

Englewood Health Watch

Volume 10, Issue 3

Mar / Apr / May 2017

Health Observances

- **March – National Kidney Month**
Colorectal Cancer Awareness Month
National Nutrition Month
- **April – National Public Health Week Apr 3-9**
Alcohol Awareness Month
- **May – Mental Health Month**

Inside this issue:

<i>April is Alcohol Awareness Month</i>	2
<i>Home food safety myths Part 2</i>	2
<i>Colorectal cancer (cont'd)</i>	2
<i>Celebrate Mental Health Month in May</i>	3
<i>National Pubic Health Week, April 3-9</i>	3
<i>March—National Kidney Month</i>	4

Benign Prostate Hyperplasia

BPH occurs in men, and it happens when the prostate is enlarged. As men age, there is a change in hormone balance and cell growth. As a result, the prostate, which surrounds the urethra (tube that carries urine), becomes enlarged. This may create a blockage of the urethra, thus causing a problem urinating. The problems may include: difficulties starting urine, frequently feel the need to urinate, a sense of not emptied bladder after urinating, dribbling after

urinating, and weak urine flow. The disease often begins after age 50 and is most common in men 60 years and older.

BPH can be an annoyance, but symptoms can be improved when properly diagnosed and treated. Although bothersome, BPH is not cancer, does not cause cancer, and does not cause sexual dysfunction. However, BPH can be a serious problem if the bladder is blocked, which makes it difficult to urinate, thus causing other issues such as bladder infections,

urinary retention, and kidney damage.

If experiencing any of the symptoms and at a risk age, it is important to see a doctor. In addition, the American Urological Association BPH Symptom Score Index will give an indication of the severity of the illness and helps to determine the necessary treatment.

Claudette Murdock
Public Health Nurse

Source: WebMD

March—Colorectal Cancer Awareness

Colorectal Cancer is cancer in the colon or rectum and the third most common cancer diagnosed in the U.S. Abnormal growths, called polyps, may form in the colon, and develop into cancer over time. An estimated

27,150 men and 23,110 women will die from colorectal cancer in 2017.

What are the Risk Factors?

As you get older, the chances of getting colorectal cancer increases,

where over 90% of cases occur in people 50 years or older. Other risk factors include lack of exercise, high fat diet, alcohol, obesity, low fruit and vegetable intake, family history, and tobacco use.

April is Alcohol Awareness Month

April is Alcohol Awareness Month, initiated each year to reduce the stigma associated with alcoholism. It is an opportunity to educate the public on alcohol, alcoholism and recovery. Alcohol affects your brain and body depending on how much and often you drink. The dangers to your health can include the risk of certain cancers, heart disease and other illnesses. The younger a person starts drinking, the more likely he or she is to have alcohol problems later in life. The key to preventing alcoholism is to prevent underage drinking, because a teenager's brain and body is still

developing, and consumption of alcohol can cause lasting damage.

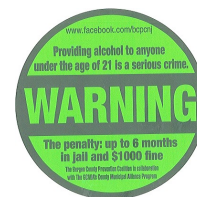
It is against the law for people under the age of 21 to drink. The penalty for providing a minor with alcohol is up to 6 months in jail and \$1000 fine. Parents, older siblings, and friends are often unaware of the consequences they can face if they provide alcohol to a minor. The Health Department provides education by conducting Sticker Shock, a program to raise awareness on this issue.

Stickers and bottle hangers are

placed on alcohol products in stores to act as "warning" labels, informing the public of the consequences if they provide or purchase alcohol for minors. Parents and guardians are urged to educate our youth to drink responsibly. It can make a big difference in your life and theirs.

Lismary Espinal, Health Educator

Resources: The Center for Drug and Alcohol Resources, National Commission for Alcohol and Drug Dependence



Home food safety myths—Part 2

I eat a vegetarian diet, so I don't have to worry about food poisoning.

Fruits and vegetables have been linked to food borne illness outbreaks. Unless the package has been pre-washed, it is your responsibility as the consumer to wash all of your fruits and vegetables before you eat them.

Leftovers are safe to eat until they smell bad.

Please don't wait until it smells bad to get rid of leftovers. You cannot taste, smell or see the bacteria. If you have not eaten or frozen the leftover in 3-4 days, get rid of it.

Freezing food kills harmful bacteria that can cause food poisoning.

No it does not. Bacteria can actually survive freezing temperature. In order to kill the bacteria, you must cook the food to the proper internal temperature.

Jennifer Galarza, Senior REHS

Source: Top 10 Home Food Safety Myths and Facts www.fightbac.org

Colorectal Cancer (cont'd)

Symptoms

Colorectal cancer and polyps don't always cause symptoms at first. Many can have the disease and be unaware of it, which is why screening is important. Some symptoms include blood in your stool, stomach pains that don't go away, and

losing weight without apparent reason.

Ways to Reduce My Risk

Get frequent screenings, which can find precancerous polyps to be removed, so cancer won't develop. Frequent screening can also help detect cancer early for effective

treatment. Eat a healthy diet to decrease your risk.

Wonjun Han,
Youth Health Educator

Source: American Cancer Society

Celebrate Mental Health Month in May

Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

Over the past 20 years, the Substance Abuse and Mental

Health Services Administration (SAMHSA) and others within the Department of Health and Human Services, the public health community, and the general public have made efforts to increase the importance of understanding prevention and treatment of mental health problems. These efforts have significantly improved the outlook for those affected by mental illnesses.

Englewood's Stigma Free Task Force, in partnership with the

Municipal Alliance, will again hold a Town Hall Meeting this year. "Mental Health: A Family Affair" is scheduled for May 4th at Englewood Hospital and Medical Center. Activities begin at 6 p.m. Pre-registration is requested at <http://bit.ly/2jBRIT7> or call Deborah Baldwin at (201) 568-3450 ext. 6502

National Public Health Week April 3-9

Healthiest Nation 2030

An initiative of the American Public Health Association, National Public Health Week is celebrated each year in the first week of April.

Why should I care?

The home and neighborhood you live in can impact your health and your opportunity to engage in healthy behaviors. We want people across the U.S. to live in communities where they can be safe and active throughout the day.

There are many barriers to health in our homes and neighborhoods that we need to overcome:

In Our Homes

- Thirty-five million homes in America have at least one health or safety hazard.
- Over 24 million homes have lead-based paint hazards, which put children at risk of lead poisoning.
- The presence of radon in homes causes 21,000 lung cancer deaths annually and is the top cause of lung cancer among non-smokers.
- About 40 percent of asthma attacks are connected to preventable triggers, such as mold and rodents, inside people's homes. Children are particularly vulnerable: Every year, asthma among

children leads to 2 million emergency room visits, 14 million missed school days

Source: NPHW.org

Join us as we celebrate the Role of Public Health & Prevention

Tues, April 4th 11 am—1 pm
Englewood Public Library
31 Engle St

Thurs, April 6th 11 am—1 pm
McDonalds Courtyard
41-43 W Palisade Ave

Fri, April 7th 10 am—11 am
Englewood Public Library
Children's Room
Nutrition Story Time
31 Engle St

City of Englewood
Department of Health

73 South Van Brunt Street
Englewood, New Jersey 07631

Phone: 201-568-3450
Fax: 201-568-5738
E-mail: healthadmin@englewoodnjhealth.org



We're on the Web!
www.cityofenglewood.org/health

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.

Englewood Health Watch is not copyrighted. Any or all parts may be reproduced without permission. However, an acknowledgment of the source would be appreciated. Reference to any site on the Internet is provided as a service to Englewood Health Watch readers and does not constitute or imply endorsement of these organizations or their programs by the Englewood Health Department. The Englewood Health Department is not responsible for the content of the pages found at these sites.

Deborah L. Baldwin, CMR, Editor.

Like us on Facebook www.facebook.com/EnglewoodNJHealth

Follow on Twitter [@EnglewoodHealth](https://twitter.com/EnglewoodHealth)
and on Pinterest [/englewoodnjhlth](https://pinterest.com/englewoodnjhlth)

March-National Kidney Month

1 in 3 American adults are at risk of kidney disease, which can be asymptomatic and go undetected until the disease is advanced. Kidneys regulate fluid levels, activate vitamin D, filter waste from our blood, regulate blood pressure and direct the production of red blood cells which is essential to our overall health. Kidney disease is the loss of kidney function causing waste to build up so that kidneys are no longer able to clean your blood or filter extra water to make urine and control blood pressure.

Some of the risk factors include family history of kidney

failure, being over the age of 60, and having diabetes or high blood pressure. With the increasing rates of diabetes and high blood pressure, kidney disease is a possibility for many Americans. Preventing kidney disease is the same as any other chronic disease or illness. Eat healthy foods, exercise, limit alcohol intake, see your doctor regularly and quit smoking.

Lismary Espinal, Health Educator

Source: www.Kidney.org



Download from
Dreamstime.com

