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Only one week left!

So far we have taken over 100 million steps—that's approximately 91,000 miles, which is equivalent to another lap around the globe!

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“ ...A mass was discovered, and I am now in treatment. A simple colonoscopy was all it took to find it. I am glad I went when I did... ” —Carol, PCS Employee

[Read Carol's story on page 3](#)



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH® 2016

 Academy of Nutrition
and Dietetics
www.eatright.org

Celebrate National Nutrition Month by making small changes that can make a big difference

March is National Nutrition Month! U.S. News & World Report offers some tips to improve your eating habits:

1. **Cut portions.** When you are out to dinner, share your meal with someone. You will cut calories and cost.
2. **Have a vegetable at breakfast:** You don't have to save all your veggies for dinner. Add some peppers and onions to your omelet in the morning, or add kale to your smoothie.
3. **Don't have guilt as a side dish.** If you overindulge at a meal, move on.
4. **Tap into your dark side.** Dark chocolate has been shown to have heart-healthy benefits and can boost your mood.
5. **Take time for tea.** Tea contains polyphenols, it's good for your bones and it provides a soothing cup of comfort.
6. **Eat when you eat.** Try not to do simultaneous activities such as typing, watching TV, or driving when you eat. You'll appreciate each bite even more.
7. **Go nuts.** Nuts can add crunch to salads, veggie dishes and yogurt. They can help reduce cholesterol and stabilize blood glucose levels.
8. **Make snacks count.** Be sure your snacks consist of protein, whole grains and healthy fats. This will keep you fuller for longer.

For more tips, visit <http://health.usnews.com/health-news/blogs/eat-run/articles/2016-03-02/30-simple-health-tips-to-try-each-day-of-march>

Congratulations to our weekly winners!

Last week's random winners: **This week's random winners:**

- | | |
|-----------------------|---------------------|
| 1. Lois Ramos | 1. Kerri Torres |
| 2. Alyson Nelson | 2. Kristin Mandakis |
| 3. Elizabeth Hamilton | 3. Patricia Peirce |

Contact Kara Hager at hagerk@pcsb.org to claim your prize!



Leaderboard— Are you close to our top steppers?

It's a close race! In the event of a tie, there will be tiebreaker. Stay tuned!

This Week's Top 3 Steppers—as of 2/24

Name	Step Count
1. Doug Krieg	671,283
2. Thomas Feeley	667,683
3. Kathleen Alongi	664,498

This Week's Top 3 Teams—as of 2/24

Top Teams (Average Steps)	Total Average Step Count	Top Teams (Total Steps)	Total Step Count
1.StepLikeNoTomorrow wG&N	21,629	1.PPHS_HEART	3,504,514
2.Nina Harris "Step" Sisters	18,883	2.FLE Fit and Fab	3,404,878
3.Dolphin Dominators	18,350	3.CFMS Trailblazers	2,901,205

Winners will be announced on March 18!

In addition to weekly prize drawings, grand prizes will be awarded to every team member on the top 3 teams with the highest steps AND the top 3 teams with the highest average step count*:

- 1st place: \$50 Target gift card for every member on your team
- 2nd place: \$25 Target gift card for every member on your team
- 3rd place: \$10 Target gift card for every member on your team

Any Individual (Humana and non-Humana participants) with the highest steps will win:

- 1st place stepper: \$100 Target gift card
- 2nd place stepper: \$50 Target gift card
- 3rd place stepper: \$25 Target gift card

*Please note: We originally communicated that team prizes would be awarded based on TOTAL step count. However, we realize that the HumanaVitality leaderboard is calculating team rankings based on total AVERAGE steps. Due to this misunderstanding, we will now be awarding top teams based on total steps AND average steps.



Are you over 50?

Time to get tested and prevent colorectal cancer

Screening is recommended for men and women beginning at age 50 and continuing until age 75. Among men and women combined, colorectal cancer is the second leading cancer killer in the United States. But it doesn't have to be.

Screening helps prevent the disease by finding polyps, so they can be removed before they turn into cancer. Polyps don't always cause symptoms, so you may not know you have them. That is why getting a screening test is so important.

There are several screening tests: colonoscopy, high-sensitivity fecal occult blood testing, and sigmoidoscopy. If you're 50 or older, talk to your doctor about which is right for you. Most insurance plans, including Humana through PCS, and Medicare cover screening without a deductible or co-pay.

To learn more about colorectal cancer and screening, visit the Centers for Disease Control and Prevention's (CDC's) Web site for Screen for Life: National Colorectal Cancer Action Campaign at www.cdc.gov/ScreenForLife.

Below, Carol, a PCS employee, shares her story about how a colonoscopy led to an early detection and treatment of colon cancer in hopes it will encourage others to get tested:



Most people don't like the idea of getting a colonoscopy, and I can say I was one of them. I waited until I wasn't feeling well and decided to see someone about it. A mass was discovered, and I am now in treatment. A simple colonoscopy was all it took to find it. You are asleep so, you feel nothing during the exam. I am glad I went when I did .

—Carol, PCS Employee



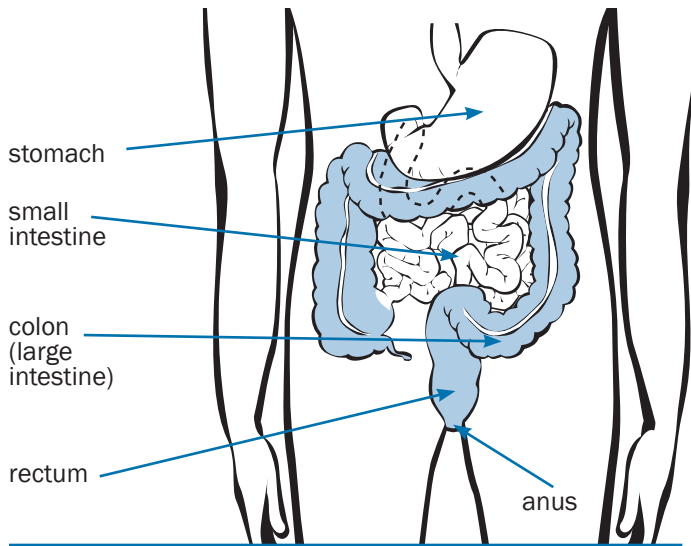
Colonoscopy Screenings are FREE!

+400 Vitality Points!

Pinellas County Schools enhanced the colonoscopy benefit based on healthcare reform legislation. For Humana plans offered through PCS:

- Colonoscopy and related charges are covered 100% when performed by a participating provider. The 100% coverage is in effect regardless of diagnosis, age of patient, or frequency.
- This benefit includes participating specialist, facility, pathology, and anesthesia related to the colonoscopy.
- The preceding consult with the specialist is not covered 100%. The follow up visit with the specialist is not covered 100% either.

This is the benefit through the Humana plans offered by Pinellas County Schools only. If an employee has insurance through another carrier, the employee should check with that insurance carrier on what benefits are offered through them.



Colon and Rectum

What Is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

It's the Second Leading Cancer Killer

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now.

Who Gets Colorectal Cancer?

- Both men and women can get it.
- It is most often found in people 50 or older.
- The risk increases with age.

Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

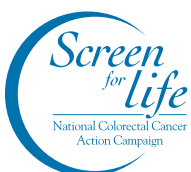
- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed *before* they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.



Colon Polyp

Colorectal Cancer Can Start With No Symptoms

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.



1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/screenforlife



What Are the Symptoms?

Some people with colorectal polyps or colorectal cancer do have symptoms. They may include:

- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. These symptoms may be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

- **High-Sensitivity FOBT (Stool Test)**

There are two types of FOBT: One uses the chemical guaiac to detect blood. The other—a fecal immunochemical test (FIT)—uses antibodies to detect blood in the stool. You receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. You return the test to the doctor or a lab, where stool samples are checked for blood.

How Often: Once a year.

- **Flexible Sigmoidoscopy**

For this test, the doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon.

How Often: Every five years. When done in combination with a High-Sensitivity FOBT, the FOBT should be done every three years.

- **Colonoscopy**

This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers.

How Often: Every 10 years.

Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

Other Screening Tests in Use or Being Studied

Although these tests are not recommended by the USPSTF, they are used in some settings and other groups may recommend them. Many insurance plans don't cover these tests, and if anything unusual is found during the test, you likely will need a follow-up colonoscopy.

- **Double Contrast Barium Enema**—You receive an enema with a liquid called barium, followed by an air enema. The barium and air create an outline around your colon, allowing the doctor to see the outline of your colon on an X-ray.
- **Virtual Colonoscopy**—Uses X-rays and computers to produce images of the entire colon. The images are displayed on the computer screen.
- **Stool DNA Test**—You collect an entire bowel movement and send it to a lab to be checked for cancer cells.

Will Insurance or Medicare Pay?

Many insurance plans and Medicare help pay for colorectal cancer screening tests. Check with your plan to find out which tests are covered for you. To find out about Medicare coverage, call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov.

The Bottom Line

If you're 50 or older, talk with your doctor about getting screened. For more information, visit www.cdc.gov/screenforlife or call 1-800-CDC-INFO (1-800-232-4636). For TTY, call 1-888-232-6348.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention





Healthy, Easy Recipe



Oven-fried Yuca

Ingredients:

1 pound of fresh yuca, peeled and cut into 3-inch sections (or 1 lb peeled frozen yuca)

Nonstick vegetable oil spray

Directions:

1. in a kettle, combine the yuca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yuca for 20 to 30 minutes or until tender.
1. Preheat oven to 350 degrees
2. Transfer the yuca with a slotted spoon to a cutting board, let it cool, and cut lengthwise into 3/4-inch-wide wedges, discarding the thin woody core.
3. Spray a cookie sheet with the vegetable oil spray. Spread yuca wedges in a single layer on the cookie sheet and spray the wedges with vegetable oil spray. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Source: <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/oven-fried-yuca.htm>

Nutritional analysis per serving ,

Serving Size: 1 piece (2 1/2 inches long)

Total fat 1 g	Monounsaturated fat 3 g
Calories 93	Saturated fat 0 g
Protein 2 g	Sugars 0 g
Cholesterol 0 mg	Sodium 3 mg
Carbohydrate 20 g	Potassium 522mg
Fiber: 1 g	



Contact us, we'd love to hear from you!

For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

Kara Hager, Phone: 727-588-6031, Email: hagerk@pcsb.org

For questions related to Humana health insurance programs, contact your Humana on-site personnel:

Janet Lang, PCS Account Advisor, Phone: 727-588-6367, Email: pcs.langj@pcsb.org

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Share your story!



Have you been successful in meeting a wellness goal because of a PCS Wellness Program? Have a recipe you'd like to share or topic you'd like to see in an upcoming issue? We'd love to hear about it! Please contact Kara Hager, Employee Wellness Coordinator, at hagerk@pcsb.org.

