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Fascinating Facts you didn't know about January

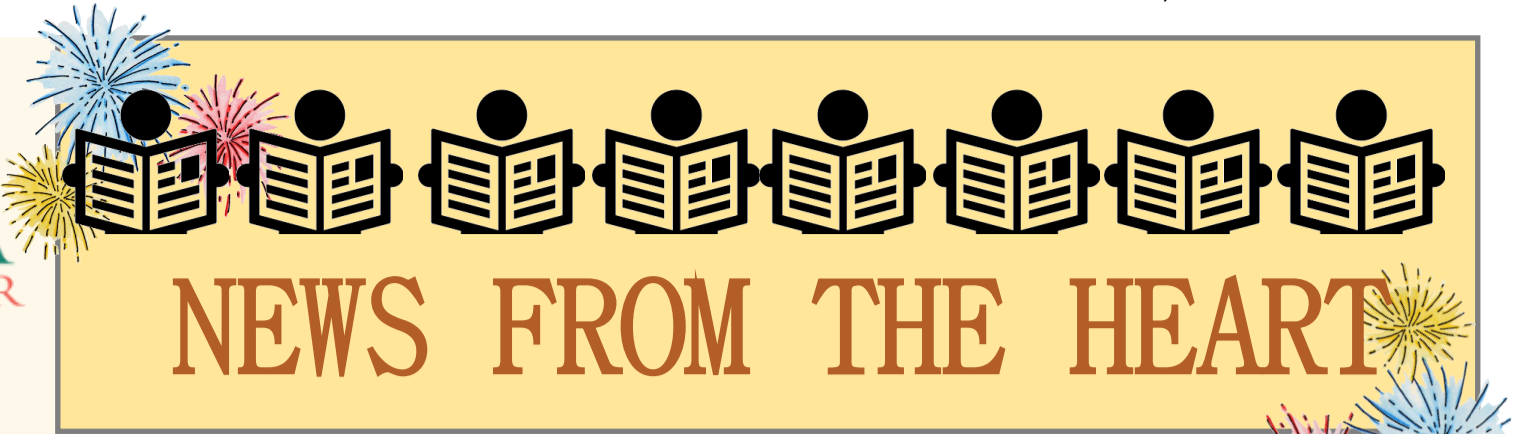



Unlike [other months](#) in the calendar, January was not named after a number, but instead after the Latin word for door *ianua*. And unsurprisingly so – January marks the end of the old year and the beginning of the new one, so ancient Romans saw it as the bridge between the past and the future. This is also why the patron of the month is the ancient Roman god Janus, the double-headed god of doors, beginnings, endings, and transitions.

If you ask me, looking into the past and the future at the same time would give you a headache worse than the New Year's Eve festivities themselves, so maybe it's time to bring back one of January's previous names...

The Anglo-Saxons came up with the informative and slightly terrifying *Wulfmonath*, or the month of wolves, to mark the time of the year when starving wolves would scavenge towns and villages in Britain for food (and a peasant or two).

Or maybe we should go back to the basics, courtesy of the least-creative-in-the-bunch Charles the Great who designated January as *Wintarmanoth*, meaning winter or cold month. Like we needed a reminder of how cold it is outside.





THYROID AWARENESS MONTH

January is Thyroid Awareness Month

According to the [American Thyroid Association](#) approximately 20 million Americans have some form of thyroid cancer. It is important to discuss, because 60% of those with a thyroid disease are unaware of their condition. Today we will discuss what the thyroid is and its function. We will also cover the warning signs and screenings available.

What is the thyroid and what is its function?

The thyroid gland is a butterfly-shaped endocrine gland located in the lower front of the neck. The role of the thyroid is to make thyroid hormones. These hormones are secreted into the blood and then carried throughout the body. The Thyroid controls the body's metabolism, increases heart rate and affects how fast things move through the body such as food, bone loss and sugar. It is thought to be the most important endocrine organ!

Thyroid facts:

- Women are 5-8 times more likely than men to experience thyroid problems.
- 1 in 8 women will develop a thyroid disorder in her lifetime.
- The cause of thyroid problems is largely unknown.
- Cardiovascular diseases, osteoporosis and infertility are serious conditions that can occur if thyroid disease goes undiagnosed.
- It is important for pregnant women to be diagnosed and treated adequately. If not, risks include miscarriage, preterm delivery and severe developmental problems in their children.
- Most thyroid diseases are life-long and can be managed with proper medical attention.
- Thyroid nodules are very common and are present in 60-70% of middle-aged women.
- Most thyroid cancers respond to treatment, but a small percentage can be very aggressive.

Early warning signs of thyroid problems:

- Overactive thyroid: Racing heart rate, Palpitations, Anxiety, Insomnia, Nervousness, Weight loss with increased appetite, Excessive sweating/heat intolerance, Muscle weakness.
- Underactive thyroid: Fatigue / sluggishness (mental and physical), Cold intolerance, Constipation, Hair loss, Weight gain, Depression.

Signs of thyroid nodules/cancer:

- An unusual lump or swelling in the neck.
- Other warning signs include a new cough, hoarseness, swollen glands and a new persistent cough.

Screenings for thyroid dysfunction:

There are blood tests used to measure thyroid hormones but not all are useful in all situations. The following are tests used to evaluate thyroid function.

- **TSH tests** measure the TSH level in the blood which is the best way to initially test thyroid function. Changes in TSH can serve as an early warning before levels become too high or too low.
- **T4 tests** measure T4 which is the main form of thyroid hormone circulating in the blood. Levels help determine if a patient has hypo or hyperthyroidism.
- **T3 tests** are useful to diagnose hyperthyroidism. People who are hyperthyroid will have an elevated T3 level.
- **Free T3 tests** measure free T3 but they are often unreliable and not typically helpful.

Diagnosing and Treating a Thyroid Condition:

We have a variety of ways to diagnose and treat thyroid conditions. Below is a list of these procedures and more information can be found using the following link.

- [Thyroid ultrasound](#)
- [Thyroid biopsies](#)
- [Parathyroid imaging](#)
- [Parathyroidectomy](#)
- [Thyroidectomy and neck dissection](#)
- [Laparoscopic and open adrenalectomy](#)
- [Radioactive iodine](#)
- [Hormonal therapy](#)
- [Thyroid Radiofrequency Ablation](#)
- [Radiation oncology](#)

For more information visit : www.saintjohnscancer.org

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Shout-Out to:	From:
Amanda Griffin for being the best DON and always sticking up for the nursing staff.	Hannah Pliska- MARION CO JAIL
HFHC Staff- Awesome job to all. Want to wish everyone a safe and happy new year!	Katie- Main
Sonya -Case Management - I would like to shout of Sonya for her caring heart, kindness, and compassion.	Shaqwana-West
Toney and Nelson. With their many tickets, requests, I can count on them to address whatever issue I may have, with courtesy, humor, and sensitivity to my "techi" skills or lack thereof.... Thank you!!!!	Cindy O'Connor, Main
Rebecca Albino for always making sure employees feel welcome and valued.	A-Main
Judy Markins, Rochelle Davila. Both very helpful and supportive.	Migdalia Seda, Belleview
All Customer Associates	Angie/Main
I would like to thank the 2020-21 Events Committee for planning an amazing Holiday Family Event for 500 people in a short period of time. Kudos to Christina Sasina, Chicara James, Tameka Fontenot, Barbara Payne, Maclyn Walker, Rebecca Albino, Sarah Brus, & Tanya Harbater!	Heather James, Main/Admin
Laketa Taylor always being on top of her game with a smile on her face makes for a great day to see her always smiling!	Jaime Delano
The Events Committee! Thank you for all your work to put on the Winter Carnival! It was tons of fun, and I think everyone who attended really enjoyed it!	Sarah Brus - Human Resources
Call center crew! I would like to shout out my call center team in all they do for HFHC and in managing the rush and hard days professionally and with ease. It is never a dull moment with my team! You all are the BEST !!!!	Anais- Call Center Lead



Shout– Out to those who deserve it. If you know of someone who deserves to be recognized please send in your shout- out via the link below.

<https://www.surveymonkey.com/r/FebruaryShoutOuts2022>

RECIPE of the MONTH

Citrus-Roasted Salmon

Elegant and oh-so simple, this main dish cooks up in under an hour.



YIELDS:

8 servings

TOTAL TIME:

0 hours 40 mins

INGREDIENTS

3 clementines, divided

1 lemon, sliced

8 sprigs thyme, plus 1 tablespoon thyme leaves

1 (3-pound) skin-on salmon fillet

1 1/2 tbsp. pure honey

1 tbsp. fennel seeds, crushed

Kosher salt and freshly ground black pepper

DIRECTIONS

1. Preheat oven to 425°F. Slice 1 clementine. Arrange sliced clementine, lemon, and thyme sprigs in center of a baking sheet. Top with salmon, skin side down.
2. Grate zest from 1 clementine into a measuring cup, then squeeze in juice from both remaining clementines (you should get about 1/4 cup). Add honey and whisk until dissolved. Brush salmon with half of clementine mixture, then sprinkle with fennel and thyme leaves. Season with salt and pepper. Roast 10 minutes.
3. Brush salmon with remaining juice mixture. Roast until barely opaque throughout, 12 to 15 minutes.

SERVE AND ENJOY!



VOTING
JAN. 3- JAN. 16

VOTE FOR A CHARITY TO WIN
AN ADVERTISING CAMPAIGN WORTH ALMOST \$10,000!

Look for Heart of Florida Health Center and give us a "CLICK" This will give us an opportunity to get our Mission and Services out to more of our community! AND...Please Share!

Vote Here!

https://windfm.com/charity?fbclid=IwAR2443Ff7wFy752qlrmhy_Q7znc8k5jwvND0pzzzjOxGf8x3qz7vaHdO7Vg



NEW YEAR'S
RESOLUTIONS
FOR 2022

In the Workplace!



- ⇒ Learn a New Skill
- ⇒ Tidy up your work space
- ⇒ Take a lunch break every day
- ⇒ Go above and beyond "You won't regret it" :)
- ⇒ Be your own cheerleader
- ⇒ Be the difference
- ⇒ Be Positive
- ⇒ Foster better teamwork
- ⇒ Ask and give feedback
- ⇒ Improve Communication
- ⇒ Take care of you Mental and Physical Well-ness
- ⇒ Discuss issues that hinder performance
- ⇒ Don't be afraid of change