

#### Monthly Newsletter

## **Your Health Matters**

## Westfield Regional Health Department

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



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Healthy Start To The New Year

As we welcome the new year, it's the perfect time to focus on your health and well-being. Committing to a goal for the new year not only boosts your energy but also enhances overall life satisfaction. Here are some New Year's resolution ideas to help you get started on a healthier, more balanced path:

- Quit smoking or vaping.
- Schedule regular doctor visits and screenings for preventative care.
- ③ Commit to working out at least 3-4 times a week.
- Practice gratitude and mindfulness.
- Prioritize your sleep.
- Eat healthier and stay hydrated.



## Blood Pressure Screenings

**Free for Residents** 

January 1, 16,17 & 30 | Garwood Seniors | Knights of Columbus, 36 South Ave. | 11:30am - 12:30pm

**January 14**| Mountainside Seniors | Town Hall, Rt. 22 West | 9:30am -10:30am

### **Dry January**

Choose Not to Drink Alcohol for a Month

If you're looking to reduce your alcohol intake or kick off the new year with a fresh start, consider participating in the Dry January challenge by refraining from beer, wine, and spirits for one month. Regular drinkers who took a 30-day break from alcohol experienced improved sleep, increased energy, and weight loss. Additionally, they saw reductions in blood pressure, cholesterol levels, and cancer-related proteins in their bloodstream. To keep yourself accountable, share your goals with friends and family, and even better, invite someone to join you in the challenge. Keep alcohol out of your house to avoid temptations.

## Disease **Update**

#### Norovirus

#### Why It's More Common in Winter

Norovirus is a highly contagious virus that causes gastroenteritis, leading to symptoms like nausea, vomiting, diarrhea, stomach cramps, and sometimes fever. It spreads rapidly, particularly in environments where people are in close contact, such as schools, nursing homes, and cruise ships.

Norovirus is more common in the winter months because cooler weather often keeps people indoors, creating ideal conditions for the virus to spread. In crowded spaces, it can be easily transmitted through contaminated food, water, surfaces, and close contact with infected individuals. LEARN MORE >>>



#### Norovirus Prevention

- Wash Hands
- Disinfect Surfaces
- Avoid Sick People
- Practice Food Safety





#### Celebrated This Month



#### **Cervical Awareness Month**

According to the CDC, about 11,500 women are diagnosed with cervical cancer each year in the United States.

Cervical cancer is primarily caused by the **human** papillomavirus (HPV), a common virus that spreads through sexual contact. Fortunately, vaccines are available to protect against the most common strains of HPV, and regular screening through Pap smears or HPV tests can detect early changes in the cervix, allowing for timely intervention before cancer develops.



## **Your Health Matters**

**FREE Cancer Screenings** for women without health insurance



#### Upcoming screening dates:

January 11, 2025 (Saturday) January 29, 2025 February 12, 2025 February 24 2025 March 8, 2025 (Saturday) March 19, 2025

Screenings available for breast and cervical cancer

Call to see if you are eligible and to make an appointment 973-971-5952

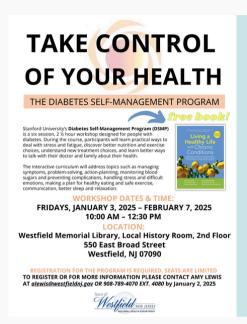




#### **Get Screened Today!**

Usually, women who have precancerous cells or are in the early stages of cervical cancer do not present with any symptoms. Individuals tend to be asymptomatic until the cancer is more advanced; therefore, it is important to get screened regularly.





# <u>Take Control of Your Health: Diabetes Self-</u> <u>Management Program</u> | Fridays, January 3 - February 7, 2025 | Westfield Memorial Library, 550 E Broad St.

This six-session, interactive program is designed for people with diabetes. Participants will learn practical ways to deal with stress and fatigue, discover better nutrition and exercise choices, understand new treatment options, and learn better ways to talk with their doctor and family about their health.

To register or for more information contact Amy Lewis at alewis@westfieldnj.gov OR 908-789-4070 Ext. 4080 by January 2, 2025.

#### Follow Westfield Regional Health Department on Social Media!

The Westfield Regional Health Department is pleased to announce the launch of its official Instagram and Facebook accounts, creating new ways for residents and business owners across the region to access valuable health information, resources, and updates. This initiative is part of a broader outreach program aimed at empowering the community to lead healthy and productive lives in New Jersey.



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