



HD Healthy News

VOLUME 1, ISSUE 2

FALL EDITION

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September is

Cholesterol Education Month

Fall is in the air, and we want to fill you in on all that it brings. Did you know that September is National Cholesterol Education Month?

What is Cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-

density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

71 Million

"Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control."

cdc.gov/cholesterol

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.



September is National Cholesterol Education Month—a good time to resolve to get your Cholesterol Screened!

Prevention...

How can you Prevent or Treat High Cholesterol?

Make therapeutic lifestyle changes by:

* Eating a healthy diet.

Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.

* **Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.



* **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.

* **Not smoking.** If you smoke, quit as soon as possible.

Be sure to follow your doctor's instructions and stay on your medications, if prescribed, to control your cholesterol.

September is
Ovarian Cancer
Awareness Month



Teal for Ovarian Cancer Month

Did you know:

Early diagnosis is the key to survival, and the key to early diagnosis is recognizing

the symptoms of ovarian cancer:

- » **Bloating**
- » **Pelvic or abdominal pain**
- » **Trouble eating or feeling full quickly**
- » **Urgency or frequency of urination**

The Pap Test does not test for ovarian cancer. In fact, there is NO screening test for the disease.

Talk to your doctor if you, or someone you love is experiencing any of these symptoms for longer than two weeks.

www.whyteal.org says:

- THIS YEAR, MORE THAN 22,000 WOMEN WILL BE NEWLY DIAGNOSED WITH OVARIAN CANCER.

- OVARIAN CANCER RANKS 5TH IN CANCER DEATHS AMONG WOMEN.
- MOST CASES ARE DIAGNOSED IN THE LATER STAGES WHEN PROGNOSIS IS POOR.

Most symptoms resemble common gastric issues... Don't be misled... For more information talk to your doctor!

Breast Cancer Awareness... Go Pink!

October is Breast Cancer Awareness Month. Last year Pequannock decked town hall pink in recognition of Breast Cancer Awareness. Our goal is to help remind women, mothers, sisters, daughters, wives & friends of the importance of having monthly self breast exams & mammograms.

What is Breast Cancer?

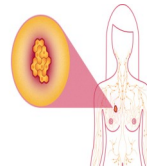
Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early

detection and treatment, most people continue a normal life.

Why is this Important?

Some Facts to know:->

- "1 in 8 women will be diagnosed with Breast Cancer in their lifetime".
- "Breast Cancer is the most commonly diagnosed cancer in women".
- "Breast Cancer is the 2nd leading cause of death in women".



www.NationalBreastCancer.org



Important News!

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



The fall Flu clinics are scheduled as follows:

Kinnelon on Wednesday: **10/29/14**
Municipal Bldg Court Room 4:30 – 6:30

Pequannock on Wednesday:
11/5/14
Senior House 4:30 – 6:30

Riverdale on Monday: **11/10/14**
Senior House 4:30 – 6:30

Bloomingdale on Wednesday: **11/12/14**
Senior House 4:30 – 6:30

Please note: Infants age 6 months thru Adults are able to be vaccinated at any clinic date above.

\$15

**NJ Mandates Flu Vaccine
for all children in
Daycare/Pre-school
age 6months-59months
by December 31, 2014**

Diabetes Awareness Month..

Did you know:

"Diabetes kills more Americans each year than breast cancer and AIDS combined".

- In the next 24 hours, diabetes will claim the lives of 200 people.
- That's 1,400 friends, neighbors, co-workers or family members.

Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

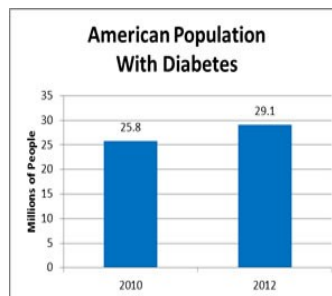
Every 17 seconds, someone is diagnosed with diabetes. That's 35,000 friends, neighbors, co-workers or family members in the next 7 days.

- 1 in 12 Americans has it.
- 1 in 4 who have it don't know it.
- 1 in 3 are at risk of developing it.

Lower your risk by maintaining a healthy weight, eating healthier (more fruits and veggies), staying physically active and not smoking to name a few.

Consult your doctor if you think you may be at risk or if there is a family history, reducing obesity in children can also aid in lowering the risk of diabetes in youth.

Learn more at:
www.Diabetes.org



Early detection and prevention education can help save lives at any age!

Prevention & Resources

1. www.Cancer.org Cancer Care helps support, counsel and educate also provides a comprehensive financial assistance program for women with breast cancer.
2. www.healtheo360.com is an online social network community developed to support, encourage and strengthen those living with chronic conditions and cancer, also great for family members and caregivers.
3. <http://www.ovarian.org> Know the symptoms get resources on the silent disease.
4. www.Diabetes.org
5. www.Stopdiabetes.com

6. <http://www.co.somerset.nj.us/health/RCDC/index.aspx> ↓



Prevention is key to early detection and survival!!

Fall in Love with FALL Veggies...

Honey Roasted Sweet Potatoes

Total Time: 1 hr 15 min
Prep: 15 min
Cook: 1 hr
Yield: 6 servings (serving size 3/4 cup)
Level: Easy

Ingredients

2 pounds red-skinned sweet potatoes
2 tablespoons olive oil
2 tablespoons honey
1 teaspoon fresh lemon juice
1/2 teaspoon salt

Directions:

Preheat oven to 350 degrees F. Peel and cut the sweet potatoes into 1-inch pieces and put in a 9 by 13 baking dish. In a small bowl whisk together olive oil, honey and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt, and bake, stirring occasionally, for about 1 hour, until potatoes are tender.

Nutritional Analysis

Calories: 167
Total fat: 4.5 grams
Saturated fat: 0.5 grams
Protein: 2 grams
Carbohydrates: 30 grams
Fiber: 4 grams



Contact



Facebook.com/PEQTWP.HealthDept
Twitter.com/@PEQTWP_Health

Pequannock Township Health Department

Also serving the towns of
Bloomingdale, Florham Park,
Kinnelon and Riverdale

530 Newark Pompton Turnpike
Pompton Plains, NJ 07444

Phone: 973-835-5700 ext. 127

Fax: 973-835-4328

peqtwp.org/health

Reminders & Upcoming News/Events..

Rabies Clinic Dates:

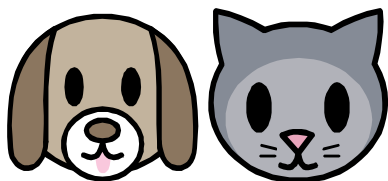
Pequannock: 11/1/2014 @1pm-4pm DPW

Riverdale: 11/8/14 @ 11am-1pm DPW
Dalton St.

Kinnelon: 11/22/14 @ 1pm-3pm DPW

Bloomingdale: January 2015

Florham Park: 11/15/14 @ 9am-11am
DPW



**NJ Mandates Flu Vaccine
for all children in
Daycare/Pre-school
age 6months-59months
by December 31, 2014**



**Shingles Vaccines Available
by appointment for all towns,
please contact our
public health nurses
for information/appointment:
973-835-5700
Ext. 109 or 135**