

Englewood Health Watch

Volume 12, Issue 1

Sep / Oct / Nov 2018

Nutrition Insight

Health Observances

- Sept — National Preparedness Month; Healthy Aging Month
- Oct — Breast Cancer Awareness Month; Bullying Prevention Month
- Nov — American Diabetes Month; Great American Smoke-Out

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Thinking healthy diet? This consists of nutrient dense foods, especially whole grains, fruits, vegetables, low or fat-free milk or milk products, lean meats and other protein sources. Nutrient dense foods contain minerals, vitamins, complex carbohydrates, healthy fats and lean protein. Food that is high in these important nutrients is relatively low in calories, while foods that are high in calories have less or no nutrients beneficial to health – just unwanted calories.

Limiting intake of saturated and trans fats, cholesterol, added sug-

ars and sodium (salt) and alcohol is another healthy aspect of nutrition. In general, the amount of calories consumed needs to equal the calories expended through exercise in order to maintain good health. A healthy diet helps reduce the risks of many chronic and preventable illnesses like malnutrition, obesity, iron deficient anemia, high blood pressure, type 2 diabetes, oral disease, heart diseases, osteoporosis, constipation, some cancers, diverticular, and poor lipid profiles.¹

According to statistics, 1 in 3 adults in the USA has high blood pressure, a leading cause of heart diseases and stroke. Yearly numbers of death in the U.S. due to heart disease is estimated at more than 630,000 and it is the number one killer disease, followed by cancer estimated at an annual death rate of over 600,000 in the U.S.²



(cont'd)

CDC: "Take 3 actions to fight the flu"

1. Take time to get a flu vaccine

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October .



People at high risk of serious flu complications include young children,

Urology and Prostate Health

Mazyar Ghanaat, MD, recently joined the cancer team at Englewood Health (formerly known as Englewood Hospital and Medical Center). As program director of urologic oncology at The Lefcourt Family Cancer Treatment and Wellness Center, he intends to bring fresh eyes to a field that is in the midst of dramatic scientific and technological progress. Prior to coming to Englewood, Dr. Ghanaat completed a fellowship at Memorial Sloan Kettering Cancer Center.

Q: What drew you to the field of urology?

A: I chose urology as my specialty in my third year of medical school. It's a small field—people don't usually know what it entails. When I discovered it in my rotation, I was surprised to learn that urology is a balanced mix of medicine, surgery, and technology. I get to do clinical procedures, prescribe medicine that really helps patients, and be in the operating room doing open, endoscopic, and robotic surgery. I found that mix worked well for me.

Q: What's new in the field of urology?

A: Over the past two or three decades, increased knowledge and technological advancements have allowed for improved detection of prostate cancer and a decrease in overtreatment. A major addition to the field was the multiparametric MRI, which led to the creation of the MRI/ultrasound fusion biopsy technology.



(cont'd)

September— National Preparedness Month

The devastating hurricanes and wildfires of 2017 reminded the nation of the importance of preparing for disasters. Often, we will be the first ones in our communities to take action after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.

Take time to learn lifesaving skills (such as CPR and first aid), check your insurance policies and coverage for the hazards you may face (such as flood, earthquakes, and tornados). Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take

practical safety steps like shutting off water and gas.

- [Make an Emergency Plan](#)
- Sign up for [alerts and warnings](#) in your area.

(Cont'd)

Nutrition (cont'd)

While there is progress on reducing heart diseases and cancer due to reductions in smoking, obesity seems to be getting in the way, offsetting progress. Almost 40% of U.S. adults are obese, which excludes those who are overweight. Obese and overweight cases combined would increase the percent-

age to as high as 70%. Better nutrition and exercise work effectively on reducing the risks.

Caroline Machiri
Youth Health Educator

¹www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status

²<https://www.fda.gov/Food/LabelingNutrition/ucm602651.htm>

Stop the Spread (of bacteria)

Sponges are known to be the number one tool for cleaning and washing, right? They are cheap, durable, washable, and you can use it on any surface. Did you also know that it has another important quality? Sponges love to grow and hide bacteria in its spongy crevices. So, what happens when you are washing dishes and wiping down counter tops, stoves, and dining room tables? You are really

picking up bacteria and spreading them around.



Research shows that sponges are known to harbor bacteria like E.coli, Staphylococcus Aureus, Campylobacter, molds, and yeast. Soap alone will not kill the bacteria. Doesn't sound too good now, right? In order to protect your family from unwanted food borne illnesses, here are some alternatives to sponges:

- Stainless steel scrubbing pads
- Heavy duty scour pads
- Non-scratch scour pads

Remember, these alternatives will minimize harborage of bacteria. It



is very important to replace them frequently and sanitize before and after each use for best results.

Jennifer Galarza, Senior REHS

Source: *Microorganisms in Kitchen Sponges*, Internet Journal of Food Safety, Sept. 11, 2018

Nat'l Prep Month (cont'd)

- Know basic home maintenance to protect your family and home.
- Learn how to [mitigate your home against flood damage](#), or protect against the [impacts of earthquakes](#).
- Learn how to [turn off utilities like natural gas](#) in your home.
- [Put smoke alarms on every level of your home](#), test them

monthly, and replace them when they are 10 years old.

- Insurance is the first line of defense; check your [insurance](#) coverage and review the [Document and Insure Property guide](#).

- [Plan financially](#) for the possibility of disaster.

- Maintain [emergency savings](#) for use in case of an emergency

Source: *Ready.gov*



Prostate Health (cont'd)

Q: What do you want people to know about your work at Englewood Health?

A: I want to emphasize to patients that if they seek treatment for a urologic issue at Englewood Health, we will discuss all of their options and draw on the latest technologies and methods, when

appropriate. We want to help patients make the choices that will best serve their health. For us, the doctor-patient relationship comes first. With all the advancements that are happening in the field, we will continue to emphasize open dialogue and the availability of accurate and helpful in-

formation for our patients.

To find a physician, call 833-234-2234 or visit

www.inglewoodhealth.org

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

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.

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Deborah L. Baldwin, CMR, Editor.

Fight the Flu (cont'd)

pregnant women, people with certain chronic health conditions (asthma, diabetes, heart and lung disease) and people 65 years and older. Vaccination also is important for health care workers and others who live with or care for high risk people to keep from spreading flu to them.

Children younger than 6 months are at high risk of serious illness but are too young to be vaccinated. People who care for infants should be vaccinated instead.

2. [Take everyday preventive actions to stop the spread of germs](#)

Try to avoid close contact with sick people. While sick, limit contact with others as much as possible. If you are sick with flu symp-

oms, CDC recommends that you stay home for at least 24 hours after your fever is gone.



Cover your nose and mouth with a tissue

when you cough or sneeze. Wash your hands often with soap and water or an alcohol-based hand rub. Avoid touching your eyes, nose and mouth because germs spread this way.

3. [Take flu anti-viral drugs if your doctor prescribes them](#)

If you get the flu, antiviral drugs can be used to treat your illness. Antiviral drugs are prescription

medicines and are not available over-the-counter. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.



Claudette Murdock, Public Health Nurse
Source: <https://www.cdc.gov/flu/protect/preventing.htm>

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