

Englewood Health Watch

Volume 7, Issue 2

Dec 2013 / Jan – Feb 2014

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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Free Prostate Health Lecture at Englewood Library

Dr. Elliot Shulman will present a lecture on prostate health at the Englewood Library on December 3, 2013 at 7 pm. Dr. Shulman has special expertise in the area of prostate health and has served as the Chief of Urology at the Bayonne Medical Center and is also on staff at the Englewood Hospital and Medical Center. After the lecture, free prostate screenings can be scheduled with a representative from the Bergen County Cancer Education & Early Detection (CEED) program **only** if the re-

quirements are met. Prostate cancer is the second leading cause of cancer related death in men in the U.S. For reasons that remain unclear, it occurs more often in African American men than in any other group in the United States. Prostate cancer is characterized by abnormal cell growth (cancer) in the prostate, and there are no noticeable symptoms while it is still in the early stages. In the more advanced stages, symptoms may include difficult or frequent urination or

blood in the urine. The prostate gland is part of the male reproductive system and helps to make semen. It is located in front of the rectum and below the bladder where it surrounds the urethra that carries urine out from the bladder. A healthy prostate is about the size of a walnut.



Risk Factors:

Age. More than 90% of prostate cancers are found in men age 50 and older.

Race/Ethnicity. African American men have the highest risk and are more likely to be diagnosed at an advanced stage.

Diet. A diet high in red meat or high-fat dairy products and low in fruits and vegetables may increase risk.

Family history of prostate cancer.

Early detection of prostate cancer is found through screenings. The screenings can help find

cancers in an early stage when they are small, have not spread, and are more easily cured.

For more information on the lecture and screenings, please call the Health Department at 201-568-3450.

Megan Maletich, Health Educator

Getting to Zero

One million people are living with HIV in the United States. One in five of those living with HIV is unaware of their infection. Although an HIV/AIDS diagnosis is no longer a death sentence, HIV/AIDS affects the City of Englewood. The New Jersey State Health Department declares the City of Englewood the second highest prevalence of HIV/AIDS cases in Bergen County in 2012. However, this status does not have to define the city.

World AIDS Day is celebrated each year on December 1st. This day brings global awareness about preventing the spread of the virus and addressing treatment and care in countries with high numbers of cases of HIV/AIDS. This year's theme for World AIDS Day is "Getting to Zero". The significance of the theme is to focus on getting the number of new HIV cases, AIDS-related deaths and discrimination against people living with HIV/AIDS to zero. Because

HIV/AIDS is spread through behaviors, some personal actions that an individual can take to prevent the spread of the disease include:

Abstinence. Not having sex reduces your risk of contracting HIV/AIDS. Most cases of HIV/AIDS are due to sexual contact. **Practice safe sex.** These habits can consist of using barrier methods (female and male condoms and dental dams) during all forms of sexual contact, dis-
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2013 Family Health Festival

In partnership with the Englewood Hospital and Medical Center, the Department of Health held its annual health festival on Friday, October 25th. The event, which was held at the hospital, hosted over 35 local agencies and merchants.

Sheila Thorne gave a presentation regarding current information on

the Affordable Care Act, and special appearances were made by former NY Giant Steven Baker and former NY Jet Bruce Harper.

The goal of the event was to promote healthy lifestyles and advertise health-related services provided by local businesses and government agencies.

We would like to thank all those who visited the Family Health Festival. See you next year!



Health Educator with Sparky, the Fire Prevention

Carbon Monoxide Poisoning

Brrrr... It's getting cold outside. During this time of the year, people become creative to keep warm -- like keeping their gas range or oven on for heating, keeping the generator inside the home, or even using a portable gas camp stove indoors. While they all might seem like good

ideas, an odorless and colorless gas called Carbon Monoxide (CO) can build up inside your home without you knowing it.

More than 20,000 visit the emergency room; more than 4,000 are hospitalized due to CO poisoning.

Fatality is highest among Americans 65 and older.

To prevent Carbon Monoxide Poisoning, the CDC recommend that you :

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2014 Pet Licensing & Rabies Clinics

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 before the end of February will be assessed late fees beginning on March 3rd.

Licenses may not be renewed if the rabies vaccination status does not meet the New Jersey State Department of Health requirement – specifically, rabies vaccinations must not expire prior to November 1st of the cur-

rent license year. Rabies Vaccination Waiver forms, 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.



The Rabies Vaccination Clinics have been scheduled for
Saturday, February 22, 2014
11 a.m. to 1 p.m.

Vaccination at the Municipal Court
Licensing at the Health Department
with a make-up date for Saturday, March 1
due to inclement weather
No late fees will be charged if the clinic is
postponed until March 1

An additional clinic will be held on
Thursday, April 24 from 6 p.m. to 7 p.m.
Vaccination and Licensing at the Health
Department
Late Fees will apply

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.

February is Dental Health Month

Every year in February we raise public awareness about the importance of having healthy teeth and gums. This year we are pleased to continue our dental screening program with Dr. Rich Adams of Adams Dental Studio in Englewood. In February 2014, Dr. Adams will be screening kindergarten students

at Quarles Early Childhood Education School. The Health Department will be providing goody bags with toothbrushes, floss, toothpaste and coloring books that emphasize healthy oral hygiene habits. We encourage you to register your child for the program. It is a fun and educational experi-

ence that the children enjoy while they learn the importance of good strong healthy teeth, and it's FREE. Be on the look out for the consent forms from the school nurse sometime in January of 2014. Each child will need a signed consent in order to participate. Valarie Buchta, Public Health Nurse

Carbon Monoxide Poisoning (continued from Page 2)

- Do install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.

- Don't burn anything in a stove or fireplace that isn't vented.
- Don't heat your home with a gas oven.

For more information about Carbon Monoxide Poisoning please visit the CDC at www.cdc.gov/co/default.htm or contact the Englewood Health Department at 201-568-3450.

Jennifer Galarza, Health Inspector

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Public Health
Prevent. Promote. Protect.

We're on the Web!
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.

Getting to Zero (continued from Page 2)

discussing sexual health status with your partner and limiting the number of sexual partners

Get tested regularly. It is suggested that you get tested for HIV/AIDS **once a year** if you are sexually active. Testing can include mouth swabs, urine samples and/or blood samples.

HIV/AIDS is not a disease that will disappear by itself. As a community, each person can do their part by practicing safe behaviors to prevent the infection's

spread. Taking an active role will help us reach zero. Raise awareness this December by wearing a red ribbon which was chosen because it is bold and visible to symbolize passion, a heart and love.

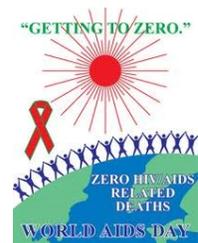
For more information about HIV/AIDS please visit the following:

AIDS.gov: HIV/AIDS Basics
<http://aids.gov/hiv-aids-basics/>

Womenshealth.gov: HIV/AIDS
<http://womenshealth.gov/hiv-aids/preventing-hiv-infection/practice-safer-sex.html>

State of New Jersey Department of Health: List of Cities with 100 or More Cumulative Cases <http://www.state.nj.us/health/aids/repa/topcity/documents/topcity.pdf>

Crystal Oliver
Student Intern



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