

# Englewood Health Watch

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## Health Observances

- March – Colorectal Cancer Awareness Month, National Nutrition Month
- April – Alcohol Awareness Month, April 6-12 National Public Health Week
- May – National Physical Fitness & Sports Month, Mental Health Month

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## Glaucoma

There are various reversible causes of blindness. Glaucoma is one of the most common. Glaucoma comes in different forms, but the most prevalent is Primary Open Angle Glaucoma (POAG). There is a natural filtration system in the eye that is designed to maintain proper eye pressure. If this system stops working, the eye pressure increases and can cause damage to the optic nerve. The nerve damage leads to decreased peripheral vision that can ultimately affect the central vision as well. This damage to the optic nerve is typically irreversible. If glaucoma is caught early though, this nerve damage can be avoided or delayed.

It is estimated that approximately 2 million people in the United States over the age of 45 are affected by **Primary Open Angle Glaucoma (POAG)**. There are multiple risk factors associated with glaucoma: increased eye pressure, abnormal appearing nerves, thin corneas, race (African Americans are 3 to 6 times more likely to develop POAG than Caucasians), increased age, and family history. Factors such as a history of hypertension and diabetes do not normally influence the development of POAG.

A routine eye exam can potentially reveal risk factors such as increased eye pressure and an ab-



normal appearance of the optic nerve. If you are over 50 and do not wear glasses, it is certainly recommended that you have a routine eye exam where the eye pressure will be evaluated and the optic nerve will be examined as well. Remember, glaucoma is a silent condition that can lead to blindness. If detected early though, it can be managed quite effectively.

Kurt Jackson, MD

Englewood Hospital & Medical Center

## March is National Nutrition Month

**National Nutrition Month®** is a nutrition education and information campaign created annually in March by the Academy of Nutrition & Dietetics. The campaign focuses attention on the importance of making

informed food choices and developing sound eating and physical activity habits. Registered Dietitian Nutritionist Day, also celebrated in March, increases awareness of RDNs as the indispensable providers of food and

nutrition services and recognizes them for their commitment to helping people enjoy healthy lives.

The 2015 NNM theme is "Bite into a Healthy Lifestyle."

## Don't Miss a Beat!

The Englewood Health Department is proudly sponsoring "Don't Miss a Beat" a 12-Week Heart Healthy Program for Englewood Seniors, starting on Wednesday, March 11 to Wednesday, May 27. The majority of this 12-week program will take place at the Englewood Public Library, with two cooking workshops being held at Le Gourmet Factory.

Throughout the program, participants will learn lifestyle modifications to reduce their risk of heart disease and participate in light-to-moderate exercise with each session. Free cholesterol and glucose

screenings will be provided at the beginning and end of the program as well. The Health Educator of the Health Department, and several speakers from the Englewood Hospital, will be presenting on Heart Health, Nutrition, Diabetes, Sleep Tips, Stress Reduction, Medication Safety and other heart-related issues. An exercise specialist will also instruct two classes focusing on aerobics and weight-bearing exercise.

For more information about the program and any upcoming events, please contact the Health

Department at 201-871-6508 or visit [www.cityofenglewood.org](http://www.cityofenglewood.org).

Megan Maletich  
Health Educator



## What are bed bugs?



Bed bugs are wingless, reddish-brown, blood-sucking insects that can grow up to 7mm in length. They feed on human and animal blood and cause itchy bites. These bugs come out to feed about every 5 - 10 days, but they can also survive a whole year without a blood feeding. Their presence can be detected through blood stains, fecal droppings, and eggs. They are consid-

ered to be experts at hiding. During the day they hide in a variety of places such as:

- mattress seams and tufts, box springs, bed frames, head boards, sheets
- crevices and cracks in furniture or upholstered furniture
- seams of chairs and couches, between cushions, and in the folds of curtains

An infestation of bed bugs usually occurs in apartments, shelters, hotels, nursing homes, hospitals, cruise ships, busses, trains, and dorm rooms. Bed bugs are transported from place to place as people travel. These insects can travel up to 100 feet per night, but they tend to live within 8 feet of sleeping quarters.

## Cervical Health

Last year, an estimated 12,000 women were diagnosed with cervical cancer, and, of those, about 4,000 died as a result. Cervical cancer is a highly preventable and treatable cancer due to improved screening and initiation of vaccination.

The Centers for Disease Control and Prevention (CDC) recommends the inoculation for girls and women aged 11 to 26. Health care professionals are increasingly suggesting that teen boys and men get the vaccine as well.

For those women who are not vaccinated and not screened regularly, either due to a lack of information or inadequate health care, cervical cancer can still be a serious, even fatal, illness.

# Who needs a Yellow Fever vaccine?

Yellow fever is no longer endemic in the U.S., thankfully, because the disease is deadly. If you were to contract the virus, which is transmitted by the bite of a mosquito, you would get very sick and have a 30% chance of dying.

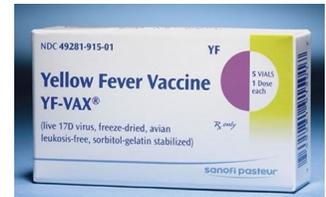
**Symptoms** take 3–6 days to develop and include fever, chills, headache, backache, and muscle aches. About 15% of people who get yellow fever develop serious illness that can lead to bleeding, shock, organ failure, and sometimes death.

The history of yellow fever is quite interesting. It originated in Africa, was brought to the New World in 1647, and has plagued cities as far north as New York. The last major outbreak in the U.S. was in New Orleans in 1905. The disease is partially attributed to the failure of the French to build a canal in 1881 to unite the Atlantic and Pacific Oceans.

The yellow fever vaccine was developed in the 1930s and is still effective today. The disease has been eradicated in North and Central America but is still endemic in the tropical areas of

South America and Africa. So, if you are travelling in the tropical rain forest of Brazil or the Congo Valley, you will need a yellow fever vaccine. You can receive this life saving, world-changing vaccine locally at the Leonia Medical Associates in Englewood for only \$95. Amazing!

James M. Fedorko  
Director/Health Officer



## Bed bugs (cont'd)

In order to prevent bed bugs from entering your home:

- Use a protective cover to encase the mattress/box springs.
- Reduce clutter in your home
- Never bring used furniture from the street into your home.
- When traveling, inspect the bed and furniture. Keep suit-

cases off the bed, and inspect them before you leave.

If you suspect you have been around bed bugs, immediately wash and dry your clothing on hot settings or store it in a sealed plastic bag until you can launder them.

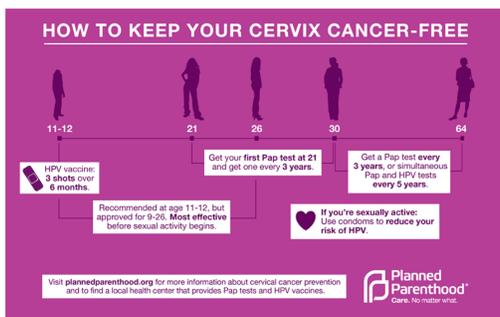
Seal cracks and crevices with caulk. This will help pre-

vent bed bugs and other pests from entering.

If you feel that your bed bug problem is out of control, it is best that to contact a certified exterminator. Also, feel free to contact the Health Dept at (201) 568-3450 with questions regarding bed bugs in your home.

Jennifer Galarza, REHS  
Health Inspector

## Cervical Health (cont'd)



Symptoms of cervical cancer, which may not show up until the cancer is advanced, include abnormal vaginal bleeding, unusual discharge, bleeding after intercourse, periods that last longer or have a heavier flow than usual, and bleeding after menopause.

Hopefully there will be more awareness regarding need for vaccination and cervical cancer screening.

Hetal Gor, MD, FACOG

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*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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*Deborah L. Baldwin, CMR, Editor.*

## Measles: What to know

Measles, also known rubeola, is a contagious respiratory tract virus. No treatment regime or course of antibiotic can treat or cure the disease once infected -- Measles has to run its course. Symptoms are a runny nose, hacking cough, red eyes, and small red rashes all over the body. Death from measles is rare. Plenty of water and rest are recommended, and infected individuals should be isolated to prevent the airborne pathogen from spreading. The most vulnerable groups are infants, pregnant women, and the immune compromised.

### *How can it be prevented?*

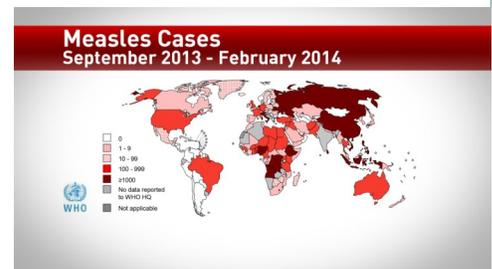
Vaccines are the BEST weapon against any infectious disease, including measles. An individual can

get vaccinated against measles in the form of vaccine know as MMR, which is administered between 12 to 18 months after birth and again between the ages of 4 to 6 years. Adolescents and adults are urged to get the vaccine if never vaccinated. It is necessary to check the MMR titer level for immunity since the efficacy of the vaccine can wear off over time. As with any contagious disease, prevention is the goal.

### Sources:

- <http://www.cdc.gov/measles/>
- <http://kidshealth.org/parent/infections/lung/measles.html#>
- <http://www.mayoclinic.org/diseases-conditions/measles/>

[basics/risk-factors/con-20019675](#)



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