



November 2019



THANK YOU FOR GETTING INVOLVED!!

Thank you to everyone who participated in Wear Pink to Work Day and the Making Strides against Breast Cancer Walk at FAU. We had one of our biggest turnouts yet and hope to do even better next year. For November, all associates are encouraged to help us celebrate Movember. Men are encouraged to grow facial hair and at the end of the month we will take a group photo where we can see the result. Anyone can participate in the group photo and fake mustaches will be provided.



In December: Secret Santa Gift Exchange and Ugly Holiday Sweater contest. Get ready! There will be medals awarded for tackiest sweater!! We appreciate everyone's participation in Premier events because you help to make us one of the best companies to work for anywhere.

TEAM MEMBER SPOTLIGHT: CARL MIRANDA

Our spotlight this month is on Carl Miranda from the Medical Administrative Services Team. Carl has been through quite a life adventure over the past few years. He was a professional ballroom dancer and long-distance walker. After having issues with knee swelling and back pain, he consulted with several physicians. Last December, he had knee surgery, followed by 4 months of physical therapy. Through his recovery experience, Carl developed a new fitness routine. He now exercises 3 to 4 times a week and says, "Now, I know I have to go to the gym and I make the time for it". He also made changes to how he works out, such as not doing squats to avoid knee stress. He made changes to his diet, including carb cycling, where he carb loads before workouts and avoids all carbs at other times. He said he is thankful for Premier's commitment to work stations that are safe and ergonomically effective to help with his recovery. Carl is enjoying having a standing desk, "If my back hurts, I'm misaligned which hurts my knees. When I can stand to avoid back pain, it's good for my knees."



Carl's story shows that you do not have to give up exercising when you have a physical setback; you simply make some lifestyle adjustments so that you can keep enjoying quality of life. Carl is walking again with no pain. He is going on vacation soon, where he hopes to ballroom dance again.

MEN'S HEALTH ISSUES

November highlights men's health issues. This is because men tend to be less healthy than women. Men go to the doctor less than women and are more likely to have a serious condition when they do go, research shows. "As long as they're working and feeling productive, most men aren't considering the risks to their health," says Demetrius Porche, DNS, RN, Editor-in-Chief of the American Journal of Men's Health. The top 10 men's health issues are: liver disease, cardiovascular disease, respiratory disease, alcohol use, depression & suicide, unintentional injuries and accidents, diabetes, skin cancer, HIV/AIDS, and influenza and pneumonia. In addition, 50% of men in their 60's and nearly 90% of men 70 or older have symptoms of an enlarged prostate (BPH). Prostate cancer is the most common cancer among men and the third leading cause of cancer deaths in men.

Although the life expectancy gap between men and women has been shrinking, several factors still work against men's health — particularly, higher rates of smoking and drinking than women and the tendency not to seek help. Fortunately, many of the top men's health risks can be prevented or treated if diagnosed early. This November, Premier would like to remind you to go for a check-up, get tested, and take care of yourself.



NO SHAVE



NOVEMBER

ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.

