



# Tulare County Employee Wellness Program

## Men's Health- Cancer Awareness

November 2022



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# **MEN'S HEALTH AWARENESS**

## *No Shave* **MOVEMBER** **November 1-30**

Prizes: 1st & 2nd place winners!  
See following page for challenge details.



**HUMAN RESOURCES  
& DEVELOPMENT**  
TULARE COUNTY

# MOVEMBER CHALLENGE

**Men's Health - Cancer Awareness Month**

**Movember Challenge Instructions**



For the entire month of Movember you must grow and groom a mustache to create conversation about men's health, and to raise awareness for prostate cancer, and mental health. To participate, start with a clean shaven face on **November 1st**. Take a selfie. Grow your mustache. Then on **November 30th** take your after selfie.

**1**

SHAVE THE DATE  
"NOVEMBER 1<sup>ST</sup>"  
START WITH A CLEAN  
SHAVEN FACE.

**\*Don't forget to take a  
beginning selfie**

**2**

DURING THE MONTH OF  
MOVEMBER, YOU MUST  
GROW A MUSTACHE,  
BEARD, OR GOATEE.

**3**

GROW AND GROOM  
YOUR MUSTACHE,  
BEARD, OR GOATEE.

**4**

USE THE POWER OF THE MUSTACHE  
TO CREATE CONVERSATIONS ABOUT  
MEN'S HEALTH AND TO RAISE  
AWARENESS TO PROSTATE CANCER,  
TESTICULAR CANCER, AND MENTAL  
HEALTH.

**5**

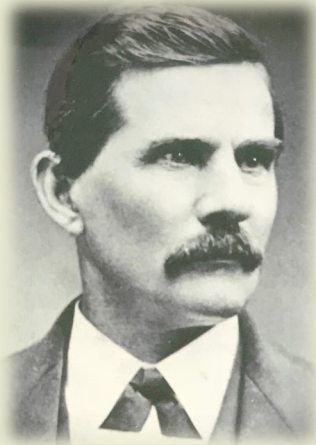
**TAKE YOUR AFTER PICTURE!**  
THE BOARD OF SUPERVISORS WILL BE  
THE JUDGE AND DETERMINE THE  
MOVEMBER CHALLENGE WINNER!

**SUBMIT A BEFORE AND AFTER SELFIE (PICTURE) TO**

**[OEhealth@tularecounty.ca.gov](mailto:OEhealth@tularecounty.ca.gov) BY DECEMBER 7TH.**

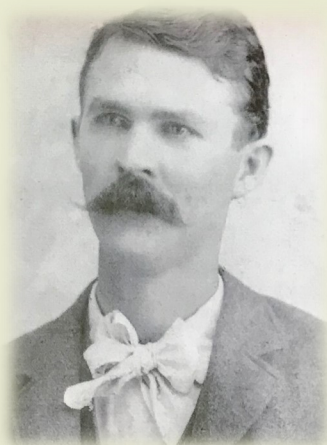


# LOCALLY GROWN STYLES



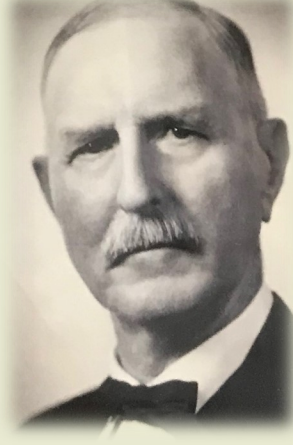
**Supervisor**

**C.G. Sayle 1855**



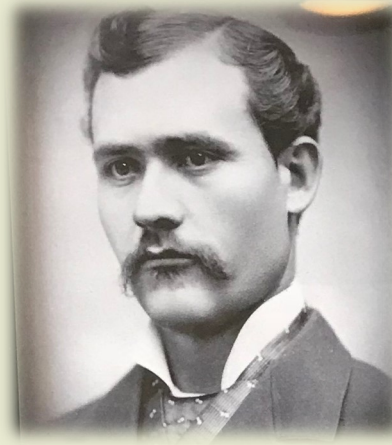
**Supervisor**

**A.H. Murray 1854**



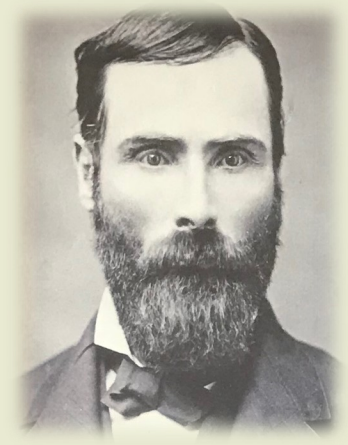
**Supervisor**

**E.B. Armstrong 1934-36**



**Supervisor**

**Samuel Miles Gilliam  
1882-83 & 1892-95**



**Supervisor**

**John Hyde Shore 1879-80**

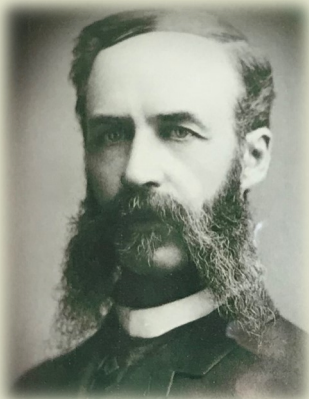
**REGENT**

**ABRACADABRA**

**BOXCAR**

**CONNOISSEUR**

**BEARD**



**Supervisor**

**Robert Baker 1896-99**

**TRUCKER**



**Supervisor**

**Joe W. Thomas 1896-99**

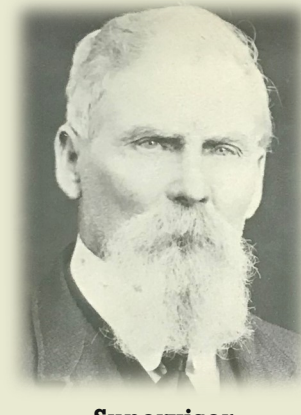
**AFTER EIGHT**



**Supervisor**

**S.L.N. Ellis 1890-97**

**ROCK STAR**



**Supervisor**

**J.H. Grimsley 1877-79  
& 1894-97**

**GOATEE**

## BREAST CANCER IN MEN (MALE BREAST CANCER)

### What is male breast cancer?

Breast cancer in men develops in the small amount of breast tissue found behind a man's nipple. It is often a type called invasive ductal carcinoma.

### What causes male breast cancer?

Although the exact cause of breast cancer is not known, most experts agree that some men have a greater risk for breast cancer than others. Male breast cancer mostly affects older men.

Things that increase a man's risk of breast cancer include:

- Radiation exposure
- Family History of breast cancer in his female relatives
- Inheriting gene mutations, such as BRCA
- Having a genetic disorder called Klinefelter syndrome or a liver disease (cirrhosis)

Select the following link to read the full article, [Breast Cancer in Men \(Male Breast Cancer\)](#).



KAISER PERMANENTE

## PROSTATE CANCER

### What is prostate cancer?

Prostate cancer is the abnormal growth of cells in a man's [prostate gland](#). The prostate sits just below the bladder. It makes part of the fluid for semen. In young men, the prostate is about the size of a walnut. As men age, the prostate usually grows larger.

Prostate cancer is common in men older than 65. It usually grows slowly and can take years to grow large enough to cause any problems. As with other cancers, treatment for prostate cancer works best when the cancer is found early. Often, prostate cancer that has spread responds to treatment. Older men who have prostate cancer usually die from other causes.

Select the following link to read the full article, [Prostate Cancer](#).



PROSTATE CANCER  
AWARENESS



KAISER PERMANENTE

## HOW EYE EXAMS HELP HEART DISEASE DETECTION

Having your eyesight checked isn't the only reason you should get a regular eye exam. The eyes also reveal important information about your heart health. During the exam, the ophthalmologist will look for important clues about your blood pressure and cholesterol while examining your blood vessels, veins, arteries, and cornea.

### Your Eyes Can Reveal a Silent Killer

Nearly half of Americans suffer from high blood pressure, but many don't know they have it, giving it the nickname the "silent killer." If high blood pressure is left untreated, it can be a significant contributing factor to a stroke, heart attack, or other health problems, says the American Heart Association. An eye exam can alert you that you have this otherwise symptom-less condition.

Blood vessels play an important role in your vision by bringing oxygen to the retinas. Eye doctors get a unique look into what may be happening in other parts of your body when they look at your blood vessels. If you're suffering from high blood pressure, these vessels might exhibit bends, tears, or other unusual abnormalities.

Select the following link to read the full article, [How Eye Exams Help Heart Disease Detection](#).



## UNDERSTANDING THE EFFECTS OF STRESS ON THE HEART

Stress is a regular occurrence in everyday life. It can rise up as a result of an overloaded work schedule, concerns over bills or just a bad day's commute.

Not everyone reacts the same to stress, and there are significant differences between male and female responses. Yet many stress reactions can contribute to heart problems. As a result, learning some stress-management techniques can aid heart health.

Select the following link to read the full article, [Understanding the Effects of Stress on the Heart](#).





## KNOW THE SIGNS AND SYMPTOMS OF ORAL CANCER

While it's not among the most common of cancers, more than 51,000 people get oral or oropharyngeal cancer each year, according to the American Cancer Society. That's enough people to fill a major league baseball stadium.

Even though these cancers are twice as common in men as they are in women, everyone should be aware of the symptoms and signs. Early detection and treatment may result in a better outcome in the fight against this cancer.

Visit the following link to read the full article: [Know the Signs and Symptoms of Oral Cancer.](#)



## EATING FOR CANCER PREVENTION

We've all heard about the importance of healthy eating and living for longevity, but how influential is it for cancer, specifically? Are diet and lifestyle influential enough to significantly reduce cancer formation and progression?

The answer is "yes!"

Approximately 30-40% of cancer diagnoses could be prevented by modest diet and lifestyle changes.

Visit the following link to read the full article, [Eating for Cancer Prevention.](#)



## VIDEO

### CANCER PREVENTION: DEBUNKING THE MYTHS

Have you heard about "superfoods?" Does sugar cause cancer? Can drinking coffee prevent cancer? Get answers to these questions and learn more about how to help prevent cancer. Select the following link to view the video:

[Cancer Prevention: Debunking the Myths.](#)



# Farro-and-Acorn Squash Salad

YIELDS: 8 SERVINGS

TOTAL TIME: 50 MINUTES

## Ingredients

- 2 large acorn squash, halved, seeded, and sliced 3/4 inches thick
- 1 tbsp fresh thyme leaves
- 4 tbsp olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 1/2 cup farro
- 3 tbsp red wine vinegar
- 2 shallots, thinly sliced
- 3 oz blue cheese, crumbled
- 1/4 cup toasted hazelnuts, chopped
- 1/4 cup pomegranate seeds

## Instructions

**Step 1:** Preheat oven to 425°F. Toss together squash, thyme, and 2 tablespoons oil on two large rimmed baking sheets. Season with salt and pepper. Roast, rotating pans once, until golden brown and tender, 18 to 22 minutes. Transfer squash to a cutting board and roughly chop.

**Step 2:** Meanwhile, cook farro according to the package directions. Combine vinegar and shallots in a bowl. Season with salt and pepper. Let sit, stirring occasionally, 15 to 20 minutes.

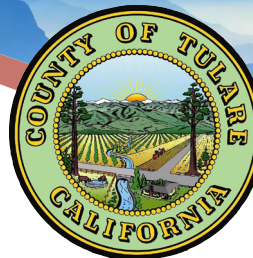
**Step 3:** Add remaining 2 tablespoons oil to shallot mixture and stir to combine. Fold in farro, squash, blue cheese, hazelnuts, and pomegranate seeds.







Tulare County, CA  
Photo by Dallin Kimball



# It's The Dream. We're here to help you achieve it.

## Down Payment Assistance for Employees of the County of Tulare

*If you work for the County of Tulare, you may qualify for Down Payment Assistance (DPA), up to 5.5%, to help you purchase a home anywhere in California.*

With down payment assistance, you may be able to purchase a home with little-to-no money out of pocket and/or much sooner than thought possible.

The Tulare County "Assist-to-Own" program provides down payment and closing cost assistance (DPA), up to 5.5%, combined with attractive First Mortgage interest rates.

The primary DPA is provided in the form of a deferred Second Mortgage, sized at 3.5% of the First Mortgage

Loan amount. The Second Mortgage has a zero percent interest rate, which means no interest is accrued on the Second Mortgage and no monthly payments are required. The Second Mortgage is due and payable upon sale or refinance of the First Mortgage.

Additional DPA is available in the form of a Gift, up to 2%, for a total of up to 5.5% in DPA for eligible borrowers.

The Program is very flexible. Eligible mortgage loans include FHA, VA, USDA and Conventional mortgages. You don't have to have perfect credit and best of all, **you don't have to be a first-time homebuyer to qualify.**

### Program Highlights\*

- Down Payment Assistance, up to 5.5% of the Total Mortgage Loan.
- Available with purchase of a primary residence.
- Single-family 1-4 unit residences, condominiums and townhomes are eligible.
- Variety of Mortgage Loan options (FHA, VA, USDA and Conventional Mortgage Loans).
- No first-time homebuyer requirement to qualify.
- Flexible guidelines: Minimum FICO 640; Maximum DTI 50%.



**Call today to get started.**

phone: (855) 740-8422

web: [www.gsfahome.org](http://www.gsfahome.org)





# 2022

# Mammography Screenings

## DATES/LOCATIONS

**November 14 & 15**

Human Resources & Development  
2500 W. Burrell Ave, Visalia

**November 28**

Visalia Government Plaza  
5959 S. Mooney Blvd, Visalia

**November 29**

Porterville Government Plaza  
1055 W. Henderson Ave, Porterville

- ☑ FREE - No out-of-pocket expense to employees
- ☑ Completely PRIVATE & CONFIDENTIAL
- ☑ Available to County employees enrolled in the SJVIA Anthem Blue Cross health plans
- ☑ Mammograms will be held on site at selected County locations (allowed on County time)
- ☑ Females ages 40 & over (first priority)
- ☑ Recommended if you have family history of Breast Cancer

Register for your appointment online using the following link:  
<https://calendly.com/pacificcoastmed/tularecounty>

For questions, contact HRD Benefits Customer Service at  
(559) 636-4911 or email [OEHealth@tularecounty.ca.gov](mailto:OEHealth@tularecounty.ca.gov)



HUMAN RESOURCES  
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TULARE COUNTY



Pacific Coast  
Medical Services