

Striving for Good Health



BI-MONTHLY HEALTH EDUCATION NEWSLETTER FROM
SOMERSET COUNTY DEPARTMENT OF HEALTH

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JANUARY - Radon Awareness Month

A Great way to begin the New Year – Test Your Home Today!

Did you know radon is the **number 1** cause of lung cancer among non-smokers, and the second leading cause of lung cancer overall?

If you are a smoker, your risk is greatly increased when exposed to high radon levels. Radon exposure is estimated to cause 20,000 lung cancer deaths each year. Radon problems can be fixed - the earlier the better.

The Somerset County Department of Health encourages all residents to test their homes for radon gas– it's an easy and inexpensive process!

Check out the Radon Potential Map from the NJDEP and the tier information for your municipality at www.co.somerset.nj.us/health

What is Radon?

Radon is an odorless, tasteless and invisible gas that is produced by the natural breakdown of uranium and radium in rock formations, and occurs in higher concentrations in certain areas of the State, including Somerset County.

www.njradon.org

www.epa.gov/iaq/radon

***Wishing all Somerset County Residents a
Happy & Healthy 2012
Eat Healthy, Stay Active and Get Your Regular
Check-Ups!!***

www.co.somerset.nj.us/health

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Striving for Good Health

FEBRUARY

National Heart Health Month

Heart disease and stroke are the No. 1 and No. 3 killers of American women over the age of 25. These diseases claim the lives of more than half a million women each year—this is more than lives claimed by the next five causes of death, including breast cancer combined.

Women face six major risk factors for heart disease that often can be **PREVENTED**,

CONTROLLED or **TREATED**:

- High Blood Pressure
- High Blood Cholesterol
- Tobacco Smoke
- Physical Inactivity
- Obesity or Overweight
- Diabetes

The United States has the highest rate of preventable deaths among 19 Industrialized Nations. According to the U.S. Centers for Disease Control and Prevention (CDC), the majority of chronic diseases could be prevented through lifestyle and environmental changes.



Go Red Day is **FEBRUARY 3, 2012**. This is a day set aside as a National call to women to become more aware of their risk for cardiovascular disease and learn what they can do to reduce that risk. Going Red stands for the choices women make everyday to lead a heart– healthier life. Red is a color that passion and confidence and it signifies change. As individuals we possess the power to help ourselves and our loved keep our hearts healthy.

Simple Steps to keep a Healthy Heart

- ◆ Laugh out Loud
- ◆ Take a deep breath, slow down and feel your heartbeat
- ◆ Put your hands over your heart and make a promise to be heart healthy everyday.
- ◆ Know the numbers that are important to your health.
- ◆ It's never too early to adopt a heart– healthy diet and exercise routine.



Healthy Snack Ideas- Some suggestions to satisfy hankering for something crunchy, chewy or sweet:

- Toasted Pumpkin seeds - High in zinc and dietary fiber
- Whole wheat pretzels, preferably unsalted with mustard
- Light (low fat) popcorn (compare brands for lowest fat content.
- Roasted soy nuts, preferably unsalted.
- Whole wheat melba toast.
- Toasted whole wheat pita bread.
- Whole grain flatbread crackers made without hydrogenated vegetable fats.
- Jicama, a vegetable that resembles an apple with a tan skin and tastes a little like a crunchy pear, sliced and sprinkled with lemon juice

FEBRUARY 3, 2012

National Wear Red Day for Women.

7 Reasons Why you Need to Wear RED

1. Heart Disease affects us all.
2. To remind me to eat Heart Healthy Foods.
3. Remind me to Exercise 30 minutes everyday.
4. To remind me to check my blood pressure, cholesterol and blood sugar.
5. To remind me to watch my weight.
6. To remind me to avoid cigarette smoke.
7. I care and want to remind others to fight heart disease.

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The Cholesterol Comparison - *we are all different !*

How two similar people have far different cholesterol



Stacey (*left*) and Sharon (*right*) are great friends with many similarities, same height, weight and interests. After a blood test revealed they have the same total cholesterol (fat like substance in the blood). So why is Sharon at a greater risk of having heart disease than Stacey? Below is a snap shot of why Stacey and Sharon are so different when it comes to cholesterol.



Stacey: Has healthy Parents	Sharon: Father had a heart attack at age 40
<p>If one of your parents or siblings has high cholesterol or heart disease, you're at risk for having it too.</p> <p>That's why it's important for anyone with a family history to get checked to see if you have a genetic form of high cholesterol</p>	
Has high HDL Cholesterol	Has high LDL Cholesterol
<p>Even though Stacey and Sharon have the same total cholesterol, all things are not equal.</p> <p>This is because total cholesterol is determined by a combination of your HDL (good) and your LDL (bad) cholesterol. Stacey's healthy amount of HDL helps protect her from heart attack and stroke, Sharon's LDL levels contributes to these problems. Knowing and keeping track of your numbers is very crucial.</p>	
Has always eaten healthy	Eats junk food
<p>Processed "junk" foods and fatty meats are high in saturated fat, a main contributor to high cholesterol.</p> <p>Fatty buildup in blood vessels caused by eating saturated fats starts occurring in your teens. It's never too early to eat foods that give your body the healthy unsaturated fats it needs. They are found in olive oil, nuts. Encourage your children to develop the habit of eating healthy NOW!!</p>	
Exercises 30 minutes a day	Leads inactive lifestyle and smokes
<p>Exercise raises your levels of good cholesterol and helps your body operate more efficiently.</p> <p>Inactivity leads to weight gain, which increases your risk for diabetes and heart disease. Add smoking to the mix and your risk for heart attack increases significantly. Consider adding an exercise routine to your daily activities. If you are a smoker have you thought about quitting?</p>	

Striving for Good Health

Strokes: No longer only a 'plight of the elderly,' thanks to sedentary lifestyles.

Stroke: It can strike at anytime, with little warning, and the results often include debilitating physical effects. Stroke is the third leading cause of death in the United States, and each year, more than 135,000 people die as the result of a stroke, which is also the leading cause of long-term adult disability and can be a cause of dementia over time, according to the American Stroke Association and the American Academy of Neurology. A recent Center for Disease Control and Prevention study published in *Annals of Neurology* revealed a 30 to 37 percent rise in strokes among patients ages 15-44.

The potential of increase of strokes in young adults is a frightening concept; Lifestyle has played a part in the increase of strokes in younger people. One of the major contributors to the increase of strokes in the younger population is obesity, which in turn leads to other health issues such as hypertension (high blood pressure), diabetes and vascular disease.

Physical therapy: More than two-thirds of stroke survivors will face a disability and out of the more than two-thirds left with a disability, 50 percent are not able to return to work. "As brain cells die, abilities controlled by that area of the brain are affected, including speech, movement and memory. The outcome of neuroplasticity — teaching other parts of the brain to take over for the parts that were damaged by a stroke — is most successful when starting physical therapy as soon as possible.

It's about lifestyle

Unequivocally, convenience food, combined with the decrease in physical activity, has unavoidably shifted obesity, hypertension and diabetes to a younger population.

Uncontrolled high blood pressure increases a person's stroke risk by four to six times, and while strokes can be unpredictable, 80 percent of strokes can be prevented by working with a health care provider to reduce personal risk, according to the ASA.

Contrary to the popular belief that the improvements in medical science are resulting in an overall increase in Americans' longevity, this is not the norm for some areas in the United States.

The key to longevity is not where one lives, but how one lives. Losing weight or controlling your weight and your diabetes through diet, along with lowering your blood pressure, can lessen the chances of having a stroke.

If you haven't done so yet? Please consider adding remaining physically active to your New Year resolutions this year.

Health Tip: Opt for a Healthy Weight-Loss Plan

Fad diets may promise drastic and quick loss of weight, but may be dangerous and often fall short when it comes to long-term weight loss.

The American Academy of Family Physicians offers these suggestions for a selecting a healthy eating plan:

- Never skip meals, including breakfast.
- Eat a variety of nutritious foods, rather than sticking to just a few foods.
- Restrict consumption of sugar, sodium, saturated fats and cholesterol.
- Avoid beverages that are high in calories.
- Limit portion sizes.
- Get plenty of regular exercise.
- Increase daily physical activity in simple ways, such as by parking further from your destination.

Source: *Health Day News*

Bulletin Board:



2011-2012 Flu Season

The Flu Season is here!

Find a Flu Clinic near you by clicking on the button below at www.co.somerset.nj.us/health (Hot Topics)

Find a Flu Shot

For Current Schedule of
Basic Foodhandler Courses

Visit <http://www.co.somerset.nj.us/health/FoodPR.htm>

Special points of interest:

FREE SERVICE:

We are here to Help!

Is your professional, community or faith-based organization planning a community event?

Please contact the Health Department and enquire about how we can assist you with relevant health information/resources.

** Our Community Education Programs are tailored to fit your needs**

Learn about the symptoms, diagnosis and treatment for a variety of diseases and conditions, as well as prevention and wellness. The Tutorial includes animated graphics, audio and easy-to-read language.



<http://www.nlm.nih.gov/medlineplus/tutorials/>



LINEA EN ESPAÑOL
DEL DEPARTAMENTO DE SALUD
Llame al: 908-541-5798



2011- 2012
Somerset County Flu Billboard
Campaign!

Look out for our Billboards in
Somerville,
North Plainfield and
Raritan

Stay Healthy this flu season & Stay Home if you're sick



Provided by

Somerset County Department of Health

P O Box 3000, 27 Warren Street, Somerville, NJ 08876

Phone: 908-231-7155 Fax: 908-704-8042

www.co.somerset.nj.us/health



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