



**Public Health**  
Prevent. Promote. Protect.

# HD HEALTHY NEWS

Fall Newsletter

Sept-Oct-Nov 2016

## September~October~November

### September **Turn the Towns Teal®**

[www.turnthetownsteal.org](http://www.turnthetownsteal.org)

Ovarian Cancer is often referred to as "The Silent Disease". There is NO early detection test for ovarian cancer which is why we need women and men(!) to be aware of the known symptoms. If detected in the early stages, the survival rate for ovarian cancer is 90% to 95%, which is why this awareness campaign is so very, very critical. (Turn the Towns Teal Campaign, will be tying teal ribbons in town hall on September 1st.)

**The Regional Morris & Somerset County  
CHRONIC DISEASE & CANCER COALITION**  
*Early Detection Best Protection*  
[www.co.somerset.nj.us](http://www.co.somerset.nj.us) • 908-231-7155



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# October

## Dental Health Month



Life can get busy, but dental care should be a routine that's never skipped or ignored, 75% of Americans have some sort of dental (periodontal) issue that can also lead or contribute to other chronic conditions. Help prevent cavities and diseases by proper oral care. "Early detection of periodontal disease reduces the risk of permanent damage to teeth and gums and can prevent more extensive and costly treatment in later years. Regular professional visits, every six months or as scheduled by your dental hygienist, will help you learn more about proper care for your teeth and gums. Regular professional visits are important because gingivitis, the early stage of periodontal disease, is usually painless; you may not be able to detect it on your own". (*ADHA.org*)



## October is Breast Cancer Awareness Month

- For women in the United States, breast cancer death rates are higher than death rates for any other type of cancer, besides lung cancer.
- Except for skin cancer, breast cancer is the most commonly diagnosed cancer among American women. Just under 30% of cancers diagnosed in women are breast cancers.
- In women under 45, breast cancer is more common in African-American women than white women. Overall, African-American women are more likely to die of breast cancer. Asian, Hispanic, and Native-American women have a lower risk of developing and dying from breast cancer.
- About 1 in 8 U.S. women - 12.4% - will develop invasive breast cancer over the course of her lifetime.
- The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).
- A woman's risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer.



For more information: [www.breastcancer.org](http://www.breastcancer.org) [www.cancer.org](http://www.cancer.org)

Fall is a  
great time  
to  
prepare  
your  
home for  
the  
Winter  
Weather.



- ✓ Drain and winterize outdoor faucets and irrigation systems
- ✓ Clean or replace furnace filters
- ✓ Take steps to repair damaged sidewalks, driveways and steps
- ✓ Seal gaps around windows and doors with weatherstripping or caulk
- ✓ Inspect and clean gutters and check all downspouts
- ✓ Have your heating system inspected and serviced by a professional
- ✓ Clean the humidifier plates or pads to insure high efficiency
- ✓ Test smoke and Carbon Monoxide monitors
- ✓ Review fire escape plans with your family
- ✓ Rid your home from fire hazards
- ✓ Inspect fire extinguishers to be sure they are ready for use
- ✓ Inspect your fireplace and chimney– call a professional if necessary
- ✓ Clean and inspect dryer hoses and exterior dryer vents
- ✓ Check your air ducts and clean the register covers
- ✓ Scrape peeling paint and apply touch up paint to trim and fences
- ✓ Check the condition of your deck; apply a waterproofing sealer if needed
- ✓ Clean and store outdoor furniture
- ✓ Check roof for damaged or missing shingles or problems with flashing

*Remember to take time to enjoy the beauty of Fall*

# November, the Giving Month...

**Lets remember our local Food Pantries who serve so many in need, especially on the upcoming Holidays!**

## **Pequannock**

First Reformed Church  
Newark Pompton Turnpike, Pompton Plains  
Vicky 973-835-1144 x 56  
Pantry is run by volunteers  
Open to Pequannock residents- all donations not county subsidized  
Hours- Tuesday, Wednesday, Thursday 3:30-5:30 / 1<sup>st</sup> week of month

## **Kinnelon**

Kinnelon Municipal Building  
130 Kinnelon Road  
Gail Flammer 973-838-5401x211  
Open to Kinnelon Residents all donations not county subsidized  
Hours- by appointment M-Friday 8am -4pm during Municipal Hours



## **Bloomingtondale**

St Mary's Church  
22 Lakeside Avenue, Pompton Lakes  
973-831-4442  
[foodpantry@stmarys-pompton.org](mailto:foodpantry@stmarys-pompton.org)  
Opened the 3<sup>rd</sup> and 4<sup>th</sup> Saturday Monthly 9:30-3:30 the Wednesday following...4-7pm  
Serves- Pompton Lakes, Wanaque, Bloomingtondale, Butler, and Haskell

## **Riverdale**

Senior Community Center  
57 Loy Avenue  
Linda Roetman 973-835-4060x 6  
Pantry is run by volunteers  
Open to Riverdale residents – all donations not county subsidized  
Scheduled pantry pick-ups every 4 weeks from 9-10 am on Saturdays. Schedules are provided to clients in advance.

## **Florham Park**

Holy Family Church  
1 Lloyd Avenue, Florham Park  
Ann Platoff 973-822-0430 or Sharon Carr 973-568-5932 or Parish office – 973-377-1817  
Pantry is run by volunteers  
Open to Florham Park residents [ by appointment] No scheduled hours...as need basis. Funded by local donations.

## **Health Department**

Serving the towns of: Bloomingtondale, Florham Park, Kinnelon, Pequannock  
and Riverdale.

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