



HD HEALTHY NEWS

2015

PEQTWP

Men's Health
Month

June MEN'S Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Knowing how to prevent and protect yourself from disease all starts with knowing what health screenings you should be having!



Men's "Health Tune-Up"

Use this table to discuss and track your health screenings with your doctor during your annual check up.

☒	Result & Date	Test	When to Start	How Often
☐		Digital Rectal Exam (prostate cancer screening)	Age 40	Discuss w/MD every 1-2 years
☐		PSA (prostate cancer screening)	Age 50	Discuss w/MD yearly
☐		Colonoscopy (colorectal cancer screening)	Age 50 (earlier w/risk factors)	Every 10 years
☐		Blood Pressure	Age 18	Yearly
☐		Weight & Body Mass Index (BMI)	Age 18	Discuss w/MD yearly
☐		Cholesterol Total _____ HDL _____ LDL _____	Age 18	Discuss w/MD every 5 years
☐		Blood Sugar	Age 18	Discuss w/MD yearly
☐		Testicular Exam	Age 18	Discuss w/MD every 3-5 years

Prostate Cancer– Get Aware...

***1 in 6 men will be diagnosed with Prostate Cancer in their lifetime!**

***CDC says: "Men with a Family History: men with a brother, father, or son who has been diagnosed with prostate cancer are 2- to 3-times more likely to develop prostate cancer".**

Some Causes:

Age, Race, Family History, Where you live~

Prevention:

*Healthy diet low in calories and fat from meat and dairy

*Increase fruits and vegetables

*Eat Fish

*Exercise, maintain weight

*Avoid SMOKING

*Talk to your doctor about PSA/Rectal exams, controlling blood pressure, cholesterol and stress.

www.cancer.gov
www.pcf.org
www.mayoclinic.org

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Serving the towns of

Bloomington, Florham Park,

Kinnelon, Riverdale &

Pequannock

Men's Health Re-cap...



Ask your Doctor about the following,

- **Physical Exam** - Men should have a physical exam every 3 years in their 20s and 30s, every 2 years in their 40s, and yearly after 50.
- **Blood Pressure** - Men need to check their blood pressure every year after age 20. High blood pressure can damage organs and increases the risk of heart disease, stroke, and kidney disease.
- **TB Test** - Men need to have a TB skin test to check for tuberculosis every 5 years or if they are exposed to the disease or have symptoms.
- **Blood Tests, Urinalysis** - Basic blood tests that include cholesterol and blood sugar levels are important so that you can take action to prevent chronic diseases such as heart disease and diabetes.
- **EKG** - An electrocardiogram can screen for heart abnormalities. Men should have a baseline EKG at age 30, every 4 years after 40 and every 3 years after age 50.
- **Tetanus Shot** - Men need to get a tetanus shot every 10 years. Tetanus is a serious disease caused by the toxin produced by the bacterium *Clostridium tetani*. It can lead to painful muscle contractions, especially in the jaw and neck and is often called "lockjaw".
- **Rectal Exam** - A rectal exam checks for hemorrhoids, colon and prostate cancer. All men should have this exam yearly at your physician's recommendation. Experts suggest as early as 20yo if there is a family history of these cancers.
- **PSA test** - This test looks for "prostate specific antigen" produced by the prostate. It can be elevated when there is infection, enlargement, or cancer. African American men and those with a family history of prostate cancer may start testing at age 40 or earlier, other men may start testing at age 50.
- **Hemoccult** - This test checks for blood in the stool that may be an early sign of colon cancer or polyps. Men should have this test every year after age 40.
- **Colonoscopy** - Men should have a colonoscopy to detect polyps and colon cancer every 3-4 years after age 50 or based on risk determined by your physician.
- **Chest X-ray** - Smokers may want to discuss this with their physicians.
- **Self-Exams** - Men should also give themselves monthly self-exams. They should examine testicles for lumps, skin for suspicious moles, mouth for cancerous lesions, and even their breasts for lumps.
- **Bone Health** - Men should talk with their physician about when to get a bone mineral density test.



Grilling Season is here, Keep your loved ones safe!!!



Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature.

MEATS

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

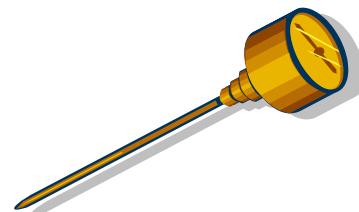
GROUND MEATS

Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 155 °F as measured with a food thermometer.

POULTRY

Cook all poultry to a safe minimum internal temperature of 165 °F as measured with a food thermometer.

*Weblink for more information [HERE](#)



July– **Safety Month** Helmet Rules...



Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries.

A head injury can mean brain injury. That's why it's so important to wear your bike helmet. "85% of head injuries from bike crashes can be avoided if you wear a helmet"!!!



A helmet is the single most effective way to prevent head injury resulting from a bicycle crash.

3 point quick-fit check reminder:

Eyes

Helmet sits level on your child's head and rests low on the forehead, one to two finger widths above the eye brows. A helmet pushed up too high will not protect the face of head well in a fall or crash.

Ears

The straps are even, form a "Y" under each earlobe, and lay flat against the head.

Mouth

The buckled chin strap in loose

enough so that your child can breathe. There should be enough room so you can insert a finger between the buckle and chin. It should be tight enough that if your child opens their mouth, you can see the helmet pull down on top.

Weblinks:

www.safekids.org

www.kidshealth.org

www.helmetonheads.org



Summer Safety Tips ↓

Anyone can develop heat stress.

However, the following groups of people have higher risks for experiencing heat stress or heat-related death:

- Infants and children up to four years of age,
- People 65 years of age and older,
- People who are overweight, and
- People who are ill or on certain medications

Did you know: Cars can heat up 19 degrees in 10 minutes?!

Be aware of children or pets in HOT cars!

More info click
[HERE](#)



Pool/Swim Safety Tips

Keep the poop, germs, and urine out of the water.

- Don't swim when you have diarrhea.
- Shower with soap before you start swimming.
- Take a rinse shower before you get back into the water.
- Take bathroom breaks every 60 minutes.
- Wash your hands after using the toilet or changing diapers.
- *Try not to swallow the water you swim in***

Parents of young children should take a few extra steps:

Take children on bathroom breaks every 60 minutes or check diapers every 30–60 minutes.

Change diapers in the bathroom or diaper-changing area and not at poolside where germs can rinse into the water. **Think Healthy. Swim Healthy. Be Healthy!**



August Immunization Month



August is Immunization Awareness Month

<http://www.nphic.org/niam/>

The purpose of this observance is to highlight the importance of immunizations, one of the top 10 public health accomplishments of the 20th Century, according to the Centers for Disease Control & Prevention (CDC).

While immunizations have significantly reduced the incidence of many serious infectious diseases, vaccination rates for some diseases are not meeting national public health goals.

We need to remind people that immunizations aren't just for children. They are needed throughout our lifetime.

For more information:

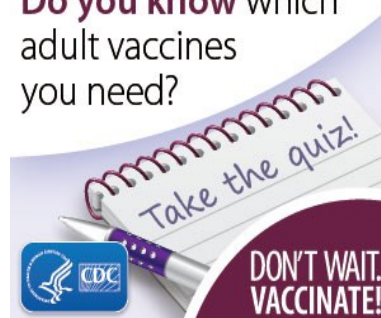
www.cdc.gov/vaccines/



Vaccines give parents the safe, proven power to protect their children.

PROTECT YOUR BABY
right from the start!

Do you know which adult vaccines you need?



DON'T WAIT. VACCINATE!

Vaccines are not just for infants!

[Click for more information HERE](#)

School News!

Back to School
Immunization
Reminder for all
incoming
6th Graders:
Tdap &
Meningococcal



**NJ Mandates Flu Vaccine
for all children in
Daycare/Pre-school
age 6months-59months**

Health Department Updates

Want to know how your favorite restaurant in town or the surrounding towns we serve is rating? Check out our link to the latest inspected restaurants.

Click below or visit:

www.peqtwp.org/health

- Concerned about a loved one?
Town Nurses can offer resources for both caregivers & family members.

Call our Nurses @ 973-835-5700 ext. 109 or 135

- **FREE** Adult Vaccine will be available to uninsured or under-insured, call nurses for availability and eligibility **{Shingles, Pertussis/Tetanus & Pneumonia shots}**
- Every other month the Child Health Clinic is available by appointment for children's Well

visit and vaccinations, those without insurance can call the nurses for more information.

- Please consider adopting a cat or kitten at our Pequannock animal shelter !
- Stay tuned for an interactive Map of Pequannock—click [Map](#) here or on our webpage.

Keeping PV Park Clean & Safe

The New Jersey State Department of Health has set standards for public recreational bathing waters. The laws cover construction, safety, operations and water quality.

The health department conducts an inspection of PV Park prior to opening each year.

Inspectors look at the following to make sure that PV Park is in compliance with laws governing lakes used for swimming:

- ♦ The dressing rooms and rest rooms are checked for cleanliness. Inspectors check to make sure they are fully stocked with toilet paper, hand drying mechanism, and trash receptacles.
- ♦ The food service area is inspected prior to opening, and during the season to make sure that the food handlers are following safe food handling procedures.
- ♦ The facility is inspected for insects, rodents, and weeds.
- ♦ The recreational equipment is checked for any defects. PV Park staff checks the equipment weekly with written results kept in a log book.
- ♦ Lifesaving equipment such as a phone, spine board, first aid kit and ring buoys are checked.
- ♦ Signage such as 'Bather Rules', emergency phone numbers, and hand wash signs for food service employees are checked.
- ♦ The depth of the water by the diving boards is checked. At the end of the board the depth of the water must be at least 12', for a distance of 12' beyond the end of the board, and, extend for 9' on each side of the diving boards.
- ♦ Lifeguard, First Aid, CPR and Food Safety Training certifications of the staff are checked.
- ♦ The proper number of lifeguards is checked.
- ♦ Staff emergency procedures are reviewed.
- ♦ The swimming areas are checked for hazards.
- ♦ Water samples are taken weekly from Memorial Day through Labor Day in areas where there are the most swimmers. Samples are tested for bacteria. If a sample does not meet the standards that are set in the code another sample is taken as soon as possible. If this second sample, or re-sample, does not meet standards, the swimming area is closed until a good sample is received. The results of all water samples are posted weekly on the town website. Heavy rainfalls, water fowl, and young children in diapers or a person sick with diarrhea can impact sample results.



The goal of the Pequannock Township Health Department is keep PV Park clean and safe for all who enjoy it during the summer season.



Medication Drop Box



Reminder:

Medication Drop box is always available for old and unused medication for proper disposal. Stop in at the Pequannock Municipal Building and enter by the police entrance and discard all pills and syringes, sorry no liquids. Help us keep prescription drugs out of the wrong hands.



Keep Meds out of the Wrong Hands!



- A** **Avoid** unprotected exposure to UVR, including tanning beds, and seek shade.
- W** **Wear** sun protective clothing, including a long-sleeve shirt, a hat with a three-inch brim, and sunglasses.
- A** **Apply** broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher to all unprotected skin twenty minutes before exposure and reapply every two hours while exposed.
- R** **Routinely** check your skin for changes, understand your need for vitamin D and report any concerns to a health care provider.
- E** **Educate** yourself and others about the need for sun protection.



Contact Information: 973-835-5700 ext. 127



PEQTWP.ORG/HEALTH

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Stay Connected ...

Keep up with Health & Prevention!

Follow us on social media and have up to date resources, events and tips from your local health department!!!

