

Englewood Health Watch

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Health Observances

- **December 1—World AIDS Day**
- **January— National Glaucoma Awareness Month
National Radon Action Month**
- **February— American Heart Month
National Children’s Dental Health Month**

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Alzheimer’s Disease Know the early signs!

The brain has numerous nerve cells that carry out functions such as cognitive thinking, learning, and memory. When brain cells die, they do not regenerate new cells. This process results in changes in the brain, which may eventually lead to Alzheimer’s disease. The process occurs gradually, and begins years earlier than symptoms such as confusion, forgetfulness, or memory loss are noticeable.

Unfortunately, there is no test to detect Alzheimer’s; however, a Mini Mental Examination, conducted by a neurologist, may show a decline in cognitive thinking and memory. As symptoms become more obvious, and tests

such as CAT scan or MRI rule out other illnesses, Alzheimer’s may be diagnosed.

According to the Alzheimer’s Association, there are ten early signs and symptoms of the disease which include: memory loss that disrupts daily life; challenges in planning or solving problems; difficulty completing familiar tasks at home, at work, or at leisure; confusion with time or place; trouble understanding visual images and spatial relationships; new problems with words in speaking or writing; misplacing things and losing the ability to retrace steps, and may accuse others of stealing; decreased or poor judgment;

withdrawal from work or social activities; and changes in mood and personality.

Even though the signs and symptoms may hold true for the onset of Alzheimer’s disease, these signs may be a result of other illnesses. Therefore, it is best to seek medical attention as early as possible rather than self diagnosing based on the common symptoms.

Claudette Murdock,
Public Health Nurse

Source: http://www.alz.org/alzheimers_disease_stages_of_alzheimers.asp

Holiday partying? Plan ahead

When planning your holiday celebrations, don’t overlook one important detail – your plan for getting home *safely*. “I will be fine after only a few drinks,” or “I’ve gotten home safely many times before,” aren’t plans. A designated driver commits not to drink for the evening. If you managed to

drive home safely after a few drinks in the past, that was sheer luck.

Alcohol impairs coordination, slows reaction time, and significantly impairs judgment. Make the decision not to drive *before*. If the worst-case scenario car crash never happens,

there are other reasons not to risk it such as fines and penalties, loss of driver’s license, classes and embarrassment over having your name in print.

For more info, call National Directory of Designated Driver Services <http://bit.ly/2fVxGw2>

Home food safety myths

Cross contamination doesn't happen in the refrigerator — it is too cold in there for germs to survive!

Did you know that if your food already has bacteria in it, all the refrigeration does is slow the multiplication process down? *Listeria Monocytogenes* is the perfect example. That bacterium can grow at temperatures as low as 35.6°F. The best way to kill the bacteria is by reheating the food to 165°F.

I don't need to clean the refrigerator produce bin because I only put fruit and vegetables in there.

Fruits and vegetables contain naturally occurring bacteria, so if you don't clean your produce bin, all you are doing is incubating a germ factory that may lead to cross contamination issues. Your refrigeration unit needs to be cleaned regularly with hot soapy water and then sanitized.

I don't need to rinse this melon for safety — the part I eat is on the inside!

If you don't wash melons or any other fruit before you cut it open with a knife, whatever bacteria that was on the outside of the fruit, is now on the part that you will be eating. It is important to properly

wash and scrub your produce with a clean brush.

Jennifer Galarza, Sr Health Inspector

Work Cited: Top 10 Home Food Safety Myths and Facts. (n.d.). Retrieved August 22, 2016, from Fight Bac!



Why choose turkey

We are all familiar with, and maybe even tired of, having turkey during the holidays. Although we see turkey as an iconic food for at this time, we may not realize the great benefits for you and your family.

Turkey is a great source of protein. It is also a source of iron, zinc, potassium, phosphorus, and

vitamin B6 – all great nutrients for human health. Additionally, regular consumption of turkey can aid in lowering cholesterol levels and also help keep insulin levels stable. You may have heard that eating a lot of turkey can make you sleepy because of tryptophan, but it plays an important role in strengthening the immune sys-

tem.

While all of this sounds great, there are a few things to be aware of. Turkey can be high in sodium, so try not to overdo the salt, and don't "drown" the turkey in gravy. Also, turkey skin is high in fat, so peel off the skin and enjoy the meat as it is for maximum health benefits.

Though it's tempting, try not to overeat during the holidays. Eat until you are satisfied, not stuffed. Save the leftovers; slice up the leftover turkey to make a turkey sandwich. Stay active and plan time for exercise. And lastly, enjoy your holidays and find ways to reduce your stress!

*John Han,
Youth Health Educator*



FACT: You need a food thermometer to tell if a turkey is cooked

Take the temperature with a food thermometer in three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast. The thermometer should read 165°F. This is the best way to ensure your turkey is cooked to a safe internal temperature, but not overcooked.

Source: www.FoodSafety.gov

Dog and cat licensing—2017

License renewal notices will be mailed / emailed during the last week of December and are renewable in January. Resident pet owners who have not licensed their dogs or cats by the end of February will be assessed late fees beginning in March. No late fees will be waived as all fees are set by City ordinances.

Licenses cannot be renewed if the rabies vaccination status does not meet the New Jersey State Department of Health requirement – specifically, rabies vaccinations must be valid through the first ten months of the current license

year. A booster vaccine is required if it expires prior to November 1, 2017.

Rabies Vaccination Waiver forms for medical exemptions, available on our web site or in the Health Department office, are valid for one year only. A new form must be signed and submitted by a veterinarian for the new license year if applicable.



A Rabies Vaccination Clinic has been scheduled for
Saturday, February 11, 2017
11 a.m. to 1 p.m.

Vaccination at the Municipal Court Licensing at the Health Department with a make-up date for Saturday, February 25 due to inclement weather

No pets are permitted inside the Health Department customer service area. Please make arrangements to secure your pet(s) in your vehicle, or bring a responsible family member or friend with you to mind your pet(s) while licensing.

Bring proof of prior rabies vaccination (tags are not acceptable). If you do not bring proof, your pet will receive a 1-year vaccine.

Residents may also make an appointment with
Twin Oaks Veterinary Hospital
(201) 530-5800

Lice

There are three different species of lice that feed on humans – head lice, body lice, and pubic or crab lice. Taxonomically speaking, head and body lice are the same species, but let's talk about the "species concept" at a later date.

Lice feed on human blood, and humans are not the only animals

inflicted with their scourge. They are found on many other mammals and birds, but they are uniquely specific to those animals. In other words, people cannot become infested with lice from dogs, and dogs cannot become infected with human lice.

Like bed bugs, head and crab lice do not transmit disease, so the health department is not too concerned about these critters. These insects are a nuisance, not a potential disease transmitter like mosquitoes and ticks.

However, body lice do transmit the often fatal disease of epidemic

typhus. You don't hear of the disease because most Americans do not have body lice. The last louse-borne typhus outbreak in the U.S. occurred in 1921.

Body lice live in the seams of our clothing, not on our bodies. They only come in contact with us when they need to feed. Washing our clothes often has virtually eliminated it. Before the invention of

the washer and dryer, body lice was common, and they have been discovered on the most ancient human mummies. The book, *Rats, Lice, and History* by Hans Zinsser, states that body lice was so common that Swedish custom, in the Middle Ages, was to select a mayor in the following manner. "The persons eligible [for mayor] sat around a table, with their heads bowed forward allowing

their beards to rest on the table. A louse was put in the middle of the table. The one into whose beard the louse first adventured was the mayor for the ensuing year." How times have changed!

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Public Health
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www.cityofenglewood.org/health

This local health department offers a comprehensive array of public health prevention, promotion, and protection services and programs serving 27,147 residents (census data of 2010) in the City of Englewood, New Jersey. The Department operates under the mandated, legal framework of the Public Health Practice Standards of Performance for Local Boards of Health in New Jersey (N.J.A.C 8:52) and the New Jersey State Sanitary Code (N.J.A.C 8:26). Under the governing authority of the Englewood Board of Health, its mission is to improve the quality of life for individuals and families in the City of Englewood through innovative policies, effective services, and strong community partnerships.

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Myocardial Infarction warning signs

Heart disease is the leading cause of death in the U.S. for **both** men and women. There are many different types of heart disease, and many people do not know they have heart disease until they have a heart attack. More than a million Americans have a heart attack or myocardial infarction each year. A heart attack usually occurs when a blood clot blocks blood flow to the heart. Without blood, tissue loses oxygen and die.

It is important for everyone to have an annual physical with their doctor to **know important numbers** such as weight, body mass index, blood pressure,

blood cholesterol, and glucose. These can determine if you are at risk for heart disease.

Common signs and symptoms of a heart attack include: shortness of breath, chest discomfort, discomfort in other parts of the upper body, numbness or tingling in the arms, hand, or jaw, dizziness or light-headedness and sweating.

Women are less likely to feel chest pain during a heart attack than men.

Women often experience other symptoms, including: back, neck,

or jaw pain, persistent heartburn or indigestion, nausea or vomiting, dizziness or lightheadedness and fatigue.

If you think that you or someone else is having a heart attack, call **9-1-1** right away! The longer time without treatment, the greater the damage to the heart or risk of death.

For more information, visit www.heart.org.

Lismary Espinal, Health Educator

Signs & Symptoms

- A person having an acute MI usually has sudden chest pain that is felt behind the breast bone and sometimes travels to the left arm or the left side of the neck.
- Additionally, the person may have shortness of breath, sweating, nausea, vomiting, abnormal heartbeats, and anxiety.

