

FLORIDA DEPARTMENT OF HEALTH IN MANATEE COUNTY



Contact:
**DOH-Manatee
Communications**

PROTECTING, PROMOTING, AND IMPROVING THE HEALTH OF ALL PEOPLE IN FLORIDA



DOH-Manatee prepares for its annual holiday buffet. From left: Marda Kenny, Bre Ricke, Evelyn Sopher, Lauren Thompson, Erica Aguilar, Savannah Sanders, and Shekinah Oliver.

October-December 2024

HEALTH IS WEALTH

Public Health You Can Use



Be Food Safe!

It's that time of year again! Make sure friends and family gathered around the table can count on you to prepare and serve delicious treats with their good health in mind. Florida's Women, Infants, and Children (WIC) program offers the following helpful information. For more food safety tips, visit [FoodSafety.gov](https://www.FoodSafety.gov).

- Wash hands with soap and water for 20 seconds, before and after handling food.
- Wash cutting boards and utensils through the dishwasher or in hot soapy water after each use.
- Use one cutting board for raw meat, poultry, and seafood. Use another cutting board for salads and ready-to-eat food.
- Use a food thermometer to be sure your food is at a safe temperature.
- Refrigerate leftovers within two hours.

Holiday Safety: Injury Prevention

Keep these safety tips in mind when shopping for holiday gifts for children:

- Confirm toy is labeled appropriate for age group.
- Read and adhere to all safety labels and warnings.
- Beware of sharp objects, cords, strings, and fragile items.
- Select toys without small parts to avoid choking.
- When selecting equipment such as bicycles, skates and skateboards, please be sure to provide the child with properly-fitted gear, such as a helmet and elbow and knee pads.

Manatee.FloridaHealth.gov/newsroom/2023/11/Injury_Prevention.html





Breast Cancer Awareness



DOH-Manatee staff members wear pink to show their support for Breast Cancer Awareness Month. From left: Abby Wolf, Mildred Green, Maria Ibarra, Brenda Sax, Laura Moylan, and Michela Pizzinato.

OCTOBER IS BREAST CANCER AWARENESS MONTH

Although sources differ on the age at which a woman should consider scheduling breast exams annually, most sources recommend that women should start routine annual exams by 45, but always talk to your health care provider about what's best for you. **Early detection is key to saving lives, and the earlier, the better.**

Breast cancer is the second most common cancer in women in the U.S., second only to skin cancer. According to data from the Florida Community Health Assessment Resource Tool Set, the rates of breast cancer per 100,000 female population have been slightly higher in Manatee County than statewide rates in recent years.

Breast and Cervical Cancer Early Detection Program

DOH-Manatee offers referrals for low-/no-cost breast and cervical cancer screenings through the Breast and Cervical Cancer Early Detection Program. Qualifications include:

- Woman ages 50-64, however women ages 50 and under may be eligible, depending on symptoms and/or family history.
- Household income less than or equal to the 2023 federal poverty level.
- You do not have health insurance that will cover the cost of a breast exam, mammogram, or Pap smear.

To learn more, call 941-861-2928, or visit [FloridaHealth.gov/diseases-and-conditions/cancer/breast-cancer](https://www.floridahealth.gov/diseases-and-conditions/cancer/breast-cancer)

Men Can Get Breast Cancer

Although it is rare, men can get breast cancer. About 1 out of every 100 breast cancers diagnosed in the U.S. is found in males.

"Because breast cancer is so uncommon in men, there is unlikely to be any benefit in screening men in the general population for breast cancer with mammograms and other tests," said Jan Chulock, regional coordinator for the Florida Breast and Cervical Cancer Early Detection Program. "Men who have a family history of breast cancer or the BRCA1 or BRCA2 genes, or other genes, such as CHEK2 and PALB2, which can increase their risk for breast cancer, may need genetic counseling and to talk to their doctor about being screened."

Contact the Breast and Cervical Cancer Early Detection Program at 941-861-2676 for additional information about what options are available in the community for screening.