

the Health Source

A newsletter from the Freehold Area Health Department in collaboration with the Monmouth Public Health Consortium (MPHC)*

Easy Ways to Save Your Heart

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and a heart attack.

In 2010, 18,462 New Jerseyans died from heart disease, with another 3,389 deaths caused by strokes. Over 35.9% of Monmouth County adults suffer from high blood pressure at some point in their lives, and the numbers are likely to go up in the coming years.

What's a Heart Rate?

The normal heart rate for adults is between 60 to 100 beats per minute. If you're a trained athlete, you can have a heart rate of 40 beats per minute, which indicates a healthy heart and great cardiovascular strength. Beats more than 100 per minute are considered a high rate, and doctor consultation is advised.

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Staying Healthy at Work

Catching the flu or a runny nose have been associated with the winter season. Since we tend to stay in close quarters at work for most of our day the chances of these harmful bacteria and viruses spreading quickly are pretty high.

Taking a few precautions and following a healthy routine can ensure your wellness during the colder months. Listed below are a few tips to ensure that you stay mentally and physically fired up through the winter:

- Add green, leafy vegetables in your diet to gain antioxidants and nutrients that fight back fatigue.

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Health Observances

January is Blood Donor Month

Blood donations help millions of patients in need. Visit redcrossblood.org to schedule an appointment.

February is Cancer Prevention Month

Did you know there are things that you can do to prevent some cancers? Find out more at cancer.gov.

National Poison Prevention Week

March 19 – 25
Poisonings are more common than you think. Call the Poison Help Line at 800-222-1222.



Opioid Addiction and Ways to Prevent Abuse

Opioid and heroin addiction are becoming more common in our communities. Drug abuse is a preventable behavior and there are steps you can take to protect your family and yourself.

Opioids are drugs used in treating pain and are also called opiates and narcotics. Since 1999 the use of prescription opioids has quadrupled. Over the same span of time, deaths from their use has also increased fourfold. Yet despite this increase in use, the amount of pain reported by patients has not decreased. This cycle of increasing the amount of drugs prescribed despite no improvements to health indicators relating to pain must be brought to an end

What is Opioid Addiction?

The sense of euphoria and wellbeing generated by use of opioids can become addictive to the user. When high doses are taken it can cause death from heart failure and respiratory arrest.

Preventing Addiction

1. Educate yourself about substance abuse and pain management by visiting the Center for Disease Control and Prevention, Injury Prevention & Control: Opioid Overdose site.
2. Ask your pain prescription provider to identify alternative programs to treat pain, provide information on pain management sessions or consider non-opioid pain medication.
3. Get educated on the safe storage, use, and disposal of medications and the dangers of sharing prescription drugs.
4. If you had problems with alcohol in the past, you should look for alternatives to opioids or ask doctors to closely monitor your drug intake.
5. Join therapy groups to connect with other prescription drug users and learn from their stories.

Know that you always have a choice – a choice of refusing pain prescription drugs and finding complementary ways to counter your pain. **BEFORE THEY PRESCRIBE – YOU DECIDE!**

World TB Day! - March 24, 2017

Each year, we recognize World TB Day on March 24. This annual event commemorates the date in 1882 when Dr. Robert Koch announced the discovery of the bacillus that causes tuberculosis (TB).

Although tuberculosis (TB) is preventable and curable, many people in the United States still suffer from this disease. Anyone can get TB, and our current efforts to find and treat latent TB infection and TB disease are not sufficient.

The TB bacteria are spread through the air from one person to another. The TB bacteria are put into the air when a person with TB disease of the lungs or throat coughs, speaks, or sings. People with TB disease are most likely to spread it to people they spend time with every day. Know the symptoms and let's Unite to End TB.





Photo credit: goodluz

Staying Healthy at Work, continued

- Exercise for at least 30 minutes every day.
- Stay hydrated all day long by drinking water throughout your day.
- Practice good hygiene by washing your hands and sneezing into a tissue.
- Take a break! Breaks offer a chance to relax and refocus.
- Form an indoor walking club with your colleagues and set daily goals for the number of steps you will take.
- Get immunized against flu, meningitis, and other preventable diseases.

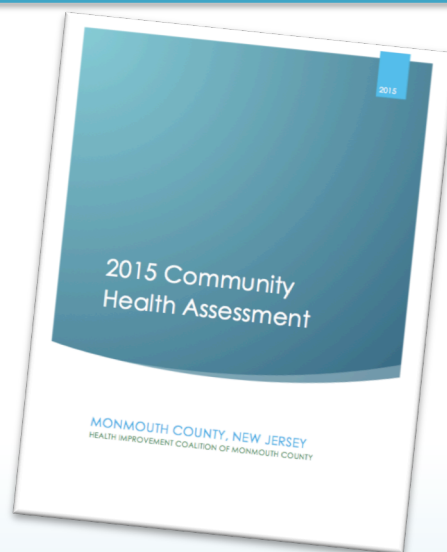
Although nobody can completely prevent catching a cold or flu, these steps will definitely keep you healthy enough to battle NJ winters and stay active.

Save Your Heart, continued from page 1

The heart is a strong, blood-pumping organ in our body made of muscle tissue and is about the size of a human fist. It pumps blood throughout our body and keeps every organ functioning in its prime state.

Heart Health Tips

1. Get regular checkups! High blood pressure is a silent killer; your doctor can spot the signs. Early detection is the best protection.
2. Get active! Exercising for 30 minutes a day can boost your health.
3. Pay attention to how and what you eat! Eat a well balanced diet that has lots of vegetables, and reduce salt and saturated fat intake.
4. Work stress can take a toll on your health. Practicing deep breathing, meditation, and getting a massage could help release the pressure of everyday stressors.
5. Quit smoking! If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. That includes both cigarettes and e-cigs.



Monmouth's Health Report

Its here!! The Monmouth County Community Health Assessment is available. After much planning, collecting and analyzing data with community partners, the Monmouth County Community Health Assessment (CHA) is complete.

The Monmouth Public Health Consortium is a member of the Health Improvement Coalition of Monmouth County, which spent countless hours collecting the data through, research, focus groups and surveys.

A copy of the CHA can be found at <http://twp.freehold.nj.us/health>.

Diabetes Prevention

Diabetes is a disease that affects the ability of the human body to naturally produce insulin hormone, which results in abnormal metabolism and elevated levels of glucose in urine and blood.

Types of Diabetes

There are two types of diabetes:

1. Type 1 diabetes is the more severe form and makes the patient completely insulin-dependent. It usually occurs in children and teenagers and attacks the body's immune system and pancreas.
2. Type 2 diabetes is known as non-insulin dependent diabetes. The body becomes insulin-resistant. It commonly occurs due to unhealthy lifestyle choices and obesity.



Preventing Diabetes

The cause of Type 1 diabetes is still unknown, but researchers have found that the immune system fails to fight off harmful bacteria that destroy insulin-producing cells in the pancreas.



The exact cause of Type 2 diabetes is also unknown, but it is more common in people who are overweight or have a genetic history of this disease.

There are certain measures that are found to be helpful in preventing Type 2 diabetes.

1. Eating healthy foods that are lower in fat and high in fiber helps keep the weight in check.
2. Exercising a minimum of 30 minutes every day is vital for the body to stay in shape and keeps the organs functioning at their optimum rate.
3. If you're someone who is overweight, take steps to lose weight by walking or reducing caloric intake. Staying in a healthy weight range will contribute to preventing diabetes.
4. Keep track of your calorie intake or daily workouts by using a fitness tracker. SuperTracker (<https://supertracker.usda.gov>) will calculate them for you.

For more information about prevention programs, call NJ's 2-1-1 Diabetes Education and Prevention Program Services.

Stay Current!

Want to get all the latest public health news and alerts.
Visit our website at <http://twp.freehold.nj.us/health>.



The Freehold Area Health Department

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*The following local health departments form the Monmouth Public Health Consortium:

Colts Neck - Thomas Frank, Health Officer

Freehold - Margaret Jahn, Health Officer

Long Branch – Sydney Johnson, Health Officer

Manalapan - W. David Richardson, Health Officer

Middletown – Rich DeBenedetto, Health Director

Monmouth County Regional Health Commission No.1 – David Henry, Health Officer