



If you're taking hormone replacement therapy (HRT), ask your doctor if you need it.

Some types of HRT increase your risk for breast cancer and can cause "dense breasts" (more breast tissue than fat tissue). Dense breasts increase your risk for breast cancer and make it harder for a mammogram to find cancer.

#### Lifestyle



Get at least 4 hours of exercise each week.



Keep a healthy weight, especially after menopause.



Limit alcoholic drinks to one per day.

#### Family History and Genetics



Relatives with breast cancer or ovarian cancer at a young age.



Changes in the BRCA1 or BRCA2 genes related to breast cancer.

#### Other Risk Factors



Getting older.



Radiation treatment to the chest area.



Breast cancer or certain other breast problems in the past.

Having one or more of these risks doesn't mean you'll get breast cancer. Also, some women have breast cancer even when they don't have any of these risks.



So, talk to your doctor about what you can do to lower your risk, and the right screening for you.

No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.



More information about breast cancer: [www.cdc.gov/cancer/breast/](http://www.cdc.gov/cancer/breast/)

National Center for Chronic Disease Prevention and Health Promotion



Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early. A mammogram - the screening test for breast cancer - can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

### How can National Breast Cancer Awareness Month make a difference?

We can use this opportunity to spread the word about steps women can take to detect breast cancer early. Here are just a few ideas:

- Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.
- Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years.

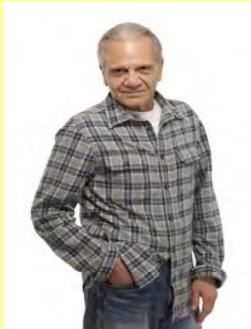


Breast Cancer  
Awareness



# COME JOIN US!

Do you want to see a healthier  
Franklin County?



**The Franklin County Community Health Improvement Partners want to learn more about what can be done to improve the health of citizens in Franklin County.**

**Join members of your county in discussion about:**

- **Healthiest Weight**
  - **Nutrition**
  - **Physical Activity**
- **Access To Healthcare**
  - **And More**

**For more information please contact: David Walker at The Florida Department of Health in Franklin County, 850-653-2111 ext. 119.**

**PLEASE JOIN THE NEXT:  
Franklin County  
Community Health  
Assessment Workshop**

**NOVEMBER 17, 2015**

**9AM-12PM**

**Florida Dept. of Health-  
Franklin—2nd Floor**

**Conference Room**

**139 12th Street**

**Apalachicola, FL 32320**



# HealthiestWeight



## October's Food of the Month is here!

The 'Food for Thought' theme in schools will continue to focus on a **Healthy Food of the Month**, and this year will highlight foods featured by the Florida Farm to School "Harvest of the Month" Program.

Students in Franklin County schools will be learning about: **Satsuma Tangerines**

The Satsuma is a citrus fruit that is in the mandarin orange family which also includes the tangerine. It is smaller and milder tasting than the tangerine, and originated in Southern Japan where the climate is similar to central and northern Florida. In Florida the Satsuma is among the earliest mandarin oranges to mature and can be harvested from October to December.

In October when you start to see Florida grown Satsumas in the grocery store or farmer's market the fruit may not be entirely orange in color with some green on its skin, but it is still ripe and ready to eat. The Satsuma is a bit smaller than the common tangerine and the inner fruit is quite juicy and sweet.

The Satsuma tree is not very large compared to other citrus varieties, growing to a height of 15 to 20 feet and making it suitable to grow even in a small back yard. Citrus in the mandarin family is also very cold tolerant so that it is possible to grow the Satsuma in northern-most Florida along the Gulf Coast.

It's the perfect fresh snack food that is so easily peeled that growers call it "zipper skin". The juicy segments of fruit also add flavor when added to either fruit or green salads. The juice from the Satsuma is a healthy drink with a pleasant sweet flavor.

Like all citrus fruit the Satsuma is very low in calories and an excellent source of vitamin-C, anti-oxidants and fiber. A tasty "naturally packaged" fruit that is good for you too!

This message provided by school health nurses at Apalachicola Bay Charter School and Franklin County K-12 Schools.





We would like to wish the following staff a very Happy Birthday!

|                  |       |
|------------------|-------|
| Amy Crosby       | 10/9  |
| Trisha Dasher    | 10/16 |
| Gina Moore       | 10/12 |
| Patricia Mesick  | 10/20 |
| Sabrina Williams | 10/20 |
| Randi Sandoval   | 10/28 |



## Sweet Pepper & Chicken Fajita Stir Fry



- |                                  |   |
|----------------------------------|---|
| <b>Ingredients:</b>              | 1/2 tsp chili powder  |
| 3 tbsp. lime juice               | 1 lb boneless, skinless chicken breast, thinly sliced         |
| 2 tbsp. finely chopped cilantro  |   |
| 1 tbsp / plus 5 tsp olive oil    | 1 large red & 1 yellow bell pepper (seeded and thinly sliced) |
| 1 1/2 tbsp. low-sodium soy sauce | 1 large red onion, halved & thinly sliced                     |
| 4 garlic cloves minced           | Kosher salt   |
| 1/2 tsp cumin                    | Whole wheat tortilla ( optional)                              |

### Directions:

1. In a medium bowl, combine lime juice, cilantro, 1 Tbsp. oil, soy sauce, 1 tsp. garlic, brown sugar, cumin and chili powder. Add chicken; stir well. Let stand for 15 minutes.
2. In a 12-inch nonstick skillet, heat 1 1/2 tsp. oil over medium-high heat until very hot; swirl to coat skillet. Spread half of chicken in a single layer, reserving marinade. Cook, undisturbed, for 2 minutes, then stir-fry for 1 minute. Transfer to a plate. Add another 1 1/2 tsp. oil; repeat with remaining chicken.
3. Add remaining 2 tsp. oil, peppers and onion to skillet. Stir-fry until vegetables are slightly charred and crisp-tender, about 5 minutes. Add remaining 1 Tbsp. garlic; stir-fry for 30 seconds. Season with salt.
4. Pour reserved marinade into skillet; let boil for 30 seconds. Return chicken and any juices that have collected to skillet; toss until heated through. Serve with warm tortillas, if desired.

### Nutritional Facts: (per serving) Serves 4

|               |                   |                   |               |              |
|---------------|-------------------|-------------------|---------------|--------------|
| Calories: 275 | Saturated Fat: 2g | Cholesterol: 73mg | Fiber: 2g     | Iron: 1mg    |
| Fat: 13g      | Protein: 26g      | Carbs: 14g        | Sodium: 599mg | Calcium: 34g |

The DOH-Franklin/Gulf **Closing the Gap Program** will be hosting healthy cooking demonstrations

at the **Piggly Wiggly Grocery Store & Dollar General Market** in October!

Be sure to check out the healthy recipes and enjoy a delicious sample!

**October 14th, - 2pm-4pm—Piggly Wiggly—Apalachicola**

**October 20th and 28th, 2015—2pm-4pm Dollar General Market—Port St. Joe**

For more information please contact: Talitha Robinson or Alma Pugh at

850-653-2111 ext 102/133.

The newsletter is written by FDOH-Health Educators. The information is provided on the purpose of education only and is not for the use to diagnose and/or treat any medical and/or mental health condition.

For specific medical advice, diagnosis, and/or treatment please contact your primary care provider.