

# CAROL BARRETT BELLANTE

FREEHOLDER CHAIRPERSON, COMMITTEE OF PUBLIC HEALTH & EDUCATION

MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT

<http://co.middlesex.nj.us/publichealth/index.asp>



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Spring 2011

# PUBLIC HEALTH MATTERS

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# SPOTLIGHT ARTICLE: WALKING FOR FITNESS

Millions of Americans walk regularly for fitness. Why? It is an aerobic exercise that is convenient, inexpensive, relaxing, and can also serve as a good social outlet. Best of all, it is doing what comes naturally---walking!

There are many benefits of walking. It strengthens the heart and reduces the risk of heart attack and stroke. It increases the level of HDL "good" cholesterol in your blood and reduces the level of LDL "bad" cholesterol. It improves circulation, breathing and aids in digestion, helping to promote a good night's sleep. Besides having a trimmer, more fit body shape, you are likely to lose weight as you use extra calories. When you burn 100 extra calories a day, you can lose 10 pounds in one year!

Walking is something that you usually learn when you are small, but fitness walking requires following a few guidelines. The goal of fitness walking is to cover a specific distance quickly in the hope of fine-tuning your body and burning off extra calories. Walking involves half of your body's muscles, making it a wonderful way to keep your body in shape. Although walking has one of the lowest injury rates of all exercise, using good form and posture as well as warm up and cool down exercises will reduce your risk of injury and also help to reduce discomfort when first starting out.















To start out, make sure you have a good pair of walking shoes, comfortable clothing and a safe place to walk. Walking shoes need to address two basic principles: they must cushion the shock as well as control front motion when the foot hits the ground. Studies show that, in general, women need more heel cushioning than men. The shoe should also have a firm heel grip to hold the foot stable and a wide and roomy toe box to allow the toes to spread out as they push off with each step. A good arch support helps the foot to avoid fatigue.

Wear loose fitting clothing that does not bind and encourages free and easy motion. Wear layers so that you can remove a layer if you become hot and then you can tie the clothing around your waist. Choose "breathable" water-resistant clothing for rainy days, and make sure that the socks you wear contain a high percentage of orlon to help keep moisture away from the foot.

(Continued on page 2)



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*(Spotlight Article Continued from page 1)*

Follow good safety rules. Walk with a friend or neighbor and make sure you drink at least 8 – 10 glasses of water each day to replace water lost through perspiration. Walk on smooth surfaces and do not add ankle or leg weights as the added weight may cause injury to your back and joints. Make sure that you always carry ID and a cell phone (or change for a pay phone) in the case of an emergency.

Take one step at a time for fun and fitness! Call the Health Education Division for the complete Walking packet at 732-745-8860.

## HOUSEHOLD HAZARDOUS WASTE DAY

*HazMat Unit*

Household Hazardous Waste Day events are provided by Middlesex County for its residents free of charge. It allows for the proper disposal of household items that should not be disposed of in the regular trash and ultimately end up in our landfills. The Household Hazardous Waste Program began in May 1989 with two annual events. The first year, 568 residents participated. The program has grown steadily since then to five events annually. In 2010, more than 4,000 residents participated. In the 21 years since the program was instituted, close to 89,000 residents have participated. The amount of waste diverted from landfills averages 570,000 pounds each year.

The Middlesex County Hazardous Materials Unit has been a part of the program's events since its inception. The unit is on stand-by in the event of a release or spill; being on-site allows for clean-up and decontamination within minutes. Furthermore, in the event a resident brings an unacceptable item, such as an unknown material, personnel will attempt to safely identify the material and arrange for appropriate disposal.

Items accepted are as follows:

Adhesives	Gasoline	Paint Thinner
Aerosol Cans	Gas/Oil Mix	Pesticides/Herbicides
Anti-Freeze	Kerosene	Photographic Chemicals
Brake Fluid	Lighter Fluid	Pool Chemicals
Car Batteries	Mercury	Propane Tanks
Cleaners	Motor Oil/Filters	Stains/Varnishes
Fluorescent Bulbs	Paints (Latex/Oil)	Thermometers and Thermostats

It is best to leave the waste in its original container when possible. Also, no containers over 10 gallons in size will be accepted. Material containing asbestos is accepted, however, only by pre-registering the material with the Middlesex County Department of Planning, Division of Solid Waste Management, and dropping it off double-bagged.

Items that will not be accepted are any electronics, appliances, furniture, empty containers, explosives/munitions, medical waste, tires, and smoke detectors. For further information, residents can check the website <http://www.co.middlesex.nj.us/planningboard/solidwaste.asp> or call the Middlesex County Division of Solid Waste Management at 732-745-4170.

The 2011 Household Hazardous Waste Days will be held from 8:00am-2:00pm on the following dates:

Saturday, May 21

Middlesex County Highways Department  
Apple Orchard Lane  
North Brunswick

~

Sunday, July 17

Old Bridge Public Works Department  
Route 516  
Old Bridge

~

Saturday, September 17

Woodbridge Public Works  
225 Smith Street  
Keasbey

~

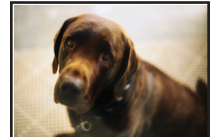
Sunday, November 20

Middlesex County College  
Woodbridge Avenue and Mill Road  
Edison





## 2011 RABIES CLINIC SCHEDULE (Spring Clinics)



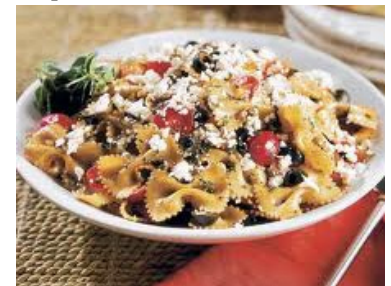
*Please call and check with municipality to be sure there are no changes in schedule.*

FRIDAY APRIL 29	CARTERET	WEST CARTERET FIREHOUSE PEKOLA TERRACE	6:00 - 7:00 PM	DOGS & CATS
SATURDAY APRIL 30	CARTERET	CARTERET FIREHOUSE 230 ROOSEVELT AVENUE	11:00 AM - 1:00 PM	DOGS & CATS
SATURDAY MAY 7	SAYREVILLE	PUBLIC WORKS GARAGE 167 MAIN STREET	9:00 AM - 12:00 PM 1:00 - 3:00 PM	DOGS ONLY CATS ONLY
SATURDAY MAY 14	PERTH AMBOY	PUBLIC WORKS GARAGE FAYETTE STREET	9:00 AM - 12:00 PM	DOGS & CATS
SATURDAY MAY 14	SPOTSWOOD	MUNICIPAL BUILDING 77 SUMMERHILL ROAD	1:00 - 4:00 PM	DOGS & CATS
SATURDAY MAY 21	METUCHEN	METUCHEN HIGH SCHOOL 400 GROVE AVENUE	9:00 AM - 12:00 PM	DOGS & CATS
TUESDAY MAY 24	MILLTOWN	PUBLIC WORKS GARAGE 39 WASHINGTON AVENUE	6:00 - 8:00 PM	DOGS & CATS
THURSDAY JUNE 2	HIGHLAND PARK	PUBLIC WORKS GARAGE SO. 5TH AVE. & VALENTINE ST.	7:00 - 9:00 PM	DOGS & CATS
SUNDAY JUNE 5	HIGHLAND PARK	SO. 5TH AVE. & VALENTINE ST. PUBLIC WORKS GARAGE	10:00 AM - 12:00 PM	DOGS & CATS

## BUTTONS AND BOWS PASTA

<http://hp2010.nhlbihin.net/healthyeating/Default.aspx?AspxAutoDetectCookieSupport=1>  
*This light and lemon-y meal is a refreshing change to the same old pasta*

- 2 Cups (8 oz) dry whole-wheat bowtie pasta (farfalle)
- 1 Tbsp olive oil
- 1 tsp garlic, minced (about 1 clove)
- 1 bag (16 oz) frozen peas and carrots
- 2 Cups low-sodium chicken broth
- 2 Tbsp cornstarch
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- 1 medium lemon, rinsed, for 1 tsp zest (Use a grater to take a thin layer of skin off the lemon.)
- ¼ tsp ground black pepper



**Directions:** IN A 4-QUART SAUCEPAN, BRING 3 QUARTS OF WATER TO A BOIL OVER HIGH HEAT. ADD PASTA, AND COOK ACCORDING TO PACKAGE DIRECTIONS. DRAIN. MEANWHILE, HEAT OLIVE OIL AND GARLIC OVER MEDIUM HEAT IN A LARGE SAUTÉ PAN. COOK UNTIL SOFT, BUT NOT BROWNEED. ADD PEAS AND CARROTS. COOK GENTLY UNTIL THE VEGETABLES ARE HEATED THROUGH. IN A BOWL, COMBINE CHICKEN BROTH AND CORNSTARCH. MIX WELL. ADD TO PAN WITH VEGETABLES, AND BRING TO A BOIL. SIMMER GENTLY FOR 1 MINUTE. ADD PARSLEY, PASTA, LEMON ZEST, AND PEPPER. TOSS GENTLY, AND COOK UNTIL THE PASTA IS HOT. SERVE 2 CUPS OF PASTA AND VEGETABLES PER PORTION.

*NOTE: SUBSTITUTE COOKING SPRAY FOR OLIVE OIL AND SAVE CALORIES AND FAT.*

*Nutritional Analysis (per serving)*

*Serving Size: 2 cups • Calories 329 • Cholesterol 0 mg • Protein 13 g • Sodium 127 mg Carbohydrate 59 g*

*• Fiber 9 g • Total fat 6 g • Potassium 331 mg • Saturated fat < 1 g • Calcium 6% • Iron < 10% • Vitamin A 220% • Vitamin C 25%*

*• PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET.*



## CERVICAL HEALTH

*Lillian Wilson, RNC, BSN*



Cervical cancer is the second most common type of cancer for women worldwide. It develops slowly over time, therefore, making it one of the most preventable types of cancer. Regular Pap tests continue to play an important part in the health care of all women. In a Pap test, a sample of cells from a women's cervix (the lower end of the uterus) is viewed microscopically. Screening for early detection of abnormal cervical cells with the Pap test has been the single greatest contributor to a decline in cervical cancer deaths. Despite this success, more than 4,000 women will die of this disease and cervical cancer will be diagnosed in more than 11,000 women in the United States each year, many of whom have never been screened.

The main cause of cervical cancer is a virus called Human Papilloma Virus (HPV). It is passed from person to person during sexual activity. A combination of continued regular Pap tests and screening for and vaccination against HPV is the best way to prevent cervical cancer. The following list shows the new PAP test recommendations and HPV testing and vaccination guidelines for 2011, set forth by the American College of Gynecologists and Obstetricians.

- Girls 11 to 12 years old and young women up to age 26 should ask about the HPV vaccine. Even women who have been vaccinated still need to be screened.
- Women should have their **first** screening Pap test at age **21**.
- Women in their **20's** should have a Pap test every **two** years (assuming prior Pap tests have been normal).
- Women age **30** and older who have had three consecutive normal Pap tests and negative HPV testing, should have a Pap test every **three** years.
- Women aged 65 to 70 years, who have had at least three normal Pap tests and no abnormal Pap tests in the last 10 years, may decide, after talking with their doctor, to stop having Pap tests.
- Women who have had a hysterectomy for non-cancerous reasons do not need a Pap test unless they have a cervix.
- Young men, ages 9 to 26, should get vaccinated to protect themselves and their partners from HPV.

Women who have had an abnormal Pap test should consult with a physician concerning how often they need a Pap test. Women still need a yearly physical which should include a breast exam, pelvic exam, and sexually-transmitted infection screening, if indicated. Remember, these Pap recommendations are guidelines and can change with individual cases. Women who have questions or concerns regarding their pap test results and follow-up should always consult with their own gynecologist.

Women who live in Middlesex County and have no health insurance can contact the Middlesex County Public Health Department Cancer Education and Early Detection (CEED) Program at 732-745-3127 for information on getting screened. Both women and men between 19 and 26 years old who are interested in receiving the HPV vaccine can contact the Middlesex County Public Health Department STD program at 732-565-3788 to see if they are eligible to receive the HPV vaccine. Children between 9 and 18 years of age, who are uninsured, may be eligible for the vaccine through the Middlesex County Childhood Immunization Program and may schedule an appointment by calling 732-745-3100.

Remember, cervical cancer is almost always preventable and women should protect themselves and other women by utilizing and promoting the prevention strategies noted above: the Pap test, the HPV test and the HPV vaccine.

## HEALTH OBSERVANCES CALENDAR

### APRIL

ALCOHOL AWARENESS MONTH

NATIONAL AUTISM AWARENESS MONTH

NATIONAL MINORITY HEALTH MONTH

SEXUAL ASSAULT AWARENESS & PREVENTION MONTH

### MAY

HEPATITIS AWARENESS MONTH

MENTAL HEALTH MONTH

NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

### JUNE

MEN'S HEALTH MONTH

NATIONAL HIV TESTING DAY - 27<sup>TH</sup>

### JULY

UV SAFETY MONTH

### AUGUST

NATIONAL IMMUNIZATION AWARENESS MONTH

[HTTP://WWW.HEALTHFINDER.GOV/NHO/NHO.ASP](http://www.healthfinder.gov/nho/nho.asp)



## HEART HEALTH

*Michele Canfield, Public Health Nurse*



**H**eat health is important to prevent heart disease and stroke. In the United States, heart disease is the leading cause of death, and stroke is the third leading cause of death. Cardiovascular disease (CVD) includes diseases of the heart and blood vessels. While you cannot change your age, gender, heredity, or race, there are risk factors that can be changed or managed to help keep your heart healthy and reduce your risk of CVD. Keep a healthy weight and watch your diet to manage obesity, diabetes, and cholesterol. Limit your alcohol intake. All of these diet-related activities reduce your risk for heart disease. Also, tobacco use can cause problems with your blood vessels, increasing the risk of high blood pressure and other heart disease.

Have your blood pressure screened, at a minimum, annually. If it is elevated, above 120/80, see your healthcare provider. Sometimes, elevated blood pressure can be managed with simple dietary changes like losing weight or reducing salt intake. However, sometimes, medication may be necessary to manage your blood pressure. If blood pressure medication is prescribed, do not stop taking it unless your healthcare provider directs you to discontinue your medication.

The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

If these occur, it is because the heart is not getting enough oxygen. This is an Emergency - **Call 911 immediately!**

Stroke can affect your senses, speech, behavior, thoughts, memory and emotions. One side of your body may become paralyzed or weak.

The five most common signs and symptoms of stroke are:

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.

Signs of a stroke always come on suddenly. If your symptoms go away after a few minutes, you may have had a "mini-stroke," also called a transient ischemic attack (TIA). TIAs do not cause permanent damage but can be a warning sign of a full stroke. Get help immediately; call 911.

If you need more information, go to [www.cdc.gov](http://www.cdc.gov) or [www.goredforwomen.org](http://www.goredforwomen.org). The Health Department can offer educational presentations to community groups. Call the Middlesex County Public Health Department at 732-745-8860. For more information about your specific situation, see your physician.

## "...DON'T LET THE BED BUGS BITE"

*Eileen Marcinczyk, Senior Public Health Investigator*

**T**he first case of the bed bug resurgence was reported to the National Pest Management Association in 1997. Bed bugs first appeared in hotels and single-family homes, due mostly to international travel. This pest quickly spread to apartments, and most recently to offices, retail stores, theaters and hospitals. Bed bugs are considered a public health pest.

Bed bugs are small insects that feed on the blood of humans or any other warm-blooded animal. Adult bed bugs are ¼ inch in length, oval, flat, rust colored and wingless. They do not fly or jump; bed bugs crawl. Female bed bugs can lay 2-5 eggs per day. Eggs take 10-16 days to hatch. The life cycle of a bed bug, from egg to adult, takes about 4 weeks. Bed bugs will feed approximately once a week, but they can survive without feeding for many months.

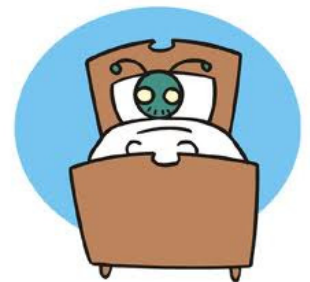
Although bed bugs are considered a pest, they are not known to spread disease. Their bites can cause itching and swelling in the bitten area. Some people have no reaction to the bites at all. The main reaction may not be physical, but psychological. A bed bug infestation may cause loss of sleep and stress in some people.

Sixty percent of bed bugs are found on a bed or sofa. They also like to hide in cracks and crevices on the wall or around the sleeping area. Bed bugs are nocturnal and can travel up to 100 feet for a blood meal, but most times they are only 6-8 feet away from their host. Curtains, tables, clothes, electrical outlets and any type of clutter that is close to a sleeping area provide harborage for bed bugs. They do not like smooth, hard surfaces, like a metal bed frame.

Bed bugs are hitchhikers and are usually spread by human activity. For example: using second-hand furniture, staying in infested hotels, visiting infested homes or sitting on infested couches or chairs in public areas. Bed bugs can also crawl to adjoining rooms or apartments in the same building.

Signs of a bed bug infestation may include: blood-stained sheets and bedding, dark colored excrement spots on areas where they hide during the day, such as, on the bottom of the box spring or in the tufts of the mattress. A heavily infested area will have a musty odor. An infestation of bed bugs does not mean your dwelling is not clean or sanitary. Bed bugs are coming for a blood meal; they don't care how clean the home is. Remember though, the more clutter in the home, the more places the bed bugs have to hide.

If you are a homeowner and think you might have a bed bug problem, you should contact a licensed pest control operator. If you live in an apartment and have a bed bug problem, contact your local health department for guidance. You may also call the Middlesex County Public Health Department at 732-745-3100 and ask for an Inspection Division Supervisor.



## CONTROL OF TUBERCULOSIS DISEASE

*Marybeth Caruso, Public Health Nurse*

**T**uberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the kidneys, the spine or the heart. TB is a curable disease as long as a person takes the appropriate medications properly. Worldwide, nine million cases of TB occur each year and it causes nearly two million deaths.

The symptoms of TB could include a feeling of sickness, cough (with or without blood), weight loss, fever, night sweats, and chest pain. Symptoms in other areas of the body depend on what area is affected. TB is spread in the air when a person coughs, sneezes, speaks or sings. Depending on the environment, germs can stay in the air for several minutes or hours.

People who breathe the air that contains the germ can become infected but may not feel sick because the germ is not active. People who are infected may develop active TB disease in the future and require extensive treatment. There are two tests that can help detect TB infection: a Tuberculin Skin Test or a special blood test. A positive test for TB infection indicates that a person has been infected with the germ. However, it does not show whether a person has progressed to the disease state.

TB infection is treated with medication so that the germ does not cause active disease in the future. Taking several medications for six to twelve months, in most cases, treats active TB disease. TB that is resistant to some medication is much harder and more expensive to treat and can take up to two years to treat effectively.

For additional information, you may contact the Middlesex County Public Health Department TB Control Center at 732-321-5297.

*Source: Centers for Disease Control and Prevention – TB Program*



## 2011 FOOD HANDLER'S TRAINING COURSES (SPRING & SUMMER)

If you have a question on a Food Safety Course in your municipality, please call 732-745-3100.

**PLEASE CONTACT THE LOCAL MUNICIPALITY TO REGISTER BEFORE ATTENDING.**

*Please be advised that dates, times, and locations are subject to change.*

Tuesday, April 12, 2011 **SPANISH**  
Perth Amboy City Hall Council Chambers  
260 High Street (2nd floor)  
1:00-4:00 pm

~  
Thursday, April 14, 2011  
Dunellen Library  
100 New Market Road  
1:00-4:00 pm



~  
Wednesday, April 20, 2011  
East Brunswick Library  
1 Jean Walling Civic Center Drive  
1:30-4:00 pm

~  
Wednesday, May 11, 2011  
Old Bridge Library, 1 Old Bridge Plaza  
1:00-4:00 pm

~  
Friday, May 13, 2011  
Metuchen Library, 480 Middlesex Avenue  
1:00-4:00 pm

~  
Wednesday, May 18, 2011  
Milltown Municipal Building Court Room  
39 Washington Avenue  
1:30-4:00 pm

~  
Wednesday, May 18, 2011  
South River Library, 55 Appleby Avenue  
1:30-4:00 pm

~  
Wednesday, June 15, 2011  
Cranbury Public Library, 23 North Main Street  
1:00-3:30 pm

~  
Wednesday, June 22, 2011  
Plainsboro Public Library, 9 Van Doren Street  
1:00-3:30 pm

## NATIONAL MINORITY HEALTH MONTH APRIL 2011

*Twyla Paige, Health Educator*

National Minority Health month is observed every April around the country. In 2000, the U.S. Department of Health and Senior Services Office of Minority Health introduced the observance to highlight efforts in eliminating health disparities across all racial and ethnic communities. The purpose of this national campaign is to increase education, awareness, screenings and intervention strategies that encourage healthy lifestyles. Monthly activities are designed to build public and private partnerships and foster cultural competency and training to health care providers serving minority populations. This year's theme focuses on the health of minority children and how school lunch programs can be an important link in teaching children how to eat healthier and make better food choices.

Why does this matter? Members of minority and multicultural communities have disproportionately higher incidence and mortality rates for diseases including asthma, diabetes, infant mortality, HIV/AIDS, cancer, cardiovascular diseases and obesity. New Jersey is one of the most culturally-diverse states in the country. In the state, adult obesity is highest among Blacks, while Hispanic children have the highest obesity rates. Asians, Pacific Islanders, and Native Americans are screened less for colorectal, breast and cervical cancers.

The Middlesex County Public Health Department provides education, screening, and other health services to address many of these issues. The department takes an active role in reaching these populations by providing culturally and linguistically-diverse educational programming and materials. The Cancer Education and Early Detection (CEED) Program and the Middlesex County Cancer Coalition work to meet the needs of many ethnic and underserved communities. The Health Education Division provides education and materials to diverse groups in an effort to promote and increase access to quality health care.

We all can play a part! Please join Middlesex County in observing National Minority Health Month in April, reducing and eventually eliminating disparities for all!

For more information, contact the Health Education Division at 732-745-8860.

**National Minority**  
Mental Health Awareness Month

## CONGENITAL HEART DEFECTS

*Shari Staffin-Cooper and Jeanette Gabriel*

A congenital heart defect (CHD) is a defect in the structure of the heart that is present at birth. There are many types of heart defects and they are some of the most common birth defects that occur. Approximately nine babies out of every 1,000 births have a congenital heart defect.

Most defects are problems with the heart's structure. They occur in the interior walls of the heart, in the valves inside the heart, or in the arteries and veins that carry blood to the heart or out to the body. Depending on where the defect is, obstruction of blood flow occurs in the heart itself, or in the vessels near the heart, or the defect causes blood to flow in an abnormal pattern through the heart. Other heart defects affect heart rhythm.

A large number of congenital heart defects show few or no signs or symptoms. Rapid breathing, a bluish tint to the skin, lips and fingernails (cyanosis), fatigue and poor blood circulation are some of the symptoms found in newborns with severe defects. Congenital heart defects do not cause chest pain or other painful symptoms.

There are two main causes of congenital heart defects. They may be caused by genetic or environmental factors but are generally a combination of both. Environmental factors include maternal infections (Rubella), drugs (alcohol and/or prescribed medications such as lithium and thalidomide) and maternal illness such as diabetes and lupus.

Heart defects range from mild, requiring no treatment, to those that are more complex, requiring medication and/or surgery. Sometimes, congenital heart defects improve without treatment. The more severe defects require surgery and/or medication. With advances made in interventional cardiology, diagnosing and treating heart defects in almost all children born with even the most complex conditions, helps to ensure most will live active, productive lives well into adulthood.

The Middlesex County Public Health Department Special Child Health Services Unit is available to assist families who have a child with any of these special needs by calling 732-745-3187.





by Geraldine Zoccoli



A	T	A	K	C	A	T	T	A	T	R	A	E	H	G
E	I	S	G	U	B	D	E	B	A	X	L	E	T	H
T	B	T	J	O	G	E	R	W	Y	Y	A	C	L	K
S	M	U	N	P	E	S	U	X	X	R	W	S	A	R
A	X	B	E	R	T	T	S	Z	T	E	A	E	E	O
W	U	E	I	E	A	U	S	D	E	T	R	R	H	W
S	W	R	E	X	C	B	E	A	I	A	E	T	L	D
U	K	C	E	E	H	F	R	C	D	W	N	A	A	R
O	L	U	T	R	E	C	P	J	H	K	E	L	C	A
D	J	L	A	C	C	E	D	M	E	N	S	M	I	Y
R	A	O	T	I	K	R	O	N	A	I	S	O	V	A
A	D	S	S	S	U	N	O	T	E	R	X	P	R	S
Z	E	I	O	E	P	G	L	E	R	D	Z	T	E	B
A	R	S	R	S	E	I	B	A	R	I	U	Y	C	C
H	C	Y	P	O	C	S	O	N	O	L	O	C	Z	E
J	A	P	R	I	L	O	P	S	D	E	Y	T	B	C

**WORD LIST**

- |                    |                |                     |                  |
|--------------------|----------------|---------------------|------------------|
| 1. AWARENESS       | 5. COLONOSCOPY | 9. GET A CHECKUP    | 13. JOG          |
| 2. BED BUGS        | 6. EXERCISE    | 10. HAZARDOUS WASTE | 14. RABIES       |
| 3. BLOOD PRESSURE  | 7. DIET        | 11. HEART ATTACK    | 15. TUBERCULOSIS |
| 4. CERVICAL HEALTH | 8. DRINK WATER | 12. HEART DEFECTS   | 16. YARD WORK    |

## FRUITS AND VEGETABLES OF THE MONTH

The Fruit & Vegetable Program is a national partnership to increase consumption of fruits and vegetables by all Americans. Eating a diet rich in fruits and vegetables every day will promote good health and may help reduce the risk of stroke, high blood pressure, diabetes, and some cancers.



Garlic



Nectarine

*The Fruits and Vegetables for the Months of April through August are:*

April – Fruit: Asian Pear; Vegetable: Tomatillo

May – Fruit: Lime; Vegetable: Potato

June - Fruit: Pluot; Vegetable: Okra

July - Fruit: Nectarine; Vegetable: Garlic

August - Fruit: Cactus; Vegetable: Celery and Fennel

To learn more about your fruits and vegetables, visit:

<http://www.fruitsandveggiesmatter.gov>.

This web site will provide individuals with fruit and vegetable benefits, recipes and tips.



Lime



Okra

### Year-Round Public Health Services Our Offices are Open Monday - Friday • 8:30am - 4:15pm

**Divisions**

- **Administration** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100. (TTY 732-745-8994)
- **Epidemiology and Public Health Preparedness** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100.
- **Hazardous Materials Unit** - 1001 Fire Academy Drive, Sayreville, NJ 08872, 732-727-6626. (TTY 732-316-7196)
- **Health Education** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-8860.
- **Inspection** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100 from 8:30 am to 4:15 pm, and 732-745-3271 after hours for emergencies.
- **Nursing** - 75 Bayard Street, Fifth Floor, New Brunswick, NJ 08901, 732-745-3100.

**Programs**

- **Adult Health Programs** - 732-745-3100.
- **Cancer Screening Clinics (CEED)** - Appointments & Information, call 732-745-3127, Spanish 732-745-3107.
- **Child Health Conferences** - By Appointment Only. Various Locations, call 732-745-3125.
- **Childhood Lead Poisoning Prevention** - 732-745-3100.
- **Children's Immunizations** - Call for an Appointment: 732-745-3125.
- **Communicable Disease Information** - 732-745-3100.
- **Food Sanitation Courses** - 732-745-3136.
- **Maternal/Child Health** - 732-745-3100.
- **Rape Crisis Intervention Center** - 29 Oakwood Avenue, Edison, NJ 08837. Monday - Friday, 8:30 am to 4:15 pm, 732-321-1189, (TTY 549-0669), 24-hour coverage: 1-877-665-RAPE (7273).
- **Sexually Transmitted Disease** - Call for clinic hours: 732-565-3788.
- **Special Child Health Services** - 732-745-3187.
- **Tuberculosis Control** - 29 Oakwood Avenue, Edison, NJ 08837. Call for clinic hours: 732-321-5297.



**VOLUNTEER SERVICES**

- **Rape Crisis Intervention Center** - 732-321-1189, Ext. 321
- **Cancer Coalition and Community Partnership** - 732-745-3140
- **Sexual Violence Prevention Coalition** - 732-745-3140
- **Medical Reserve Corps** - 732-745-3100

To submit a suggestion, comment or article for "Public Health Matters," please call Teri Manes, Editor, at 732-745-8861, e-mail to [teri.manes@co.middlesex.nj.us](mailto:teri.manes@co.middlesex.nj.us) or send it to Middlesex County Public Health Department, Middlesex County Administration Building, 75 Bayard Street, Fifth Floor, New Brunswick, N.J. 08901.

**\*Important Medical Disclaimer\***

The information contained in this publication is not intended to replace the expert care and advice of a qualified physician. Please contact your personal physician regarding any medical problems. This newsletter is available in alternate format. Please call 732-745-3135 for more information.