

# partners in public health

Atlantic County Division of Public Health  
201 South Shore Road, Stillwater Building  
Northfield, New Jersey 08225



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



## Fall into Good Health...

With the  
Atlantic County Division of Public Health  
Free Services Include:

### Live Stronger, Longer Program's Health Screenings

Blood Pressure, Cholesterol, Fasting Blood Sugar, Hemocult

#### Men's Health Clinic

Blood Pressure, Cholesterol, Diabetes, Hemocult, PSA

#### Women's Health Services

Breast Exam, Mammogram Prescription, Gynecological, Pap Smear,  
Sexually Transmitted Disease Clinic, Individual Counseling, Follow-Up and Referrals

By Appointment Only 609-645-5933

Confidential Substance Abuse Screenings

Call for an Appointment 609-645-5932

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## RECOVERY IS WITHIN REACH

September 2006 marked the celebration of the sixth annual National Recovery Month.

Recovery Month is a national initiative that aims to promote the benefits of alcohol and drug abuse treatment and promote the message that recovery from alcohol and drug use disorder in all its forms is indeed possible.

Recovery itself is sometimes hard to define. As a community, we should look at recovery by taking a five step approach. First we need to see addiction as a problem with real solutions; we need to provide role models; we need to overcome the idea that alcoholics and drug addicts are bad or weak; we need to make treatment and recovery support services easily available; and we need to remove the stigma of being in recovery.

### Join the Voices for Recovery:

Build a Stronger, Healthier Community by reaching out to get help for yourself, a loved one, or a friend and speak out against the stigma of addiction.

workforce and being able to become a responsible member of the community.

Unfortunately there is a tendency to stereotype recovering individuals as weak or bad, and that label seems to follow anyone who has had a substance abuse problem. We discount, discredit and discriminate against people who may have or have had addiction problems. We also show these same prejudices to groups, treatment providers or communities that are associated with the recovering community by fighting their existence in our neighborhoods.

In order to combat this attitude of indifference and to help anyone with an addiction problem or who is in recovery, many things are needed including good medical care, more hospital beds for addiction clients, recovery centers and/or halfway houses. But, the most important thing we need is a new understanding by the overall public towards the addicted or recovering individual. We need everyone to realize that substance addiction is a disease. We have to treat it as a disease and work for the betterment of the addicted or recovering community.

Atlantic County has many fine treatment agencies that address all types of addiction, from alcohol to gambling. This includes substance abuse screenings, detoxification services, residential treatment services, intensive outpatient services, halfway house services and early intervention. To find out more or to access these services, contact the Atlantic County Substance Abuse Service's **Helping Families Heal** program at 609-645-5932. ♦



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Recovery is the experience of having a meaningful, productive life without turning to alcohol or drugs when we think things are tough. It's overcoming the disease and attaining optimum health. The best way to describe recovery is when something you once possessed and lost (your life), is regained. It's a return of lost health, trust, self-esteem, and relationships. It means re-entering the

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

Dear Public Health Partner,

Millions of Americans struggle with alcohol and drug abuse disorders. The Division of Public Health offers confidential screenings to county residents at no charge.

Atlantic County has access to all of the available assessment and treatment programs, as well as information and referrals.

Do you know someone who may need a substance abuse screening? Help them take a step toward recovery and share this information with them. They can call for an appointment today at 609-645-5932.

Together we can heal lives, families and our community.

Wishing you and yours a safe and healthy holiday season!



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)



## NATIONAL BREAST CANCER AWARENESS MONTH

October is designated as National Breast Cancer Awareness Month, aimed at raising awareness of the importance of early detection of breast cancer.

With 200,000 new cases of breast cancer diagnosed each year in the United States, it is imperative that women take charge of their breast health. Mammography is the single most effective method of early detection. That's why an annual mammogram is recommended for women over 40. A clinical breast examination by a health care professional should also be done on a regular basis.

Additionally, women should perform a self-exam every month and report any breast change to their health care provider immediately.

**Did you know that 200,000 new cases of breast cancer are diagnosed in the United States each year?**

Empower the women in your life to have a clinical breast exam. Make an appointment each year on your birthday, make a date to go with a friend, but **don't** put it off. Early detection can save your life.

Celebrate National Breast Cancer Awareness Month by scheduling an appointment for a clinical breast exam and mammogram referral, by calling the Atlantic County Women's Clinic at 609-645-5933. ♦

## It's Flu Season Again

### We're here to help

Each year autumn brings falling leaves, falling temperatures and inevitably the start of another flu season.

Last year, the Atlantic County Division of Public Health administered over 6,500 flu shots throughout our community. The county will once again be offering shots for the 2006-2007 flu season to help our residents stay healthy. Once the vaccination clinic schedule has been announced, it will be posted on the county website at [www.aclink.org](http://www.aclink.org), and publicized in your local newspaper. You can also contact the Division of Public Health at 609-645-5933 for more information.

The influenza virus is a highly contagious infection of the respiratory tract. Symptoms include fever, headache, extreme fatigue, chest discomfort and cough, muscle aches and pains. Influenza typically occurs in New Jersey between October and early April and generally peaks in January and February.

Residents at high risk for complications from infection are encouraged to get vaccinated. The Centers For Disease Control has guidelines for determining high risk individuals. This information is available on their website at [www.cdc.gov/flu/](http://www.cdc.gov/flu/).

The Atlantic County Division of Public Health reminds you that vaccination is not the only means for preventing influenza. Universal respiratory precautions include frequent hand washing, covering the nose and mouth when coughing or sneezing, using tissues to contain respiratory secretions and promptly disposing of them. ♦



## Rabies Reminder

Do you know how to protect your family and pets from rabies? All areas throughout the state of New Jersey, including urban centers, can be affected by rabies. Rabies is most often found among raccoons, bats and skunks, but can also be found in foxes, domestic cats and groundhogs. Health Officials recommend taking the following precautions:

- Make sure that your dog or cat's rabies vaccination is current. The Atlantic County Animal Shelter holds a free rabies clinic each month, call 609-485-2345 for more information.
- Keep your pet on a leash so it does not come in contact with rabid wildlife.
- Never feed or touch wild animals and teach your children to stay away from them. Also, do not try to keep these animals as pets.
- If you are bitten by an animal, wash the wound immediately with soap and water and seek medical attention.
- Report all animal bites to the Atlantic County Division of Public Health at 609-645-5971. ♦

## Can we reach you during an emergency?

If an emergency situation struck our area, you may be required to move to a safer area. Atlantic County has developed a **Special Needs Registry** for residents who may have difficulty evacuating. By registering, you will be notified when an evacuation has been ordered and first responders will be able to locate you as quickly as possible.

You are eligible if you have no place to go during an emergency and have a disability covered under the Americans With Disabilities Act.



To register, or for more information, contact:  
Atlantic County Emergency Preparedness  
609-272-9495 or [www.ac- evac.org](http://www.ac- evac.org).

October 16-20 is  
National Health  
Education Week

The Atlantic County Division of Public Health offers a variety of Health Education Programs for your business or community organization. For more information, call 609-645-5853.