

Your Health Matters



Public Health
Prevent. Promote. Protect.

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COLORECTAL CANCER AWARENESS

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Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. The colon is the large intestine or large bowel. Both the colon and the rectum, which is the passageway that connects the colon to the anus can have abnormal growths, called *polyps*. Over time, these polyps may turn into cancer. In order to decrease your risk for colorectal cancer, screening tests can be used to find polyps so they can be removed before turning into cancer. Regular screening, beginning at age 45, is the key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force (Task Force) recommends that adults aged 45 to 75 be screened for colorectal cancer. Screening tests can catch colorectal cancer early when treatment works best.

The risk of getting colorectal cancer increases as you get older. Other risk factors include having:

- Inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- A personal or family history of colorectal cancer or colorectal polyps
- A genetic syndrome such as familial adenomatous polyposis (FAP) nor hereditary non-polyposis colorectal cancer (Lynch syndrome)

Lifestyle factors that may contribute to an increased risk of colorectal cancer include:

- Lack of regular physical activity
- A diet low in fruit and vegetables
- A low-fiber and high-fat diet, or a diet high in processed meats
- Obesity or being overweight
- Alcohol consumption
- Tobacco use

For more information on Colorectal Cancer, visit:
<https://www.cdc.gov/cancer/dcpc/resources/features/colorectalawareness/index.htm>

Older Adult Fall Prevention

Every day, an older adult (age 65+) suffers a fall in the U.S. making falls the leading cause of injury and injury death in this age group. One out of four older adults will fall each year in the United States, making falls a public health concern, particularly among the aging population. Many falls can be prevented. By making some changes, you can lower your chances of falling.

Four things that can be done to prevent falls:

1. Talk openly with your healthcare provider about fall risks and prevention.

Tell a provider right away if you fall, worry about falling, or feel unsteady. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall. Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

2. Exercise to improve your balance and strength.

Lack of exercise can lead to weakness and increases your chances of falling. Exercises, such as Tai Chi, can improve balance and make your legs stronger, as well as lower your chances of falling.

3. Have your eyes and feet checked.

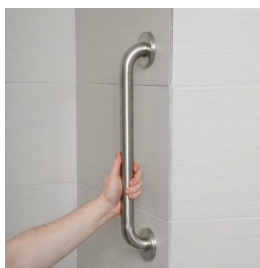
Once a year, check with your eye doctor, and update your eyeglasses, if needed. Screening helps identify conditions like glaucoma or cataracts that limit your vision. Poor vision can increase your chances of falling. Also, have your healthcare provider check your feet once a year. Discuss proper footwear and ask whether seeing a foot specialist is advised.

4. Take simple steps to make your home safer such as:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Have grab bars put in next to and inside the tub, and next to the toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- Have handrails and lights installed on all staircases.

For more information on preventing adult falls, visit:

<https://www.cdc.gov/falls/index.html>



Staying Active During The Winter Months

Exercising and staying active can be very challenging during the winter season, due to cold temperatures, icy conditions and fewer daylight hours. Staying active is extremely beneficial to your mental and physical health, so it is important to stay on track with your fitness goals. Regular physical activity can help better your sleep, reduce anxiety, lower your blood pressure and lower your risk of developing type 2 diabetes and certain types of cancer. Experts recommend at least 150 minutes of moderate physical activity per week.

Maintain a healthy lifestyle with these simple steps:

- Take nature walks (weather and time permitting)
- Monitor the weather and plan ahead
- Wear layers
- Workout at home/online
- Do some chores to stay moving
- Volunteer in active ways around your community

For more information on how to stay healthy and active this winter, visit: <https://www.cdc.gov/nccdphp/dnpao/features/stay-active-this-winter/index.html>



Morris County Medical Reserve Corp

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out an application, visit: <https://www.morriscountynj.gov/Residents/Health/Volunteer-for-the-Medical-Reserve-Corps>



How to Reduce Sodium Intake

The majority of sodium in our diets comes from packaged and restaurant food, not the salt shaker. As a result of food processing, even foods that may not taste salty can be major sources of sodium. Foods with only moderate amounts of sodium, such as bread, can be major sources of sodium because they're eaten so frequently. Limiting sodium intake is important if you have high blood pressure, also known as hypertension as it increases your risk of heart disease and stroke.

Following the tips below will help in reducing your sodium intake.



At the Grocery Store

- Buy fresh, frozen, or canned vegetables with no salt or sauce added.
- Choose packaged foods labeled as “low sodium,” “reduced sodium,” or “no salt added” when available.
- Comparing the amount of sodium in different products by reading the Nutrition Facts labels and choosing the options with the lowest amounts of sodium.
- When buying prepared meals, look for those with less than 600 milligrams (mg) of sodium per meal, which is the upper limit set by the Food & Drug Administration for a meal or main dish to be labeled “healthy.”
- When possible, purchase fresh poultry, fish, pork, and lean meat, rather than cured, salted, smoked, and other processed meats.

At Home

- When cooking, use alternatives to replace or reduce the amount of salt you use, such as garlic, citrus juice, salt-free seasonings, or spices.
- Prepare rice, pasta, beans, and meats from their most basic forms (dry and fresh) when possible.
- Eat more fruits and vegetables.
- Limit sauces, mixes, and instant products, including flavored rice and ready-made pasta.

Dining Out

- Ask that no salt be added to your meal.
- Order vegetables with no salt added or fruit as a side item.
- Split a meal with a friend or family member.

For more information on reducing your sodium content, visit: https://www.cdc.gov/salt/reduce_sodium_tips.htm



Stay Safe and Healthy During Winter

As winter weather approaches, it is important to make sure that you are prepared for the hazards that come with the season. Winter hazards include wintry storms, icy roads, power outages and more. Here are some steps to make sure you are prepared at all times:

Prepare your home:

- Insulate storm window, and water lines that run along exterior walls
- Clean out gutters and repair any roof leaks
- Have your heating system serviced to make sure it is clean and working properly
- Inspect fireplaces and chimneys
- Make sure you have a working smoke detector

Prepare your vehicle:

- Make sure your radiator is serviced to maintain antifreeze level
- Routinely check your tires' air pressure
- Keep your gas tank full to avoid ice in the tank and fuel lines
- Use wintertime formula for your windshield wipers

Prepare an emergency kit to keep in your home and vehicle at all times. Items include:

- Cell phone chargers
- Food and water
- Jumper cables
- Flashlights
- First aid kit and extra medicine
- Cleansing towels

For more information on how to stay safe this winter season, visit: <https://www.cdc.gov/nceh/features/winterweather/index.html>



Who is my Local Health Department?

Morris County has 12 different health departments that service its 39 municipalities. Many health departments cover numerous towns. To find your local

health department, visit:
<https://www.state.nj.us/health/lh/documents/LocalHealthDirectory.pdf>



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**A BIENNIAL
NEWSLETTER FROM
THE MORRIS
COUNTY DIVISION
OF PUBLIC HEALTH**

Important Numbers

GENERAL

NJ211
2-1-1
North Jersey Red Cross
(973) 538-2160
Poison Information
1-800-222-1222
Mental Health Hotline
1-877-294-4357

MORRIS COUNTY

Division of Public Health
973-631-5484
Emergency Management
973-829-8600
Sheriff's Office
973-285-6600
Prosecutor's Office
973-285-6200

NEW JERSEY

Communicable Disease Service
1-609-826-5964
State Police

Address

Morris County Division of Public
Health
PO Box 900
634 West Hanover Avenue
Morristown NJ 07961

health.morriscountynj.gov/

The mission of the Morris County Division of Public Health is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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