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**SOCIAL WORKER FROM WALTON COUNTY HEALTH DEPARTMENT OVERCOMES
CANCER**

DEFUNIAK SPRINGS –In November 2003, Carolyn Clear heard unbelievable news. Through a mammogram and core biopsy, she had been diagnosed with breast cancer. A series of treatments followed. On December 2, she had a stage 1B lump removed from her chest wall. In February, Ms. Clear started chemotherapy treatments. Chemo ended in April, followed by radiation therapy. By July 3, 2004, Ms. Clear was finished with therapy treatments and free of cancer.

Ms. Clear says that the change in her diet and increase in physical activity, particularly yoga, helped her overcome cancer so quickly. "I started eating better, mainly fruits and vegetables, and the chemo didn't make me sick," said Ms. Clear.

Ms. Clear is currently a social worker at the Walton County Health Department working in the Drug Assistance Program. Additionally, she is on the Board of Tri-County Community Council, Board of Brain Disorder Foundation, Board of Transportation Disadvantaged, and the Head Start Policy Council. Ms. Clear also serves as a volunteer for Relay for Life, 1st United Methodist Church of DeFuniak Springs, and Walton Cares food bank.

For more information about National Women's Health Week or National Women's Check-Up Day, visit the U.S. Department of Health and Human Services, Office on Women's Health website at www.womenshealth.gov.

DOH promotes, protects and improves the health of all people in Florida. For more information about the Walton County Health Department, visit www.doh.state.fl.us/chdwalton/index.html.

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