

Englewood Health Watch

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Mar / Apr / May

Health Observances

- March – Colorectal Cancer Awareness Month
National Nutrition Month
March 15-21 National Poison Prevention Week
- April – Stress Awareness Month
April 4 – 10 National Public Health Week
April 26 – May 3 National Infant Immunization Week
- May – American Stroke Month
Asthma & Allergy Awareness Month
Employee Health & Fitness Month
National Mental Health Month
National Melanoma/Skin Cancer Awareness Month
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Colorectal Cancer

March is National Colorectal Cancer Awareness Month, the third most common cancer diagnosed in both women and men in the U.S. Colorectal Cancer is cancer in the colon or rectum. Abnormal growths called polyps may form in colon, which may turn into cancer over time. Current estimates are 95,270 new cases of colon cancer, and 39,220 new cases of rectal cancer, with an expected 49,190 deaths during 2016.

As you get older, the chances of getting colorectal cancer increases, where over 90% of cases occur in people who are 50 years or older. Other risk factors include: having a personal or fam-

ily history of colorectal cancer; having inflammatory bowel disease; lack of regular physical activity; low fruit/vegetable intake; a low fiber and high fat diet; obesity; alcohol use; tobacco use.

Colorectal cancer and polyps don't always cause symptoms at first. Many can have polyps and colorectal cancer and be unaware, which is why screening for it is important. Some symptoms include:

blood in or on your stool; stomach pain, aches, or cramps that don't go away; unexplained weight loss.

You can reduce your risk by having frequent colorectal screenings, which can find precancerous

polyps to be removed so cancer won't develop. Frequent screening can also help catch the cancer early, which will make treatment effective. Diet may also decrease your risk. A healthy diet would include low animal fats, and one high in fruits and vegetables, and whole grains.

Jillian Travilla, Health Education Intern



Heart Disease

According to the CDC, heart disease is the leading cause of death for both men and women. Heart disease is a broad term that describes several medical conditions that affect the heart, such as: Coronary Artery Dis-

ease, Silent Ischemia, Angina, Heart Attack, Heart Failure, Arrhythmia, Heart Defects, and Peripheral Arterial Disease. The conditions impact the heart in different ways.

While some heart diseases may cause an irregular heartbeat, discomfort, heaviness and pain, heart attack and coronary artery disease can lead to death. (cont'd)

Salmonella

Salmonella, the name of a group of bacteria, is one of the most common causes of food poisoning in the U.S. Food sources are contaminated eggs, poultry, meat, unpasteurized milk or juice, cheese, contaminated raw fruits and vegetables (alfalfa sprouts, melons), spices, and nuts. It also comes from animals and their environment, particularly reptiles (snakes, turtles, lizards), amphibians (frogs), birds (baby chicks) and pet food and treats.

Usually, symptoms last 4-7 days, and most people get better without

treatment, but *Salmonella* can cause more serious illness in older adults, infants, and persons with chronic diseases. *Salmonella* is killed by cooking and pasteurization. The incubation period is 12 to 72 hours, and symptoms include diarrhea, fever, abdominal cramps, and vomiting.

What can I do?

Drink plenty of fluids and get rest. If you cannot drink enough fluids to prevent dehydration or if your symptoms are severe, call your doctor. Antibiotics may be necessary if the infection spreads from the intestines to the blood stream.

How can I prevent it?

Avoid eating high-risk foods, including raw or lightly cooked eggs, undercooked ground beef or poultry, and unpasteurized milk.

Keep food properly refrigerated before cooking.

Clean hands with soap and warm water before handling food. Clean surfaces before preparing food on them.

Use a meat thermometer to make sure foods are cooked to a safe temperature.

Heart disease (cont'd)

For heart attack and coronary artery disease there may be a narrowing or blockage of the blood vessels which causes insufficient blood flow and oxygen to the heart muscles. Continued blockage and narrowing of blood vessels may result in parts of the heart muscles dying, which may result in sudden death.

The warning signs for heart dis-

eases vary among individuals. They include shortness of breath, profuse sweating, pain that radiates to the shoulders, neck or arms, nausea and vomiting, lightheadedness or fainting, heavy feeling, pressure, or intense pain or squeezing in the chest that lasts for more than a few minutes, and severe weakness.

While these signs may be more specific to heart attack, they hold true

for other heart diseases as well. None should be taken lightly; therefore, the best practice for persons experiencing any of these symptoms is to seek medical care immediately.

Jillian Travilla, Health Education Intern

Sources: <http://www.cdc.gov/heartdisease/facts.htm>
<http://www.covenanthealthcare.com/main/typesofheartdisease.aspx>

May—Food allergy action month

What is happening? Have you ever had a moment of panic? Did you know what to do?

The reality is, food allergies are very serious with over 15 million people in the U.S., including 1 in 13 children, affected. A food allergy is the result of the immune system

mistakenly targeting a food protein (allergen) as a threat and attacking it.

Anaphylaxis is a severe, life-threatening, allergic reaction which can occur with many different foods. The most common are peanuts, tree

nuts, milk, egg, wheat, soy, fish and shellfish. Mild symptoms include hives, redness of the skin, itchy mouth, nausea/vomiting, diarrhea, stomach pains, sneezing and slight, dry cough. to food allergies can go from mild to severe in just a few minutes, (cont'd)

May is Mental Health Month

For over 65 years, the month of May has been designated as Mental Health Month. The national theme this year is “*Life with a Mental Illness*”. Mental illness has a higher incidence rate than all types of cancer, cardiovascular disease and others. The recent headlines in the news have increased the public’s awareness of mental health as an important component of our overall wellness and ability to function in our home, work, school and social lives.

On May 2nd, Vantage Health System will be holding an Open House on from 5-7 p.m. at its 2 Park Avenue, Dumont, NJ location. Guest

speaker, Dr. Frances Rudnick Levin, is the Kennedy-Leavy Professor of Clinical Psychiatry at Columbia University and Acting Director, Division on Substance Abuse, Director of the Addiction Psychiatry Fellowship Program at New York Presbyterian Hospital. Meet Board members and professional staff and learn about the services Vantage offers!

Vantage Health System, Inc, in operation since 1957, and in Englewood since 1978, is a private not for profit community mental health organization serving residents from Bergen County and beyond. For access to services call 201-567-0059. Visit www.vantagenj.org

Vicki Sidrow, President/CEO, Vantage Health System



Salmonella (cont'd)

Do not use utensils on cooked foods that were previously used on raw foods and do not place cooked foods on plates where raw foods once were unless it has been cleaned thoroughly.

Chill foods promptly after serving and when transporting from one place to another.

Wash your hands after contact with animals, their food or treats, or their living environment

Priscilla Lewis, Health Inspector

Source: www.foodsafety.gov



Food allergies (cont'd)

which is why it is very important to call 911 immediately.

Fortunately, a skin prick test or blood test can determine if you have a food allergy. Most individuals diagnosed with food allergies carry epinephrine (Epi-pen Auto Injector), recognized by healthcare profession-

als as the emergency treatment of choice for severe allergic reactions. After administration of an Epi-pen, patients should seek medical attention immediately, or go to the emergency room. For the next 48 hours, patients must also be monitored for any unusual symptoms. **Remember any delay in treatment can**

be fatal!

Lismary Espinal, Health Educator

For more information please visit: Food Allergy Research & Education <http://www.foodallergy.org/about-food-allergies>

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Public Health
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www.cityofenglewood.org

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.

April—Alcohol Awareness Month

Founded and sponsored by the National Council on Alcoholism and Drug Dependence (NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, it is estimated that as many as 20 million individuals and family members are living in recovery.

This year's theme, *"Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use,"* is designed to draw attention to the role parents can play in preventing teen alcohol use. Reducing under-

age drinking is critical to securing a healthy future for America's youth and in a society that continually promotes alcohol and drug use abuse and its effects on children is great – and parents need to know the important part they can play in this effort.

Those interested in becoming a member of the [Municipal Alliance](#), dedicated to the education and prevention of substance use and abuse among Englewood's youth, may contact Deborah Baldwin at 201-568-3450 ext. 6502.



Alcohol-Free Weekend – April 1-3

During Alcohol-Free Weekend, NCADD and Englewood Dept of Health ask parents and other adults to abstain from drinking alcoholic beverages for a 72-hour period to demonstrate that alcohol isn't necessary to have a good time. If participants find it difficult to go without alcohol during this period, they are urged to call the National Institute on Alcohol Abuse and Alcoholism (English and Spanish lines) at 1-800-662-HELP (4357).

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