

# Englewood Health Watch

Volume 10, Issue 4

Jun / Jul / Aug 2017

## Health Observances

- **June—National Safety Month**
- **July—National Minority Mental Health Awareness Month**
- **Aug—National Immunization Awareness Month**

## Inside this issue:

|   |   |
|---|---|
| <i>Sickle Cell Disease Part I</i>                             | 2 |
| <i>Homeowner Checklist for Common Mosquito Breeding Areas</i> | 2 |
| <i>Zika virus</i>   | 3 |
| <i>Summer Safety</i>  | 3 |
| <i>Home Food Safety Myths</i>                                 | 4 |

## From Englewood Hospital

Dr. Maximiliano Sorbellini is the new director of urologic oncology and associate director of The Lefcourt Family Cancer Treatment and Wellness Center at Englewood Hospital and Medical Center. He is board certified in urology and is among a select group of urologists who focus on organ-preserving surgery to treat bladder, kidney, and prostate cancer. Dr. Sorbellini previously served as the head of urology at New York-Presbyterian/Lower Manhattan Hospital and received urologic oncology training from the National Cancer Institute, National Institutes of Health.

Dr. Sorbellini employs leading-edge technologies for the detection and treatment of malignant and benign urologic conditions. MRI-fusion guided biopsy is a new imaging technique that can identify possible prostate cancer lesions within the prostate and is useful for men with continuously elevated PSA but a normal initial biopsy. Additionally, Choline C-11 PET scan uses imaging and a form of the vitamin choline to identify cancer cells outside the prostate, which may provide more precise treatment for patients with suspected recurrent prostate cancer who had treatment but still

have rising PSA levels.

In his specialty, Dr. Sorbellini performs both open and minimally invasive surgical procedures, using laparoscopic and robotic techniques to spare tissue and nerves and preserve organ function. Benefits may include less pain and bleeding after surgery as well as a faster recovery, and a lower chance of impotence, urinary incontinence, and other treatment side effects. The goal when using these therapies is to focus on destroying cancer while sparing healthy tissues.

Visit [englewoodhealth.org](http://englewoodhealth.org) to learn more.



*Dr. Maximiliano Sorbellini*

*Director, Urologic Oncology*

*Associate Director, Lefcourt Family  
Cancer Treatment and Wellness Center*

# Sickle Cell Disease—Part I

Sickle-cell disease (SCD) is a disease that the general population rarely thinks or talks about. According to the Centers for Disease Control, SCD affects millions of people around the world and an estimated 100,000 Americans. It is a red blood cell disorder that causes the hemoglobin, a molecule in the red blood cells that carries oxygen, to be abnormally shaped and form a “Sickle”, as the disease name implies.

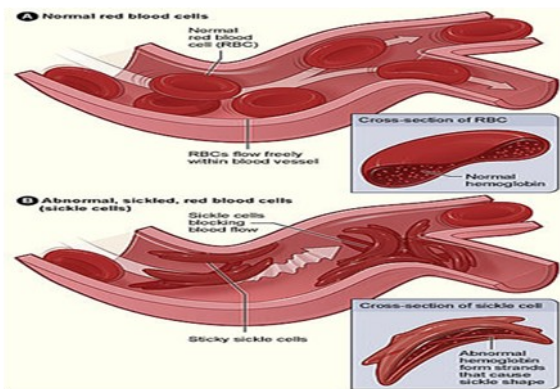
Sickle-cell disease is hereditary, transmitted from parents to child. The child inherits an abnormal hemoglobin gene from each par-

ent. A “sickle-cell” can be identified by the red blood cells cluster or stick together to look like a crescent or C-shaped. The clustering of red blood cells is dangerous because it prohibits blood and oxygen from flowing freely throughout the body. By contrast, normal red blood cells are round and smooth and allow for oxygen to flow freely throughout the body.

Sickle-cell disease triggers can be temperature changes, stress, dehydration, illness, and high altitude which may cause an individual to go through a sickle cell crisis resulting in symptoms such as:

bodily pain, breathing problems, weakness, tiredness and skin discoloration. It is imperative that those affected by the disease know their risk factors that result in a crisis and refrain from such practices.

People living with sickle-cell disease need special medical treatments throughout their life; therefore, it is important that they work closely with their health care providers and adhere to the necessary and needed treatment to avoid further complications.



*Photo, courtesy of The National Heart, Lung, and Blood Institute (NHLBI), shows the difference between a normal and sickle red blood cell*

Sources: <https://www.cdc.gov/ncbddd/sicklecell/data.html>

<https://commons.wikimedia.org/w/index.php?curid=19198765>

*Claudette Murdock,  
Public Health Nurse*

## Homeowner checklist for common mosquito breeding areas



# Zika Virus

Mosquito-borne illnesses have always been a topic of concern, with Zika being one of the most recent. Some things to know about Zika virus are that it is spread only by the bite of specific *Aedes* mosquitoes, and the virus is most dangerous to pregnant women since it can spread to their fetus and potentially cause birth defects. No local mosquito-borne Zika virus transmissions were reported in New Jersey; however, local transmission did occur in southern Florida and parts of Texas.

Many people infected with the virus won't exhibit symptoms. If you do have symptoms, they will likely be

fever, rash, headaches, joint pain, red eyes, and muscle pain. People rarely die from Zika.

Zika is spread from person to person by mosquitoes and having unprotected sex with an infected person. Obviously, the best protection against infective mosquito bites is not to travel to areas where Zika virus is located. If, however, you are in one of these areas, wear long-sleeved clothing while using insect repellent, especially if you know you will be outside for long periods of time. If possible, stay indoors. Condoms help prevent the spread of Zika through sex.

If you are diagnosed with Zika, the best thing to do is get plenty of rest and drink a lot of fluids. You may take certain medicines prescribed by your doctor to reduce symptoms. Having said that, enjoy your summer and protect yourself from mosquitoes using the tips mentioned above!

Source: CDC

*Wonjun (John) Han,  
Youth Health Educator*

# Summer Safety

Summer is here, the sun is out, and it's time to play outside and go to the beach. Oh, the fun that'll be! But when it comes to summer, safety comes first.

There are some basic safety tips that could help keep you and your family stay safe throughout the summer months. Unfortunately, not all protection comes from a bottle. If going out during the day when the sun is out or in the evening when there are more mosquitoes, appropriate clothing will help protect your skin from ultraviolet rays and bites. You can also wear sunglasses, a wide-brimmed hat, and seek shade.

Always be aware of your surroundings, and make sure children are never unattended. You can reduce your risk of injury by taking the proper steps to pro-

tect yourself and family not only from sunburn or mosquito bites but also from heat stress, drowning and other injuries. Be aware that a larger number of car accidents occur in the summer.

For more information visit National Safety Council [www.nsc.org](http://www.nsc.org)

*Lismary Espinal, Health Educator*

## SUNSCREEN INFORMATION

1. Use broad spectrum sunscreen with SPF value of 15 or higher regularly and as directed
2. Apply 30 mins. before going outside
3. Reapply at least every 2 hours, more often if sweating or jumping in/out of water
4. Sunscreen products without expiration dates should be considered expired 3 years after purchase



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](mailto:healthadmin@englewoodnjhealth.org)



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

**We're on the Web!**  
**[www.cityofenglewood.org/health](http://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](http://www.facebook.com/EnglewoodNJHealth)

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

## Home Food Safety Myths

Putting chicken in a colander and rinsing it with water will remove bacteria like Salmonella.

- Don't rinse the raw chicken. All you are doing is spreading bacteria and now you have to spend an extra 15 minutes cleaning and disinfecting. Once you cook the chicken to 165°F the bacteria will die.

Only kids eat raw cookie dough and cake batter. If we just keep kids away from the raw products when adults are baking, there won't be a problem!

- No one should be eating raw cookie dough whether it's pre-packaged or freshly made. Raw cookie dough can contain harmful bacteria and that can make you sick. The best thing to do is wait 15 min for those freshly made warm chocolately goodness to bake.

Once a hamburger turns brown in the middle, it is cooked to a safe internal temperature.

- Is it done yet? The only way to really know if the food is

cooked is by using a thermometer. Ground meat needs to be cooked to 160°F.

Source: <http://www.fightbac.org/food-safety-education/home-food-safety-mythbusters/top-10-myths/>

*Jennifer Galarza,  
Health Inspector*

