

Your Health Your Life

A Woman's Health
Newsletter by the Atlantic
County Division of Public
Health

October-December, 2005

Katrina: Dealing with Tragedy...

It is normal to experience strong and unpleasant emotional and physical responses to disasters. Reactions may include combinations of confusion, fear, hopelessness, helplessness, sleeplessness, physical pain, feeling anxious, angry, grief, shock, mistrust of others, guilt, and loss of confidence in self or others.

If you or someone you know is struggling with any of these emotions, the following resources can help:

- [The Long-term Impact of a Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life](http://www.mentalhealth.samhsa.gov/publications/allpubs/NMH02-0139/default.asp) <http://www.mentalhealth.samhsa.gov/publications/allpubs/NMH02-0139/default.asp>
- [Helping Children Cope with Crisis](http://www.nichd.nih.gov/publications/pubs/crisis/helping_children_crisis.cfm) http://www.nichd.nih.gov/publications/pubs/crisis/helping_children_crisis.cfm
- [Information on Coping with Loss and Other Mental Health Issues](http://www.mentalhealth.samhsa.gov/cmhs/EmergencyServices/) <http://www.mentalhealth.samhsa.gov/cmhs/EmergencyServices/>

Additional information is available through NWHIC at 1-800-994-9662.

National Health Observances

October:

Breast Cancer Awareness Month
Children's Health Month
Clean Air Month
National Lupus Awareness Month
Fire Prevention Week: 9th - 15th

November:

American Diabetes Month
National Alzheimer's Disease Awareness Month
National Healthy Skin Month
Great American Smoke Out: 17th

December:

National Drunk & Drugged Driving Awareness Month
National Hand Washing Awareness Week: 4th - 10th

Wishing you a Happy & Healthy Holiday Season

October - Breast Cancer Awareness Month

Almost every woman worries about breast cancer and would like to do everything she can to reduce her chance of ever getting the disease. Except for skin cancer, breast cancer is the most frequently diagnosed cancer in women in the United States and is second only to lung cancer in cancer related deaths. If detected early, the survival rate for breast cancer that hasn't spread, is 97%.

Every woman is at SOME risk for breast cancer, it's the risk that comes with being a woman. Since the survival rate can be so high, it is important to be informed about breast cancer and its facts, myths, risk factors, and prevention.

While the information presented here is meant to build awareness about breast cancer, remember - there is no substitute for good medical care. Make sure that you follow the guidelines for receiving regular check-ups and screenings.

If you are interested in learning more about breast cancer or would like to schedule an appointment for a clinical breast exam and mammogram referral, call the Atlantic County Division of Public Health's Women's Clinic at 609-645-5933. Remember, early detection can save your life.



A Happy and Healthy Thanksgiving . . .



It's here!! The official start of the holiday season is now upon us. For many women it's also the official start of the stress season, when it seems that the burden of having a happy holiday becomes our responsibility. Whether you cook Thanksgiving dinner for five or 55 people, you want the day and the meal to be special.

You can help yourself reduce the stress associated with this annual undertaking by considering the following tips:

- **PLAN AHEAD.** Plan your dinner menu as early as possible. Consider adding some new healthy choices to your traditional menu.
- **SCALE DOWN.** Do you really need mashed potatoes, sweet potatoes, and au gratin potatoes on the menu? Are six different pies actually necessary? Decide which items were the biggest hits last year, and offer them again. Consider offering 2 desserts instead of 6.

- **SHOP EARLY.** Make a list and shop ahead of time, especially for all the nonperishable items. Procrastination leads to added stress.
- **PREPARE WHAT YOU CAN THE NIGHT BEFORE.** Cut vegetables, slice rolls, or pre-measure your ingredients. Bake pies and store them in covered containers.
- **ASK FOR HELP.** Make shopping and cooking a group project, or ask guests to bring special side dishes that compliment your main course.
- **CLEANING UP IS FUN!** Everyone should do it! Ok, so maybe that's a stretch and it isn't really fun, but if everyone pitches in, the dishes will get done quickly. Then EVERYONE can relax and enjoy their time together.



Spread The Word Not The Germs . . .

December 4th - 10th has been designated as National Hand Washing Week. It seems that most people know the importance of washing your hands, however, during a recent nationwide visual survey the dirty truth came out. Surveyors were sent to public rest areas along the country's major highways to observe the hand washing habits of people using the facilities. Surprisingly, only 1 out of every 4 people washed their hands.

Obviously, this means that there are a lot of people out there spreading germs around. With the start of cold and flu season, washing your hands becomes even more important.



You can do your part in protecting yourself, your family, and the rest of us by following the 4 Principles of Hand Washing:

1. **WASH your hands when they are dirty and BEFORE eating.**
2. **DO NOT cough into your hands.**
3. **DO NOT sneeze into your hands.**
4. **Above all, DO NOT put your fingers into your eyes, nose, or mouth.**

Wellness Tip of the Quarter: Early detection can save your life. Instead of promising yourself you'll make an appointment for a health screening, call the Atlantic County Division of Public Health at 609-645-5933 and find out about our new program: **Live Stronger, Longer.** By making an appointment with us, you can have the following screenings performed at no charge: Blood Pressure, Cholesterol, Fasting Blood Sugar, and Hemocult. Why not give yourself a present before the end of the year?

