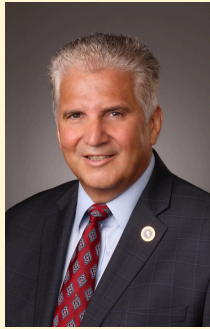


# ESSEX COUNTY OFFICE OF PUBLIC HEALTH MANAGEMENT NEWSLETTER



## WHO WE ARE

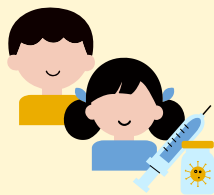


The Essex County Office of Public Health Management works to protect and improve community health through prevention, response, and collaboration — building a healthier future for all.

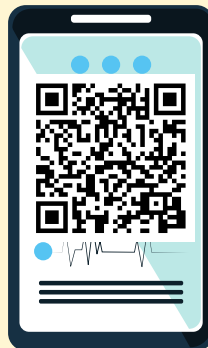
## VACCINE FOR CHILDREN

Free ACIP vaccines are offered by appointment for kids up to 18 years old.

Scan QR code for more information or call us at 973-877-8456.



SCAN



LEARN MORE ABOUT OUR PROJECTS



SCAN CODE

## MOBILE HEALTH CLINIC

Essex County's Mobile Clinic offers screenings, health info, and referrals to underserved residents. Scan here to view a schedule for the mobile clinic



MAYA HARLOW, M.S., MCHES, REHS, H.O.  
DIRECTOR/ HEALTH OFFICER  
OFFICE OF PUBLIC HEALTH MANAGEMENT

JOSEPH N. DIVINCENZO, JR., ESSEX COUNTY EXECUTIVE  
THE BOARD OF COUNTY COMMISSIONERS

# AMERICAN

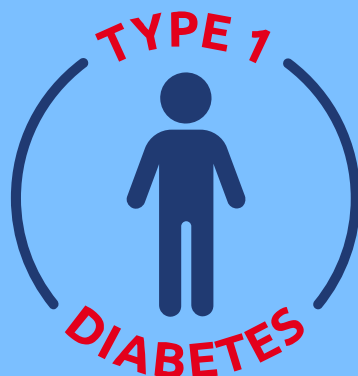
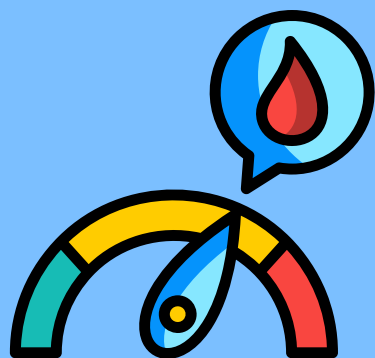
# DIABETES MONTH

NOVEMBER IS AMERICAN DIABETES MONTH



November is American Diabetes Month, a time for the American Diabetes Association (ADA) and communities to unite against diabetes. In the U.S., over **38 million people** have diabetes, and nearly **98 million** have prediabetes. In the past 20 years, diagnosed diabetes cases have more than **doubled**.

There are **136 million** Americans living with diabetes or prediabetes. We are committed to advocating for them by developing programs and providing education, aiming to support each person on their journey.



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Joseph N. DiVincenzo, Jr., *Essex County Executive*  
The Board of County Commissioners  
The Essex County Office of Public Health Management  
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# UNDERSTANDING TYPES OF DIABETES

## Prediabetes

Prediabetes often shows no clear symptoms but can lead to Type 2 diabetes, characterized by high blood glucose levels. Some individuals may experience related symptoms or complications. Consult your doctor for testing if you suspect prediabetes or diabetes.



## Type 1

Type 1 diabetes occurs when the immune system attacks insulin-producing beta cells in the pancreas, resulting in insufficient insulin and requiring external insulin for survival. It is commonly diagnosed in youth but can develop at any age.

## Type 2

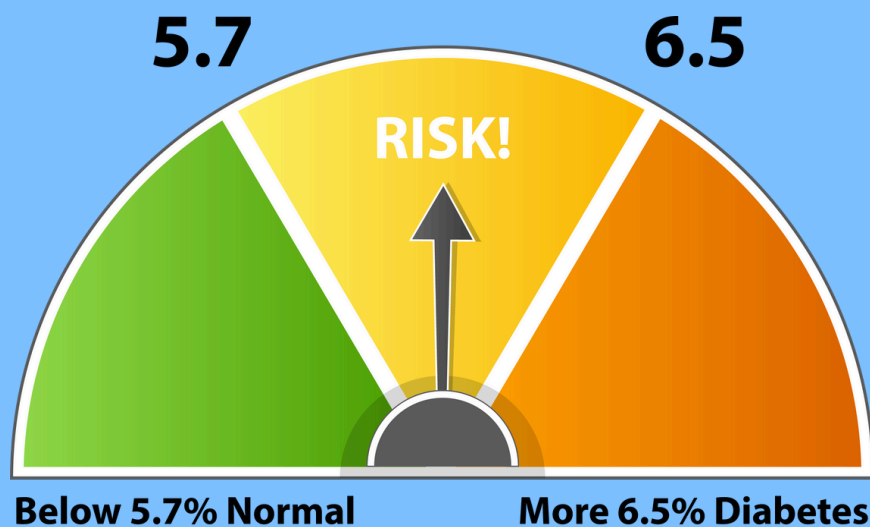
Type 2 diabetes occurs when the body resists insulin, leading to high blood glucose. The pancreas initially compensates by producing more insulin but eventually struggles. This mainly affects middle-aged and older adults but is increasingly common in younger people.

## Gestational Diabetes (GDM)



Gestational diabetes affects up to 9% of U.S. pregnancies each year. A diagnosis does not indicate past diabetes or future risk. Timely management and healthcare support are essential for a healthy pregnancy and baby.

# THE BASICS OF A1C

The A1C test diagnoses diabetes and monitors treatment effectiveness by reflecting average blood glucose levels over the past two to three months.

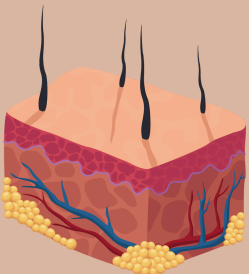


## HEMOGLOBIN A1c

-  If your A1C level is between 5.7 and less than 6.5%, your levels have been in the prediabetes range.
-  If you have an A1C level of 6.5% or higher, your levels were in the diabetes range.

# NATIONAL HEALTHY SKIN MONTH

*National Healthy Skin Month is dedicated to encouraging individuals to care for their skin, the body's largest organ, while also working to minimize the risk of skin diseases and cancers.*



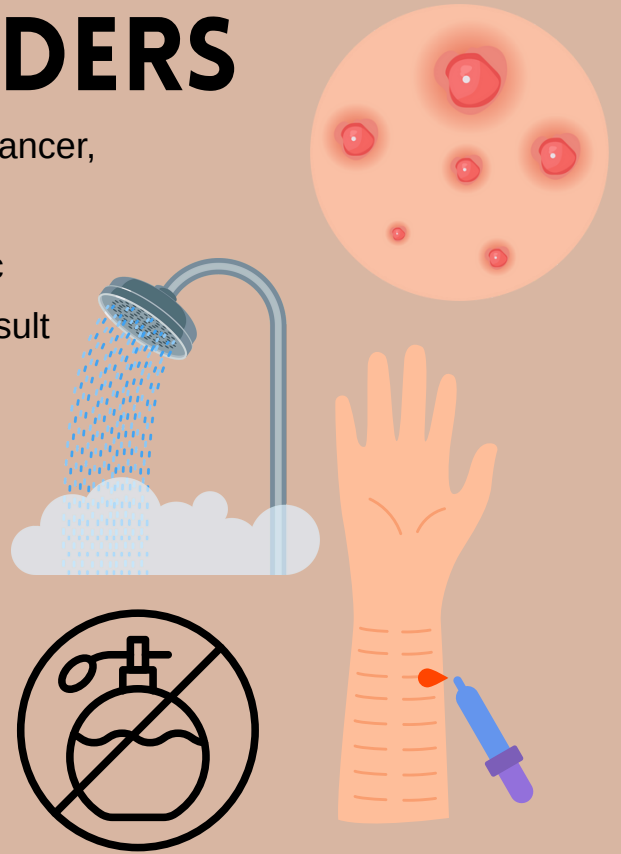
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# SKIN DISORDERS

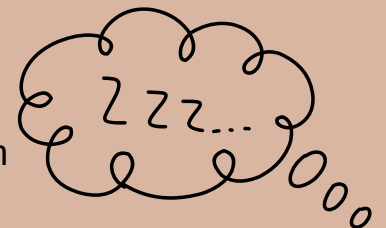
Skin disorders, like acne, eczema, psoriasis, and skin cancer, affect skin appearance and function. Acne arises from hormonal changes, eczema from environmental/genetic factors, and psoriasis accelerates skin cell growth. Consult healthcare professionals for diagnosis and treatment. A proactive skincare routine can manage disorders:

- **Patch Test:** Test new products for reactions.
- **Non-Comedogenic:** Prevent clogged pores.
- **Stress Management:** Try meditation or yoga.
- **Avoid Hot Showers:** Use lukewarm water.
- **Fragrance-Free:** Choose for sensitive skin.
- **Dermatologist Visits:** Monitor skin health.



## HEALTHY SKIN 101

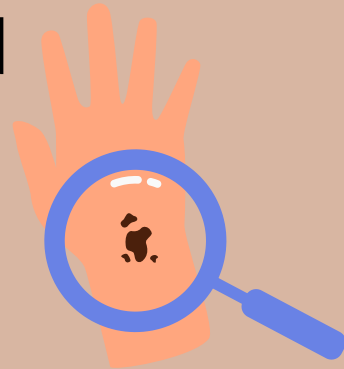
- **Cleanse your face twice daily** with a gentle cleanser suited to your skin type.
- **Apply a moisturizer** to maintain hydration and create a protective barrier.
- **Use a broad-spectrum SPF 30 or higher** sunscreen daily, even on cloudy days.
- Adopt a diet rich in **antioxidants**.
- **Stay hydrated** by drinking plenty of water.
- Ensure you **get enough sleep** each night.
- **Avoid using too many products** to prevent skin irritation.



# SKIN CANCER PREVENTION

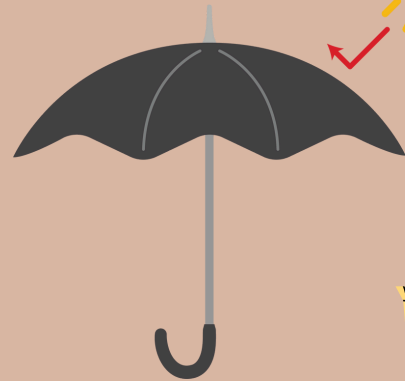
## A HOLISTIC STRATEGY

To effectively shield yourself from harmful ultraviolet (UV) radiation, a comprehensive approach is essential for skin cancer prevention.



### TIPS TO PROTECT YOUR SKIN

- Seek the shade, especially between **10 AM and 4 PM**.
- **Don't** get sunburned.
- **Avoid tanning**, and never use UV tanning beds.
- **Cover up with clothing**, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad-spectrum (UVA/UVB) sunscreen** with an SPF of 30 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum (UVA/UVB) sunscreen with an SPF of 50 or higher.
- **Apply 1 ounce (2 tablespoons)** of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- **Keep newborns out of the sun.**
- Use sunscreen on babies **over the age of six months**.
- **Examine your skin** head-to-toe every month.
- **See a dermatologist** at least once a year for a professional skin exam.





# Stomach Cancer Awareness Month



Every year in November, we observe Stomach Cancer Awareness Month. This important month aims to raise awareness about stomach cancer, shedding light on its symptoms, risk factors, and the treatment options that are available.



The majority of stomach cancers, approximately 90%, are classified as adenocarcinomas, which are tumors that develop in mucus-secreting glands.



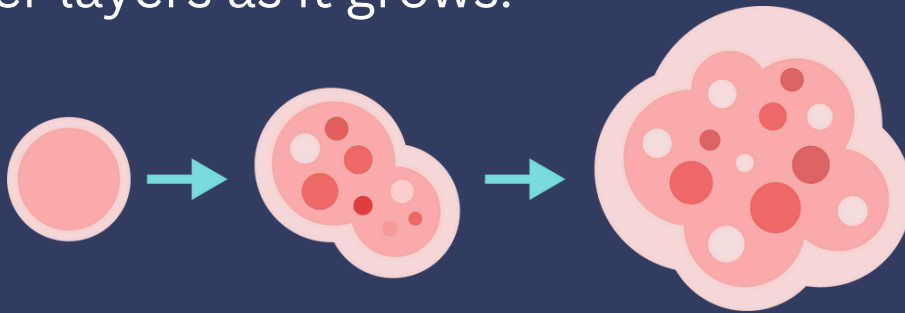
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# What is Gastric Cancer / Stomach Cancer?

The stomach wall has five layers: **mucosa**, **submucosa**, **muscle**, **subserosa**, and **serosa**. Stomach cancer usually starts in the cells of the mucosa layer and spreads to the outer layers as it grows.



- Men are more commonly diagnosed with stomach cancer than women.
- Stomach cancer is less frequent among non-Hispanic whites than people of other races and ethnicities.



## **Risk factors include:**

smoking, age, diet, and long-term stomach inflammation, such as infection with *Helicobacter pylori* bacteria (*H. pylori*), according to the NCI.

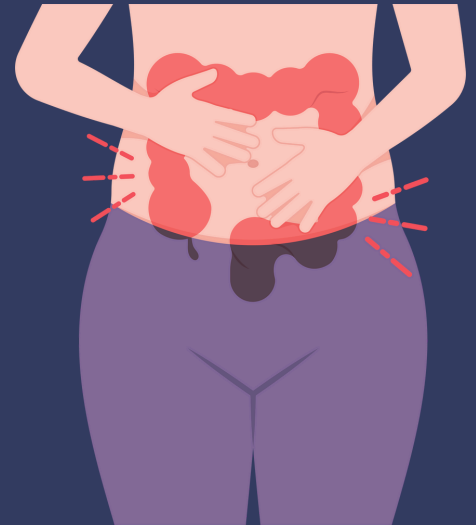
# Stomach Cancer 101

Stronger  
than  
Cancer

## Symptoms

Stomach cancer often starts without symptoms. If you experience any of these, see a doctor promptly:

- Unintended weight loss
- Loss of appetite or feeling full quickly
- Stomach pain
- Persistent heartburn
- Nausea or vomiting
- Blood in the stool
- Fatigue
- Yellow skin and eyes



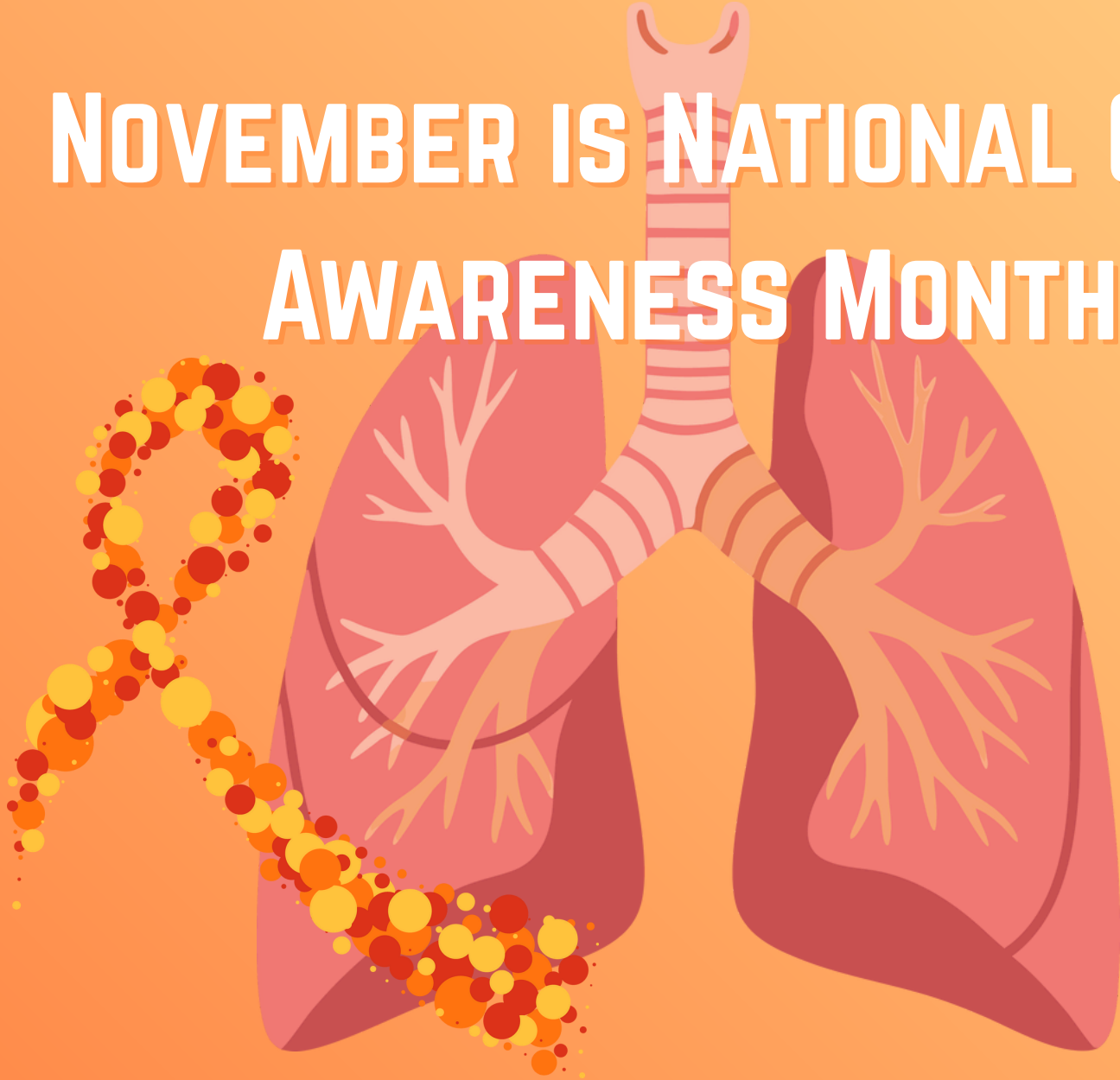
These could also be from other stomach issues like ulcers. Most people with these symptoms don't have cancer, but early diagnosis is crucial.

## Prevention

- Not using any tobacco products
- Not drinking alcohol
- Maintaining a healthy body weight (e.g. body mass index below 25)
- Being physically active every day
- Eating a diet rich in fruits and vegetables (particularly citrus fruits) and low in processed meats
- Seeking treatment for an H. pylori infection



# NOVEMBER IS NATIONAL COPD AWARENESS MONTH



November is designated as COPD Awareness Month, a crucial time to enhance awareness, take proactive measures, and support the over 16 million individuals living with Chronic Obstructive Pulmonary Disease (COPD).



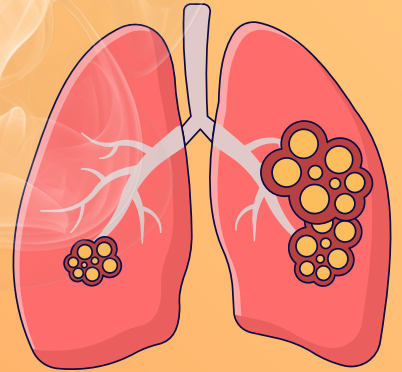
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# BASICS OF COPD

## WHAT IS COPD?

Chronic obstructive pulmonary disease (COPD) is a chronic lung disease that causes air flow limitation (less air in and out of the airways) and breathing-related symptoms. There is no cure, but there are ways to manage and treat COPD.



## HIGHLIGHTS

- COPD is chronic. In other words, you live with it every day.
- It is progressive, meaning it gets worse over time.
- COPD is diagnosed by reviewing your medical history, physical examination and spirometry test results.
- Chronic bronchitis and emphysema are also called COPD.

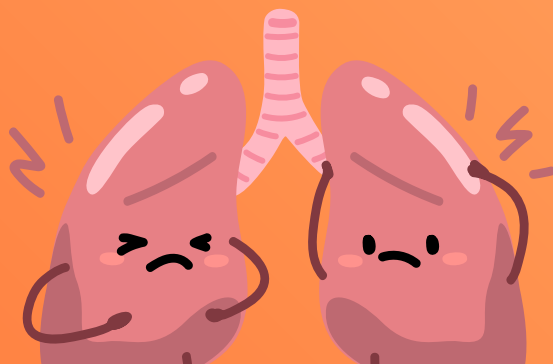
# COPD AND YOUR BODY

Not everyone with COPD experiences the same symptoms. Initially, you might have mild or even no symptoms at all. However, as the condition progresses, you may encounter additional symptoms, such as a cough that produces sputum (mucus or phlegm) or increased shortness of breath.

## THE IMPACT

**COPD causes reduced airflow in and out of your airways and occurs for one or more reasons:**

- Airways in your lungs become narrowed due to being swollen (inflamed) and thickened.
- Walls between your air sacs are destroyed.
- Airways and tiny air sacs lose their ability to stretch and shrink back.
- Airways make more mucus which can clog them and block air flow.



# PROTECTING YOUR LUNGS

We often neglect our lungs, which are crucial for health. It's important to prioritize lung health despite the body's defenses. Here are key methods to maintain healthy lungs, lower the risk of lung disease, and prevent conditions like COPD.



## DON'T SMOKE



## AVOID AIR POLLUTANTS



## GET REGULAR CHECK-UPS



## EXERCISE

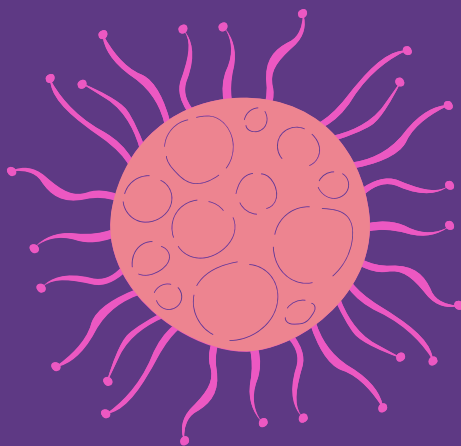


# Pancreatic Cancer Awareness Month

Pancreatic cancer is hard to prevent, diagnose, and treat. Many don't know its risk factors or symptoms. Without a standard early detection test, it's often found late, limiting treatment options. **November is Pancreatic Cancer Awareness Month**, so let's raise awareness.

The pancreas makes enzymes that help break down food. These enzymes travel to the first part of the small intestine. The pancreas also produces hormones like insulin, which help control blood sugar and store energy.

Pancreatic cancer happens when cells in the pancreas grow out of control, usually starting in the ducts. Risk factors include getting older, being male, smoking, eating a high-fat diet, having diabetes, and family history.



- **More than 67,000 Americans are expected to be diagnosed with pancreatic cancer in 2025. That's more than 184 people diagnosed every day.**
- **Pancreatic cancer has the highest mortality rate of all major cancers. It is currently the 3rd leading cause of cancer-related death in the United States after lung and colon and expected to become the 2nd by 2030.**



CREATED: 10/22/2025

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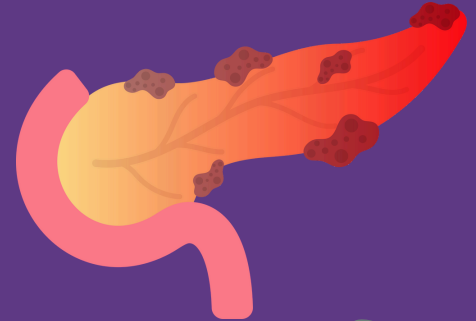




# Sign, Symptoms & Types of Pancreatic Cancer

Pancreatic cancer may cause only vague, unexplained **symptoms**, such as:

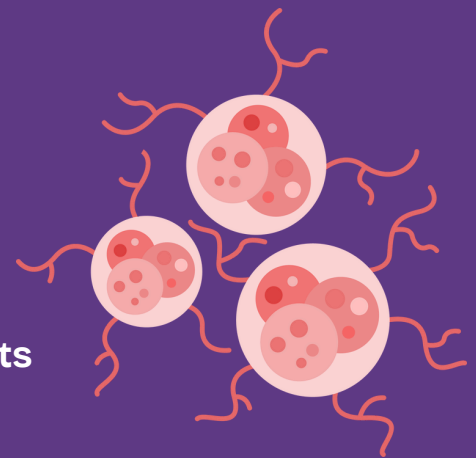
- Pain, usually in the abdomen or back
- Weight loss
- Jaundice (yellowing of the skin, eyes or both) with or without itching
- Loss of appetite
- Nausea
- Changes in stool
- Pancreatitis (swelling of the pancreas)
- Recent-onset diabetes



## Understanding Pancreatic Cancer

Pancreatic tumors are either **exocrine** or **neuroendocrine**. The type is based on the originating cells and affects behavior and treatment.

- **92% are exocrine tumors, mainly adenocarcinomas.** These tumors often start in the pancreas ducts, which are small channels that carry digestive enzymes to the intestines. This is the most common kind of exocrine pancreatic cancer. Also called ductal carcinoma, it **starts in the lining of pancreas ducts.**
- **8% are neuroendocrine tumors (PNETs), also known as islet cell tumors,** and generally grow more slowly and are **located in the pancreas.**





NOVEMBER IS...

# LUNG CANCER AWARENESS MONTH



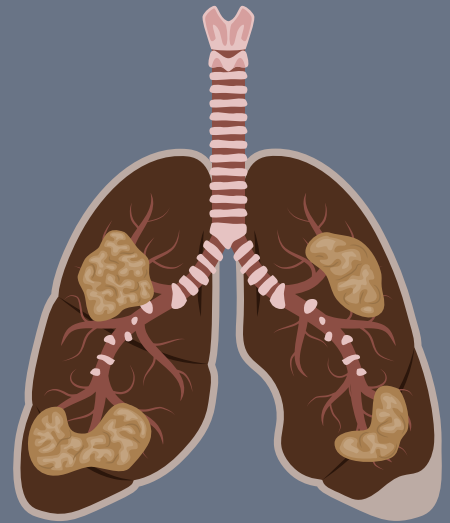
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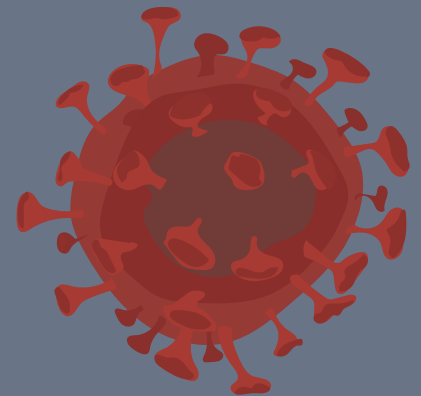
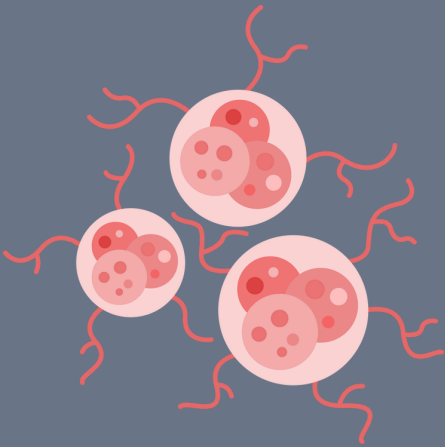


# What is **LUNG CANCER**?

Lung cancer occurs when lung cells mutate, often due to harmful chemicals we inhale. However, it can also affect those without known exposure to toxins. Cancer cells multiply uncontrollably, forming tumors that damage healthy lung tissue. Symptoms usually appear once the cancer spreads and affects other organs, making treatment more challenging.



## Types of **LUNG CANCER**



Two Main Types of Lung Cancer

Small Cell Lung Cancer

Non-Small Cell Lung Cancer

Small cell carcinoma and mixed small cell/large cell cancer are types of small cell lung cancer, named based on their cell types and appearance under a microscope. This cancer is primarily linked to cigarette smoking.

Non-small cell lung cancer is the more prevalent form, accounting for approximately 80 percent of lung cancer cases. This type typically grows and spreads to other areas of the body at a slower rate compared to small cell lung cancer.

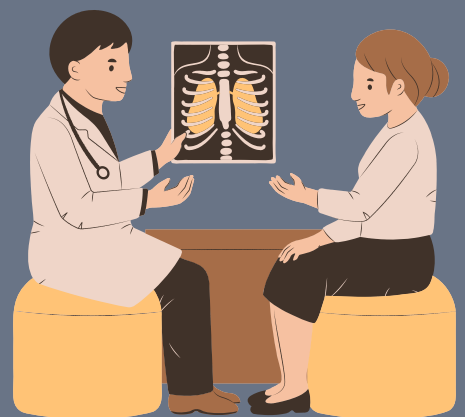
# Symptoms of **LUNG CANCER**

Lung cancer often goes unnoticed until advanced stages due to the lack of nerve endings in the lungs. When symptoms appear, they vary but may include:

- Persistent, worsening cough
- Hoarseness
- Constant chest pain
- Shortness of breath or wheezing
- Frequent lung infections
- Coughing up blood



Symptoms unrelated to the lungs, such as weight loss, appetite loss, headaches, bone pain, and blood clots, can also indicate lung cancer, especially as it spreads. Consult your doctor immediately if you notice these signs or believe you're at risk. Misdiagnosis is common due to symptom similarities with conditions like pneumonia or colds. Trust your instincts and advocate for your health.



# National Epilepsy Awareness Month

## What is Epilepsy?

Epilepsy is the fourth most common neurological disorder in the world. If you have epilepsy, surges of electrical activity in your brain can cause recurring seizures.

**Epilepsy** is a disorder causing recurrent, unprovoked seizures. Diagnosis needs two unprovoked seizures or one with high recurrence risk. Seizures can also result from brain injury or genetics, often with unknown causes.



CREATED: 10/9/2025

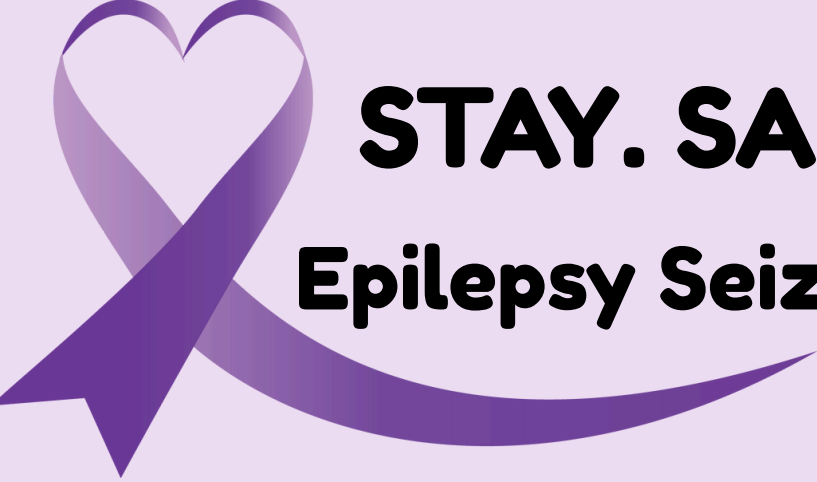
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# Epilepsy: 5 Fast Facts You Should Know



1. **Prevalence:** 1 in 10 people will have a seizure; 1 in 26 will develop epilepsy.
2. **Statistics:** About 3.4 million Americans have epilepsy, including 456,000 children.
3. **Nature of the Disorder:** Epilepsy affects anyone, regardless of race, age, or gender.
4. **Seizures:** Seizures vary widely, and many with epilepsy have multiple types.
5. **Stigma:** Misunderstandings and misinformation fuel stigma and adverse outcomes.



# STAY. SAFE. SIDE.

## Epilepsy Seizure First Aid

### How to Respond to a Seizure

- **Stay with the individual** and start timing the seizure.
- **Ensure their safety** by **turning them onto their side** if they are not awake and aware.
- **Avoid placing anything** in their mouth.
- **Do not restrain** them.
- **Remain with them** until they are awake and alert after the seizure.

### When to Call for Help

Contact 911 if:

- The seizure lasts longer than **5 minutes**.
- They experience **repeated seizures**.
- They have **difficulty breathing**.
- The seizure occurs in **water**.
- The individual is **injured, pregnant, or ill**.
- **They do not** return to their usual state.
- It is their **first seizure**.
- The person requests **medical assistance**.

