



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

**The Atlantic County Division of Public Health offers many free services to keep Atlantic County residents happy and healthy in 2008 including:**



**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 and Gynecological Exam, Pap Smear, Mammogram Prescription

**Sexually Transmitted Disease Clinic**

Confidential Testing and Treatment, Rapid HIV Testing and Counseling

**Mondays-No Appointment Necessary**

**Confidential Substance Abuse Screenings**

**Call for an Appointment 609-645-5945**

**All health services are provided at the Stillwater Building,  
201 S. Shore Road, Northfield**



**Atlantic County Alliance Salutes Volunteers**

*At Annual Volunteer of the Year Reception*



The Atlantic County Alliance in conjunction with the Governor's Council on Alcoholism & Drug Abuse honored local volunteers at a reception held on November 28, 2007 at the Mays Landing Golf & Country Club.

state level. Honorees included: **Det. John DeRitis, Absecon; William James Porter III, Atlantic City; Karen Thomas, Brigantine; Kenneth Soboloski, Buena, Buena Vista Twp. and Weymouth Twp.; Nanette Galloway, Egg Harbor City; Laurie Enzman, Egg Harbor Twp.; Marissa Carty, Shannon Kemmerer, Jennifer Love, Folsom; Raymond Dolton, Galloway Twp.; Maureen McColgan, Hamilton Twp. and Estell Manor; Stephen Santilli, Hammonton; Henry Eissler, Linwood; Marianne Christian, Margate and Longport; Marilyn Dolcy, Northfield; Councilwoman Judy Ward, Pleasantville; Port Republic School, Janet Wilbraham, Marilyn Tabasso, Kathy Latella, Helene Gross, Betsy Daniels, Linda Walk, Herb Snyder, Port Republic; Barbara Altman, Ventnor; Brian Illencik and Mays Landing Golf & Country Club.** Thanks and congratulations to all alliance volunteers. ♦

The annual event celebrates the drug and alcohol prevention education programs that are supported in each of Atlantic County's municipalities by volunteer coordinators.

Eighteen individual volunteers, a local school district and select employees, and one community partner received awards from County Executive Dennis Levinson for notably supporting alliance programs on a local and

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The Division of Public Health did its part to help Atlantic County residents stay healthy this winter by providing over 4,000 residents with their annual flu shots.

Eleven public clinics were conveniently held in communities across the county from mid-October through the beginning of December. "Our goal was to provide flu shots to as many residents as possible to prevent them from becoming ill or transmitting the flu

virus to others," said Nursing Director, Marilyn Budd.

If you haven't had your flu shot yet, it's not too late. Getting vaccinated in January and February still offers you protection from the virus. Call the Atlantic County Division of Public Health at 645-5933 to schedule an appointment for a flu vaccination or see your medical provider. You can also protect yourself by washing your hands frequently and covering your nose and mouth when coughing or sneezing. Have a healthy winter! ♦



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

Dear Public Health Partner,

Old man winter has certainly arrived. Let me share some warm public health advice that will keep you healthy throughout the cold winter months.

If you are venturing out into the cold, dress in layered warm clothing and keep extra blankets, hats and gloves in your car. Replace wet clothing as soon as possible. If you suffer from a circulatory condition, read the enclosed article "Cold Weather and Heart Disease."

Also, be sure to routinely check on the elderly or disabled at least twice a day during a cold spell. If you experience numbness, extreme shivering, dizziness or exhaustion, seek medical attention immediately. If you have a pet, remember that they feel the cold too. Keep them inside or make sure they have a warm shelter.

Wishing you a safe and healthy winter,



Patricia Diamond  
Director/Health Officer

## Contact Us

Community Health  
609-645-5933

Environmental Health  
609-645-5971

Health Planning & Education  
609-645-5853

Substance Abuse Services  
609-645-5945

Public Health Emergency  
Hotline  
609-677-5720

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

## Cold Weather & Heart Disease



### Did you know that cold weather can increase heart disease risks?

For many, winter illness and outdoor activities mean that you should take extra care to protect your heart.

Each year about 200,000 people are hospitalized due to complications from the flu, according to the Centers for Disease Control (CDC). In addition, recent studies have shown that death from the flu is more common among people with cardiovascular disease than any other chronic condition. The CDC recommends that heart patients receive an annual flu shot to protect them from the flu virus.

Heart patients who have a cold or the flu should also be aware of the medications that they take to alleviate their symptoms. Most over-the-counter cold

and flu products contain decongestants that can raise blood pressure. If you have high blood pressure, be sure to speak with your health care provider before choosing an over-the-counter cold or flu medication.

Another concern for heart patients in the winter is outdoor activities.

Research has shown that sudden cardiac arrest increases during the cold weather months as we engage in activities such as shoveling snow.

Take care of your heart health by checking your blood pressure frequently. If you haven't had your blood pressure checked, call the **Atlantic County Division of Public Health at 609-645-5933** to schedule an appointment for a free blood pressure screening. ♦



## Prescription Drug Abuse: *Check Your Own Home*

**Do you have prescription drugs in your home?** Statistics show that prescription drug abuse, especially by young people, is occurring because of the availability of these drugs within their own homes.

The 2006 National Survey on Drug Use and Health shows that 7 million people age 12 and older have used prescription drugs for non-medical purposes within the past 30 days. The drugs are often available because most people do not throw out unused medications and fail to keep them in a safe, secure place. If parents are no longer using a medication, they rarely look to see if it's been tampered with.

Prescription drugs fall into four categories: pain relievers, tranquilizers, stimulants and sedatives. Pain relievers are the most commonly abused prescription drugs.

What can you do to prevent prescription drug abuse? One of the easiest things you can do is to purchase a medications usage chart from a pharmacy or medical supply store. The chart allows the user to list the medications they are using, the time they should take the medication and when it was taken. Also be sure to keep medications in a secure place, out of the reach of children. If you have questions about prescription drug abuse, contact the Atlantic County Substance Abuse Services Unit by calling 645-5932. ♦



## Join the Medical Reserve Corps

The Atlantic County Medical Reserve Corps is looking for community volunteers who are available to assist in times of public health emergencies, including some licensed medical professionals. For more information call, 645-7700 ext. 4259 or visit the New Jersey Medical Reserve Corps Web site at [www.njmrc.nj.gov](http://www.njmrc.nj.gov).

What's the Best Way to Stay Healthy this Winter?

## Wash Your Hands!

**Good hand washing requires soap, water and friction.**

- Use warm water and soap.
- Rub hands vigorously for 20 seconds.
- Wash palms, backs, under nails, between fingers and wrists.
- Rinse off all soap.
- Dry hands with a paper towel.
- Use paper towel to turn off the water tap and open the bathroom door.
- Discard the paper towel immediately after leaving the bathroom.

March is National Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women.

### Have you been screened?

To schedule an appointment for a free screening, contact the Division of Public Health at 645-5933.