



Established 1915

BROWARD
County Public Schools

Wellness Newsletter

October 2019

Live. Life. Well.

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Poster



CANCER



Cancer Prevention: Women

Cancers that most often affect women are breast, colon, endometrial, lung, cervical, skin and ovarian cancers.

Breast Cancer

Breast cancer is the most common (not skin-related) cancer among women. It can occur at any time, but risk increases with age.

Endometrial Cancer

Endometrial cancer is cancer in the lining of your uterus and is most common in women ages 55 and older, particularly at the time of menopause. A Pap test does not test for endometrial cancer. Discuss if testing may be necessary with your doctor.

Cervical Cancer

To help prevent or detect cervical cancer, follow screening guidelines listed on page 4 of this newsletter.

Ovarian Cancer

Ovarian cancer can affect anyone. Risk increases with age, for those who have never had children, have unexplained infertility, or had their first child after the age of 30.

Colon, Skin and Lung Cancer

For colon, skin and lung cancer, women should follow the same precautions as men: Don't smoke, follow cancer screening guidelines, know your family history, eat fruits and vegetables, use sunscreen, stay active and maintain a healthy weight.





Cancer Prevention: Men

The most common kinds of cancers for men are prostate, colon, lung and skin cancers.

Prostate Cancer

Risk of prostate cancer increases with age, and it is most common for men aged 65 and older. For reasons unknown, African American men have an even greater risk of this cancer than other minority groups.

Colon Cancer

Colon cancer almost always begins with a polyp, or a growth on the lining of your rectum. If you have a polyp, have it tested and removed before it becomes cancerous. A colonoscopy is recommended starting at age 50 and is covered on the Aetna plan, as a wellness visit.

Lung Cancer

Eight in ten lung cancer deaths are a result of smoking, which means two things:

- You can greatly reduce your risk by not smoking
- You should still follow the screening guidelines, even if you're a non-smoker.

Skin Cancer

Everyone is susceptible to getting skin cancer, but those with blond and red hair have a greater risk. Take precaution by using sunscreen, avoiding the sun by staying in the shade during the middle of the day, and be aware of moles or spots on your skin. If you see a new or changed mole, consult your doctor.



Research Cancer Risks

Visit your doctor or www.cancer.org and do research on cancer risks specific to your age, gender, family history and lifestyle.



Importance of Early Detection

Why is it so important to discover cancer as early as you can?

> 90%

More than 90% of women diagnosed with breast cancer at the earliest stage survive for at least five years, compared to 15% of women diagnosed at the most advanced stage.

> 90%

More than 90% of bowel cancer patients diagnosed at the earliest stage survive longer than those diagnosed at later stages.

> 80%

More than 80% of lung cancer patients diagnosed at the earliest stage will survive longer than those diagnosed at the most advanced stage.

The stats go on and on. Follow cancer screening guidelines to detect illness early.

Note: These are the recommended guidelines from the American Cancer Society. Consult your doctor for treatment specific to you.

AGES	MEN	WOMEN
21-39	<p>Colon Cancer: If you have an increased risk of colon cancer due to family history or another factor, discuss a screening with your health care provider.</p>	<p>Breast Cancer: If you are at a higher risk for breast cancer or feel any changes, see a doctor immediately.</p> <p>Cervical Cancer: From ages 21-29, women should have a Pap test done every three years. Starting at age 30, women at average risk should now have a Pap test every year.</p> <p>Colon Cancer: Discuss a screening with your doctor if you are at an increased risk.</p>
40-50	<p>Colon Cancer: All men ages 50 and above should be tested annually.</p> <p>Prostate Cancer: If you are 45 or older and have an increased risk, discuss a screening with your doctor.</p>	<p>Breast Cancer: Begin annual mammograms at age 40.</p> <p>Cervical Cancer: Continue to have a Pap test every year.</p> <p>Colon Cancer: All women ages 50 and above should be tested annually.</p>
50-64	<p>Colon Cancer: Continue to be tested annually.</p> <p>Prostate Cancer: At age 50, all men of average risk should discuss a screening with their doctor.</p> <p>Lung Cancer: If you are 55 or older, discuss a test with your doctor.</p>	<p>Breast Cancer: Continue to have a mammogram every year.</p> <p>Cervical Cancer: Continue to have a Pap test every year.</p> <p>Colon Cancer: Continue to be tested annually.</p> <p>Lung Cancer: If you are 55 or older, discuss a test with your doctor.</p>
65 and Older	<p>Colon Cancer: Testing is recommended through ages 75; from ages 76-85, consult with your doctor.</p> <p>Prostate and Lung Cancer: Discuss the pros and cons of tests with your doctor.</p>	<p>Breast Cancer: Continue to have a mammogram every year.</p> <p>Cervical Cancer: No testing is needed if you've had normal results the past 10 years.</p> <p>Colon Cancer: Testing is recommended through age 75; from ages 76-85, consult with your doctor.</p> <p>Lung Cancer: Discuss the pros and cons of a test with your doctor.</p>

WHAT YOU NEED TO KNOW FOR 2020 OPEN ENROLLMENT

**Open Enrollment for 2020 will begin
Tuesday, October 1, 2019
and will end on Friday, October 25, 2019.**

- The benefits that you select during the Open Enrollment period in October, will take effect on January 1, 2020.
- If you would like to add new unverified dependents (spouse, children, or domestic partner) to your Medical, Dental and/or Vision Plan(s), you will be required to complete the Dependent Verification Process no later than Friday, October 25, 2019. You must present the required Dependent Verification document(s) to a Benefits Department Staff Member. Some of the required documents include, but are not limited to Marriage Certificate (for spouse), Birth Certificate, Adoption, or Legal Guardianship Records (for children). Documents written in languages other than English **MUST** be translated into English by a certified Translation Company. For further information regarding the Dependent Verification Process, please log-on to the Benefits Department website at browardschools.com/benefits, click on the Open Enrollment link, then select the Dependent Verification FAQ Document.
- The first dependent premium deductions, if applicable, will be deducted from your December 2019 paychecks for 2020 coverage. The per paycheck deduction will be noted on your Benefits Confirmation Form, which you can print by accessing Employee Self-Service (ESS). Please refer to the 2020 Open Enrollment User Guide for guidance, which is located on the Benefits Department's website at browardschools.com/benefits, by selecting the Open Enrollment link. In addition, your per paycheck deduction is based on the number of deduction checks you earn per year, in accordance with

your assigned payroll calendar. To view an example of the bi-weekly dependent premium deduction calculation, please refer to the "Dependent Premium Bi-Weekly Deduction Chart" located on the Benefits Department's website at browardschools.com/benefits by selecting the Open Enrollment link.

- There are many useful resources, phone numbers and links to assist you on the Benefits Department's website at browardschools.com/benefits. The Benefits Department, in addition to the District's benefits carriers, will be available for questions at select locations throughout the District during the month of October. A listing of the locations can be found on the Benefits Department's website by clicking on the 2020 Open Enrollment link. Should you have any questions, you may call the Open Enrollment Hotline at 754-321-3230, or email us at open.enrollment@browardschools.com.
- Open Enrollment must be completed online through Employee Self-Service (ESS). A Benefits Confirmation Form should be printed and kept as proof of enrollment and coverage for you and your dependent(s), if applicable. Please note that ESS is NOT AVAILABLE on Saturdays from Noon until Sunday at 1 p.m. and on Mondays, if your paycheck is being processed for that particular week. For Technical Support Assistance, please contact the ETS Help Desk at 754-321-0411, Monday – Friday, 7:00 a.m. – 4:00 p.m.
- As a reminder, please keep in mind that while Open Enrollment takes place on Tuesday, October 1 through Friday, October 25, 2019, the benefits you select will go into effect on January 1, 2020.

**Remember, the last day
to make changes for
Open Enrollment will be
Friday, October 25, 2019.**



Breast Cancer Myths

Material on this page is courtesy of the [National Cancer Institute](#).

Finding a lump in your breast means you have breast cancer.

The Truth:

Only a small percentage of breast lumps turn out to be cancer, but if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored. It is very important that you see a physician for a clinical breast exam. A medical professional may possibly order breast imaging studies to determine if this lump is of concern or not.

Take charge of your health by performing routine breast self-exams, establishing ongoing communication with your doctor, getting an annual clinical breast exam, and scheduling your routine screening mammograms. The 3D mammogram is a convenient way to receive your screening. Please email tina.severance@browardschools.com to request a MammoVan visitation at your site.

Men do not get breast cancer. It affects women only.

The Truth:

Quite the contrary, each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer and 410 will perish. While this percentage is still small, men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume that a lump is breast cancer, which can cause a delay in seeking treatment.

If the gene mutation BRCA1 or BRCA 2 is detected in your DNA, you will definitely develop breast cancer

The Truth:

According to the National Cancer Institute, regarding families who are known to carry BRCA1 or BRCA2, “not every woman in such families carries a harmful BRCA1 or BRCA2 mutation, and not every cancer in such families is linked to a harmful mutation in one of these genes. Furthermore, not every woman who has a harmful BRCA1 or BRCA2 mutation will develop breast and/or ovarian cancer, but, a woman who has inherited a harmful mutation in BRCA1 or BRCA2 is about five times more likely to develop breast cancer than a woman who does not have such a mutation.” For people who discover they have the harmful mutation, there are various proactive measures that can be done to reduce risk. These include taking a hormonal therapy called Tamoxifen or deciding to take a surgical prevention approach which is to have bilateral prophylactic mastectomies, usually done with reconstruction. Most women will also have ovaries and fallopian tubes removed as well since there is no reliable screening test for the early stages of developing ovarian cancer.

Antiperspirants and deodorants cause breast cancer.

The Truth:

Researchers at the National Cancer Institute (NCI) are not aware of any conclusive evidence linking the use of underarm antiperspirants or deodorants and the subsequent development of breast cancer.

October is Breast Cancer Awareness Month

*Sabrina Smith, Assistant Principal,
Whiddon Rogers Education Center*



Sabrina Smith has been employed with Broward County School for more than 13 years. Eighteen days before her 49th birthday, which was January 21, 2019, she was diagnosed with breast cancer. She was flabbergasted, but not fearful. At no point in her life did she think that she would be a cancer patient. She recalls her reaction after hearing the report from the doctor, just focusing on him saying the words "breast CANCER," and then everything else was a blur. Can you believe that as she exited the doctor's office, she actually headed back to work to complete her day?

She reflected on her lifestyle and wondered how this could be possible since she practiced healthy eating, exercised regularly, and had no prior family history. When thinking about her three children, she was faced with making a decision: to smile while she fought cancer

or break down and let cancer win. Of course, she decided to SMILE and fight! In fact, she will be fighting to stay cancer free for the rest of her life.

She is sharing her story because she strongly feels that although breast cancer is truly a life changer, it does not have to negatively define women. Recently, she heard some ladies say, "I haven't had a mammogram in several years," and "mammography is very uncomfortable." To that, she proclaims, "Despite the discomfort of having annual mammograms, had I not had mine, my story would be different due to the invasiveness of the cancer. Yearly mammograms and early detection SAVED my life!"

She wants to leave District employees with this to consider; reconstruction surgery may be difficult, time to recover is necessary, life changes are painful, and missed days from work are worrisome. However, all of these things are minuscule when you compare it to being alive and cancer-free. Get checked annually!

To Take a Stand Against Breast Cancer, We WILL:

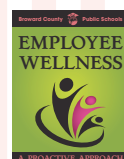
F Find additional opportunities to educate District employees about Breast Cancer Awareness.

I Increase mobile mammography screening opportunities.

G Get Broward County Public Schools employees acquainted with Triple Touch.

H Heighten awareness of the facts and data about Breast Cancer.

T Teach about the importance of early detection and successful treatment options.



Claudia Charles, Office Manager,
Banyan Elementary School



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