



Atlantic County Executive, Dennis Levinson  
Atlantic County Board of Chosen Freeholders  
Joseph F. Silipena, Chairman

Atlantic County Government is participating in  
The American Heart Association's Annual

**American Heart Walk**

May 20, 2006  
Ocean City Boardwalk



Why not support the Heart Association by participating with a  
team from your community or organization?

Contact the American Heart Association at 1-800-AHA-USA1

## LEARN TO BE SMOKE FREE

### Did you know that there are 1.16 million smokers in the state of New Jersey?

It is no secret that smoking is detrimental to your overall health. Many people don't realize that smoking affects more than just the lungs, it harms nearly every organ in the body.

The State of New Jersey has launched a "Quit 2 Win"

program to help the estimated 70% of smokers in the state that want to quit. Statistics show that only 3% of smokers will succeed without assistance.

The "Quit 2 Win" program offers a **quitline** (1-866-NJ-STOPS), which is a telephone-based counseling service available six days a week in 26 languages. The program also offers a **quitnet** ([www.nj.quitnet.com](http://www.nj.quitnet.com)) with free, online information and counseling and **quit centers** which are low-cost

face to face counseling clinics. With **New Jersey quitline**, smokers are 10 times more likely to succeed.

On April 15, the New Jersey Smoke-Free Air law will go into effect which prohibits smoking in all enclosed indoor places of public access and workplaces. So, this is a great time to quit smoking.

**QUIT 2 WIN**

Do it for your health. Within 20 minutes after your last cigarette your heart rate will drop, within 12 hours the carbon monoxide level in your blood drops to normal, within 48 hours your ability to smell and taste is enhanced and within 3 months your heart attack risk begins to drop. Why not share this life-changing information with family, friends or co-workers. **Quit now and win back your health.** For more information about tobacco prevention, call the Atlantic County Division of Public Health at 645-5853. ♦

### in this issue:

- 2 From the Health Officer's Desk
- 2 Tick-borne Illness
- 3 How Much is Too Much?
- 3 Asthma Awareness
- 4 American Heart Walk

## Infants Need Immunizations

**April 22-29 is National Infant Immunization Week**, an annual observance to promote the benefits of immunizations and the need for routine vaccinations in infants and children.

In the first 24 months of life, children need more than 80% of their vaccinations to protect them from diseases, disabilities and death.

Nearly 1 million children in the United States are not adequately immunized. Our most cost-effective public health strategy to protect our children, family and community is early immunization against twelve preventable diseases.

For a schedule of what vaccinations your baby needs and when, contact your healthcare provider or call the Atlantic County Division of Public Health at 645-5933. ♦



## From the Health Officer's Desk...

Dear Public Health Partner,

The Division of Public Health provides a variety of programs and services to help county residents enjoy healthy living in a healthy environment.

Take a moment to review the information and see the ways we are working to promote health, prevent disease and protect our community.

If you can, share this newsletter with a friend, neighbor or colleague. By working together we can achieve healthy and happier Atlantic County residents.

Wishing you and your family a warm and healthy spring.



Patricia Diamond, Director/ Public Health Officer

## Contact Us

Community Health  
609-645-5933

Environmental Health  
609-645-5971

Health Planning & Education  
609-645-5853

Substance Abuse Services  
609-645-5932

Public Health Emergency  
Hotline  
609-677-5720

On the web:  
[www.aclink.org/publichealth](http://www.aclink.org/publichealth)

## How Much is Too Much?

**National Alcohol Screening Day is held on April 6** as part of Alcohol Awareness Month and is designed to answer a tough question for many adults, "how much is too much?"

For most people, moderate alcohol use causes few, if any problems. But for some, any alcohol use may lead to significant health problems. To protect yourself, it is important to know the facts about alcohol and also to pay close attention to when and why you drink. Here are some facts to think about before your next drink:

- Women overall drink less than men but are more likely to experience adverse consequences including health issues and interpersonal violence.
- As people grow older, their bodies are less able to handle alcohol safely.
- Young people who report their first use of alcohol to be before the age of 15 were more than five times as likely to abuse alcohol compared to those who first used alcohol at age 21 or older.

Alcohol can damage a fetus at any stage of pregnancy.



To help determine how alcohol affects your health and your life, schedule an appointment for a free, confidential substance abuse screening by calling 645-5932. Referrals and treatment options are available. ♦



## TICK-BORNE ILLNESS

### What is Tick-Borne Illness?

Many people have heard of Lyme disease and know that it is transmitted to humans through the black legged tick, locally known as the deer tick.

What you may not know is that ticks are capable of transmitting several different diseases to humans. Some common tick-borne illnesses include Lyme disease, Ehrlichiosis, Rocky Mountain Spotted Fever, Babesiosis and Tularemia. Although some of these diseases can be transmitted in other ways, they are usually transmitted through the bite of an infected tick.

### Symptoms

Common symptoms can include fever, severe headache, chills, nausea or vomiting, muscle and joint pain and weakness. Clinical diagnoses are confirmed through blood tests. If you have these symptoms see a doctor immediately. All diseases can be successfully treated with antibiotics. Babesiosis also requires treatment with an antiparasitic.

### Prevention

Before going out, put on light-colored clothing and tuck shirts into pants and pants into socks. Wear closed shoes. Apply a tick repellent product. Be certain to follow label instructions, especially with children. You may also want to consult with your pediatrician.

While outside, stay in the center of trails, avoid low bushes and brush and check clothing and skin for ticks.

Upon return, check clothing, skin and hair for ticks and also check pets. Remove ticks carefully with tweezers. ♦

## ASTHMA AWARENESS

Does the word "asthma" make you think of people who cough and wheeze all the time? Do people with asthma have to avoid sports and strenuous activities?

There are many stereotypes when it comes to asthma. There are over 20 million Americans who suffer from asthma every day. So what exactly is asthma?

Asthma is a chronic disease that produces recurring episodes of breathing problems including coughing, wheezing, chest tightness and shortness of breath. Asthma can be controlled, but it can't be cured.

During an episode of asthma or an "asthma attack," the lining of the airways become swollen and the muscles around the airways tighten and become narrower, making it difficult to breathe.

There are many allergens that make asthma much worse to deal with including warm-blooded pets, house dust mites, pollens from grass and trees and both indoor and outdoor molds. Irritants such as smoke, scented products, automobile fumes or odors from paint or cooking make breathing difficult for asthma sufferers.

So what can you do to control asthma? Your health care provider can give you an individualized asthma management plan to follow. Also, be sure to avoid the "triggers" that bring on asthma symptoms. There are medications to control asthma. Many adults and children use inhalers to control asthma symptoms. The inhaler delivers medication directly to the lungs for immediate relief.

If you suffer from asthma symptoms, see your health care provider. You can live a full and active life! ♦



Many asthma sufferers use an inhaler for relief from asthma symptoms.



National Public Health Week is April 3-9, 2006

This year's theme is "Designing Healthy Communities, Raising Healthy Kids"

Why not recognize this special week by making a difference in your community or in the life of a child?