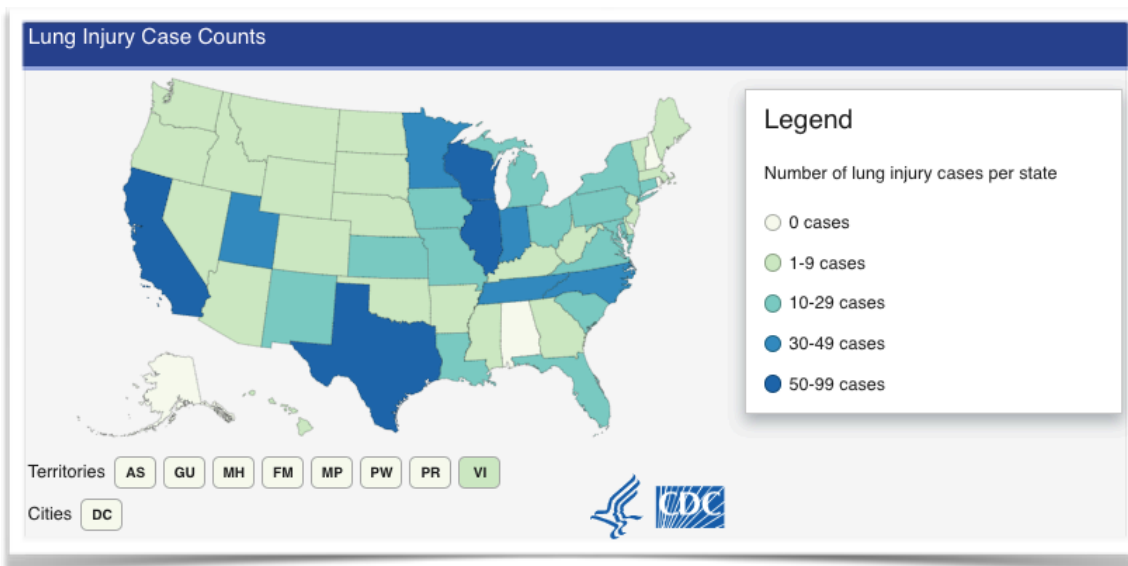


October Newsletter

What's New in Public Health?

Outbreak of Lung Injury Associated with E-Cigarette use, or Vaping



CDC, the U.S. Food and Drug Association (FDA), state and local health departments, and other clinical and public health partners are investigating a multistage outbreak of lung injury associated with e-cigarette product use, or vaping. Visit the NJDOH vaping website at <https://www.nj.gov/health/fhs/tobacco/vaping/> for the most recent up to date information on the outbreak. For helpful quit resources and information, visit <https://incorruptible.us/>.

What we know

There are 805 lung injury cases reported from 46 states and 1 U.S. territory. Twelve deaths have been confirmed in 10 states. The latest findings from the investigation into lung injuries associated with e-cigarette use, or vaping, suggest products containing THC play a role in the outbreak.

What we don't know

The specific chemical exposure(s) causing lung injuries associated with e-cigarette product use, or vaping, remains unknown at this time. No single product or substance has been linked to all lung injury cases.

What CDC recommends

While this investigation is ongoing, CDC recommends that you consider refraining from using e-cigarette, or vaping, products, particularly those containing THC. If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes. If you have recently used an e-cigarette or vaping product and you have symptoms like those reported in this outbreak, see a healthcare provider.



Public Health
Prevent. Promote. Protect.

Key Facts about E-Cigarette Use, or Vaping.

Using an e-cigarette product is commonly called vaping.

Electronic cigarettes, e-cigarettes are also called vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS).

E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs

The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives. THC is the psychoactive mind-altering compound of marijuana that produces the "high".

Call the Township of West Windsor Health Department at 609-936-8400. Created by the West Windsor Health Department. Serving West Windsor, Robbinsville, and Hightstown.
*Information from: <https://www.cdc.gov/>

October is Breast Cancer Awareness Month!

Other than skin cancer, breast cancer is the most common cancer among American women. **Mammograms** are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Take Action to Lower Your Breast and Ovarian Cancer Risk.

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage.

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include-

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

How Can I Lower My Risk?

Some main factors that influence your risk for breast cancer include-

- Being a woman.
- Being older (most breast cancers are found in women who are 50 years old or older).
- Having changes in your BRCA1 or BRCA2 genes.

Most women who get breast cancer have no known risk factors and no history of the disease in their families. There are things you can do to help lower your breast cancer risk. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Talk to your doctor about breast cancer screening.

Understand Genetic Counseling and Testing


Genetic counseling and testing are recommended for women whose family medical history has certain patterns of cancer.

What is Genetic Counseling?
Genetic counseling can help you understand your risk based on your personal and family medical history.

You will discuss things like:

- If a genetic test is right for you.
- Specific tests that might be used and their accuracy.
- Possible genetic test results and next steps.
- How a test result might not give you all the information you need.
- The emotional risks and benefits of genetic testing.
- How genetic test results may affect other family members.

What is Genetic Testing?
Genetic testing helps you learn if your family history of breast cancer is due to a specific inherited gene mutation. It's done with a blood or saliva sample, at a doctor's office, hospital, or clinic.




DID YOU KNOW?

Inherited mutations are thought to play a role in 5-10% of breast and 10-15% of ovarian cancers.

What Can I Do to Reduce My Risk of Breast Cancer?

Getting regular exercise and keeping a healthy weight can help lower your risk of breast cancer. Keep a healthy weight, exercise regularly, do not drink alcohol or limit alcohol drinks to no more than one per day. If you are taking or have been told to take hormone replacement therapy or oral contraceptives, ask your doctor about the risks about find out if it is right for you. Breastfeed your children, if possible.

Learn Your Family History of Cancer



Asking relatives about their cancer histories can be hard. Follow these tips:

1. Share that you have learned that cancers can run in families.
2. Explain that you are creating a record of your family's history of cancer.
3. Encourage family members to respond in a way that is most comfortable to them.
4. Word your questions carefully, be a good listener, and respect their privacy.
5. Write down who had cancer, age when diagnosed, and type of cancer.

Tips for Keeping Fruits and Vegetables Fresher Longer!

It happens to all of us, we buy fresh produce and stick it in the refrigerator only to find it a few weeks later looking shriveled and rotten. To avoid throwing it out, it's important to know where to store fruits and vegetables and also which foods to keep separate from each other. Some fruits give off ethylene gas, which can make other produce ripen and rot faster. These storage tips will help keep your fruit and vegetable purchases fresher longer!

1. Fruits

Apples- Apples are ethylene gas producers so store away from other produce. They can be stored on the counter for up to a week or in the fridge for more than a week.

Avocados- Ripen on the counter then store in the refrigerator.

Bananas- Keep green bananas out of the refrigerator and let them ripen on the counter a banana hanger.

Berries- Blueberries, blackberries, strawberries and raspberries are delicate and should not be washed until ready to eat. Keep in refrigerator in dry, covered containers.

Cherries & Grapes- Store in refrigerator, unwashed, in their packaged plastic containers or plastic bags until ready to wash and eat. **Citrus fruit-** Extend the shelf life of clementines, grapefruit, lemons, limes, and oranges, by storing them in the crisp drawer or in a mesh bag in the refrigerator.

2. Vegetables

Broccoli & Cauliflower- Broccoli and cauliflower are best kept in separate refrigerator drawers away from other produce.

Celery- Store in the refrigerator.

Corn- Store in the refrigerator inside their husks.

Cucumbers- Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

Eggplant- Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

Green beans- Store in the refrigerator.

Leafy green vegetables- Greens like



lettuce, collards, chard, kale, and spinach should be stored in the refrigerator.

Onion family – Store garlic and onions in a cool, dark and dry space but separate from other foods because of their strong odors.

Mushrooms – Keep unwashed in the refrigerator. Moisture makes them slimy.

Peppers- Store at room temperature. Can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

Root vegetables- Store carrots, beets, and radishes in the refrigerator. Store potatoes, sweet potatoes and winter squashes in a cool, dark and dry place like a pantry or cellar.

For more information on heart healthy tips visit the American Heart Association's website at www.heart.org/en/healthy-living/healthy-eating



American Heart Association®

October Recipe of the Month: Autumn Harvest Pork Stew!



Prepare an easy pork stew recipe in a Dutch oven or in your slow cooker! Full of sweet potatoes, apples, onion and pork tenderloin, this Autumn Harvest Pork Stew is an easy and healthy dinner that showcases the seasons best flavors!

OPTIONS: This pork stew with cider has a lovely sweet-and-savory flavor to it. However, if you prefer a more savory stew, you can swap out the cider and just use an additional 1 cup of chicken broth. If you don't have fresh herbs available, you can substitute with 1 teaspoon of dried thyme and 1/2 teaspoon dried rosemary, if necessary.

Ingredients

- 2 medium sweet potatoes and 2 medium russet potatoes, peeled and cubed
- 2 small Granny Smith Apples, cored and diced
- 1 medium Vidalia onion, diced
- 1 (18.4 ounce) Roasted Garlic & Herb Pork tenderloin, diced into 1 inch cubes
- 1 cup apple cider/juice, 1 cup chicken broth
- 1 ½ teaspoon fresh minced rosemary, 1 tablespoon fresh thyme leaves, 1 teaspoon salt, 1/4 teaspoon pepper

Nutrition Facts

Autumn Harvest Pork Stew

Amount Per Serving (1 cup)

Calories 167 **Calories from Fat** 12

% Daily Value*

Fat 1.3g	2%
Saturated Fat 0.3g	2%
Polyunsaturated Fat 0.1g	
Cholesterol 31.6mg	11%
Sodium 643.2mg	28%
Potassium 293.8mg	8%
Carbohydrates 27.6g	9%
Fiber 2.8g	12%
Sugar 7.5g	8%
Protein 12.1g	24%

* Percent Daily Values are based on a 2000 calorie diet.

Instructions - SLOW COOKER

1. Place potatoes, apples and onion in the bottom of a slow cooker. Add pork, thyme, rosemary, salt and pepper. Pour cider and broth over top. Cover and cook on LOW for 6-8 hours or on HIGH for 3-4 hours. Serve immediately.