

A BIENNIAL
NEWSLETTER
FROM THE MORRIS
COUNTY OFFICE
OF HEALTH
MANAGEMENT
SERVING:
BOONTON
TOWNSHIP,
TOWNSHIP OF
DENVERLE,
BOROUGH OF
MORRIS PLAINS,
TOWN OF
MORRISTOWN,
MONTVILLE
TOWNSHIP

Your Health Matters



Public Health
Prevent. Promote. Protect.

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Special points of interest:

- January is National Stalking Awareness Month
- January is National Birth Defects Month
- February is American Heart Month
- March is Brain Injury Awareness Month
- March is STD Awareness Month
- March is National Child Abuse Awareness Month
- March is National Colorectal Cancer Month

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Why 2015 Is The Time To Quit

The new year is an opportunity to start fresh and get rid of those bad habits. According to the Center for Disease Control and Prevention, smoking is the leading cause of preventable death in the United States. Every minute of being smoke-free counts when it comes to quitting, and every passing day decreases your risk of developing smoking-related diseases and illnesses.

Health Benefits of Quitting

The CDC offers a list of health benefits associated with smoking cessation:

- Lowered risk of developing a variety of cancers, specifically lung cancer
- Reduced risk for coronary heart disease, stroke, and peripheral vascular disease
- Reduced coronary heart disease risk within 1 to 2 years of quitting
- Reduced respiratory symptoms such as coughing,

wheezing, and shortness of breath

- Reduced risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the US
- Reduced risk for infertility in women of reproductive age

Methods To Quit

- Talk to your doctor for advice and resources on how to quit
- Behavioral therapies
- Treatment programs
- Telephone, individual, and group services
- Mobile-phone treatment programs (i.e. apps)
- Nicotine replacement products (over the counter or prescription)
- Prescription non-nicotine medications

If you or someone you know wants to quit smoking, but does not know how, there are a variety of services and call lines available. Strong support is the key to success, and a great way to start the new year on a healthy track.

For more information on quitting, call 1-800-QUIT-NOW, or visit www.cdc.gov for a list of government smoking cessation resources. For local resources and treatment centers visit, www.njquitline.org.



Heroin Abuse On The Rise in NJ

According to the National Institute on Drug Abuse, heroin is a highly addictive drug due to its nearly immediate effects on the brain. Heroin is used in a variety of forms including: injection, inhalation, snorting, sniffing, or smoking. Fentanyl, is drug with similar effects as heroin on the body and can be used in combination with heroin and other street drugs.

Short-term Effects of Heroin & Fentanyl

Both heroin and fentanyl have morphine-like effects on the body. It is becoming more com-

mon in NJ that users are using heroin laced with fentanyl causing highly dangerous effects. Due to the speed at which heroin can reach the brain, heroin abusers report a feeling of "euphoria" when using the drug. In other words, they feel an intense state of happiness and pleasure. Other side effects include pain relief, numbness, and in some cases, unconsciousness. The effects of these drugs, especially when used along with other street drugs, are very dangerous and can lead to death.

(STORY CONTINUTES ON P. 2)



Heroin Abuse On The Rise *(continued from p.1)*

Long-Term Health Effects

While drug abusers may enjoy the short-term effects of heroin, they may not realize the dangerous effects on their health over the long-term. Heroin abuse over time can lead to a user developing a tolerance to the substance and will need to use more of the drug to achieve the same effect. The person may even develop a dependence on the drug, where they will continue to use it in order to avoid withdrawal symptoms. These symptoms

can include restlessness, muscle and bone pain, insomnia, vomiting, cold flushes, and many more.

Tolerance and dependence on heroin increase the severity of negative health effects on the user. These include, but are not limited to, fetal overdose, infectious diseases, lung infections, liver or kidney disease, and collapsed veins. Street drugs, like heroin and fentanyl, often have toxic, unknown additives that can increase these health effects and symptoms.

Treatment Resources

Prevention is Key is a community agency that addresses issues of substance abuse to the Morris County Community. They provide a list of resources and information for treatment on their website. For more information on Prevention is key, visit www.mcpik.org. For a list of other referral resources, feel free to visit Morris County Human Resources, or call (973) 285-6852.

“In only one year, heroin deaths of 18-25 year olds in New Jersey rose 24%.”
-Partnership for a Drug-Free NJ



How To Eat Out And Eat Healthy *Make the heart healthy choice!*

Eating healthy does not mean avoiding your favorite restaurants, or indulging in your favorite food every once in a while. Eating healthy can be fun if you know how to make smart choices, and if you know what to look for on the menu. You can still go out to your favorite restaurant, but you may try something different. Making the healthy choice is easy— you just need to know what to look for. The American Heart Association offers some great tips to help decipher a restaurant’s menu. It only takes a little bit of extra effort!

Tips from the AHA

- Keep in mind that if the food is served fried, au gratin, crispy, scalloped, pan-fried, sautéed, buttered, creamed, or stuffed are high in fat and calories. Instead look for options that are steamed, broiled, baked, grilled, poached, or roasted.
- If the food option does

not specify how the food is prepared, and you have questions about the ingredients, ask your server! They are there to help you.

- Choose options that feature seafood, chicken, or lean meats. Avoid fatty meats, or ask for easy changes such as removing the skin from the chicken!
- Check the menu to see if it lists the calories, or any nutritional information. Some items may be marked “healthy” or food listed in the “light options”. If you’re having a hard time finding it, ask your server.
- Ask for water as a beverage choice instead of sodas or juices.

What are the benefits?

Proper nutrition and getting healthy are not a matter of extreme dieting. Small, easy changes to your daily diet allow your body to achieve optimal physical and mental health.

These changes will not happen overnight, but a little extra effort goes a long way. Some of the benefits of proper nutritional balance include:

- Increased energy
- Weight balance and maintenance
- Decreased risk of heart disease
- Decreased risk of diabetes
- Improved brain functioning

Keep in mind that there are a variety of free Apps available on smart phones that can help count calories, track food and exercise, or look up nutritional values at a variety of restaurants. These applications are a great source to get on track, stay organized, and keep motivated!



Safety First!

The winter months often bring harsh conditions and very cold weather. It is important to prepare for these situations, especially when considering physical activity outdoors.

- Do any outdoor activity when it is light out.
- Let someone know where you are going, and try to bring a cell phone with you when possible.
- Stay close to home! Don't drive unless you have to.

When preparing for winter weather the Federal Emergency Management Agency (FEMA) gives the following winter weather tips on their website www.ready.gov/winter-weather.

- Keep an emergency supply kit for winter power outages or icy roads with rock salt and snow shovels.
- Travel smart, and don't travel in bad weather unless you have to!
- Understand winter storm terms and discuss with your family what to do when a winter storm warning is issued.

Skip The Elevator, Take The Stairs. *How to stay active during the winter months!*

It may be cold outside, but that doesn't mean physical activity has to come to a stop. You can stay active by making small adjustments throughout the day indoors, or fitting some physical activity in outside when the weather permits. Remember, it's important to consult your doctor before engaging in any activity if you have an existing health condition. Here are some tips to get up and get moving during the cold from the CDC!

Indoor Activity

- Instead of using the elevator, take the stairs!
- Doing activities around the house such as: sweeping, mopping, scrubbing, and laundry. You can keep the house clean and get some activity in at the same time!
- Get an exercise DVD, or look on your cable network for free exercise channels to use at home. There are also audio downloads that can be found on the internet.
- Go for a walk around the

mall with a friend. Local schools and churches may have an indoor gym available to play sports. (Optional: buy a pedometer to count steps.)

- Instead of using the elevator, take the stairs!
- Use weights or resistance bands at home to exercise. If you don't have these, go in your pantry and substitute with soup cans!

Outdoor Activity

When the weather permits...

- Take the dog for a walk
- Shovel snow
- Try a new winter activity such as ice skating, cross county skiing, or snow shoeing.
- Walk a local trail with a friend or family member.



“90% of people diagnosed with Colorectal Cancer are over 50 years old.”

-Colon Cancer Alliance

Dress in Blue Day: March 6th

Are you over 50 years of age and up to date with your colonoscopy? According to the Colon Cancer Alliance, 90% of people diagnosed with colon cancer are over 50 years old! Look for signs of blood in your stool, change in bowel movements, or constant bouts of exhaustion. Staying up to date with your screenings will help detect these signs.

March is Colorectal Cancer Awareness Month, and on March 6th men and women all over the US will be wearing

blue as symbol for those with colorectal cancer fighting for their lives. It is an effort to spread awareness and represent the community of patients, survivors, caregivers, and advocates.

Colorectal Cancer (CC) affects men and women of all racial and ethnic groups. Get screened and urge your friends and family to do the same. If you are over 50 or experiencing unusual symptoms, talk to your doctor.

MARCH IS
Colorectal Cancer Awareness Month

Colorectal Cancer is the 2ND LEADING CAUSE OF CANCER DEATHS IN THE UNITED STATES.

Age 50+? Talk to a gastroenterologist about screening.

BROUGHT TO YOU BY THE AMERICAN GASTROENTEROLOGICAL ASSOCIATION

The New Jersey Cancer Education and Early Detection Services (NJCEED) provides free screenings for colorectal, breast, cervical, and prostate cancers for uninsured or low-income individuals over 40. For more information call the Morris County office at **1-800-447-3337**.



Colorless, Odorless, & Tasteless Gas: How To Prevent Carbon Monoxide In Your Home

As the temperature drops, the risk for carbon monoxide (CO) poisoning in homes goes up. How does this undetectable gas get into your home? Furnaces, water heaters, stoves, ovens, kerosene space heaters, wood and gas fire places, wood burning stoves, automobile engines, and portable generators are all potential sources of carbon monoxide. In cold weather, we begin operating heating equipment that generates this gas. Because this gas is colorless, odorless, and tasteless it can have toxic, and even deadly effects.

There are 3 important things to remember when taking measures to prevent a fatal dose of carbon monoxide in your home: prevention, detection, and rapid treatment.

- **Prevention:** have your furnace/heating equipment inspected regularly, make sure rooms with heating equipment are properly ventilated, run car engines and portable generators outside (not in the home)
- **Detection:** install a carbon monoxide alarm outside of all sleeping areas, if this alarm sounds open all windows and have everyone leave the area.
- **Treatment & Symptoms:** Symptoms include nausea, shortness of breath, headaches, confusion, dizziness, or fainting. If you experience any of these symptoms get fresh air immediately, contact your local fire department, and go to your local hospital.

Carbon Monoxide Detectors

When fuel-burning appliances are installed incorrectly or there is a malfunction, these devices can cause the release of CO. CO Detectors will sound when the gas is present in the home signaling to ventilate and leave the area. Make a conscious effort to choose a detector based on it's functions, not on its cost. Always follow the manufacturer's instructions for information on installation, safety, and maintenance. It is important to ensure the detector is working properly, in order to keep everyone in the household safe.

For more information visit <http://www.aapcc.org/alerts/carbon-monoxide/>, or call **1-800-222-1222** to find local poison center's in your area.

Portable Generator Safety Tips: (from the American Association of Poison Control Centers)

Generators are a great tool to keep the house warm when you lose power. Keep these tips in mind when operating your generator at home:

When operating a generator, carefully follow manufacturer's directions.

Never use a generator indoors, in a garage, or near an open window.

Do not siphon gasoline with your mouth to fill a generator with fuel.

Keep a battery operated carbon monoxide detector nearby. Test the batteries!



Drinking During Pregnancy: Fetal Alcohol Syndrome

Fetal Alcohol Syndrome (FAS), according to the New Jersey Department of Human Services, is a cluster of non-curable brain disorders and physical or mental impairments, that are the result of a mother drinking during pregnancy. Fetal Alcohol Spectrum Disorders (FASD) is a more broad term used to describe a range of effects associated with unborn infants exposed to alcohol. These effects include any

impairments from physical, behavioral, or learning, and they last throughout the child's life. While there are different behavioral treatments and medications available, there is no cure for a child with any of the FASD's. According to the National Organization on Fetal Alcohol Syndrome (NOFAS), alcohol use during pregnancy is the leading known cause of developmental disability and birth defects in the US.

Alcohol intake can cause harm to the fetus at any time. This includes before a mother knows she is pregnant.



Fetal Alcohol Syndrome *(continued from p.4)*

Dangers & Effects

While there are treatments available for children with FAS, there is no cure. It is a condition that will last a lifetime for the child, and alcohol intake during pregnancy has the potential to cause the following effects:

- Facial abnormalities
- Growth Impairments
- Heart, lung, & kidney defects
- Hyperactivity and behavioral problems
- Learning disabilities
- Difficulty with judgment and reasoning
- Attention and memory problems
- Motor skill delays and poor coordination

Prevention

FAS is 100% preventable. As long as woman does not intake alcohol at any point during her pregnancy, she will not put her child at risk for any of the FASD's, including Fetal Alcohol Syndrome.

Who is at Risk?

Any woman who drinks alcohol is at risk of having a child with an FASD. Women at higher risk of drinking during pregnancy include those with a substance abuse problem, specifically with alcohol abuse. Treatment centers are available across the county, online, and by phone.

For more information feel free to visit www.alcoholics-anonymous.org or call 1-800-ALCOHOL (252-6465) for information and referrals.

“In NJ, there may be as many as 300 babies per year born with Fetal Alcohol Syndrome.”
-NJ Department of Health



Rabies Vaccination

What is Rabies? According to the CDC, it is a disease, mainly of animals, that humans get when they are bitten by animals who are infected. Rabies can cause pain, fatigue, headaches, fever, and irritability. These symptoms are often followed by seizures, hallucinations, and paralysis. An animal is considered immunized 28 days after the vaccination. Rabies control of domestic animals is through vaccination. All dogs should be vaccinated against rabies, and in some municipalities cats also.

For information on free rabies clinics and vaccinations offered in your area, visit www.morrishealth.org.

Medical Reserve Corps

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out a volunteer application, visit www.njmrc.nj.gov.



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Important Numbers

GENERAL

NJ211
2-1-1
North Jersey Red Cross
(973) 538-2160
Poison Information
1-800-222-1222
Mental Health Hotline
1-877-294-4357

MORRIS COUNTY

Health Management
973-631-5484
Emergency Management
973-829-8600
Sheriff's Office
973-285-6600
Prosecutor's Office
973-285-6200

NEW JERSEY

Communicable Disease Service
1-609-826-5964
State Police
1-609-882-2000

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The mission of the Morris County Office of Health Management is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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