

FOR THE HEALTH OF IT!



Lung Cancer Awareness

Lung cancer is the leading cause of cancer death worldwide. 1 in 16 men and 1 in 17 women will be diagnosed with lung cancer in their lifetime.

Causes of Lung Cancer

- Smoking is the leading risk factor for lung cancer, responsible for 80% of lung cancer deaths.
- Exposure to radon gas is the 2nd leading risk factor of lung cancer.
- Second hand smoke
- Asbestos
- Certain metals (arsenic, chromium, cadmium)
- Radiation
- Air pollution
- Diesel exhaust

Family history and genetic factors play a role in development of lung cancer.

Symptoms of Lung Cancer

- B: Blood when you cough or spit
- R: Recurring respiratory infections
- E: Enduring cough, that is new or different
- A: Ache or pain in shoulder, chest or back
- T: Trouble breathing
- H: Hoarseness or wheezing
- E: Exhaustion, weakness or loss of appetite

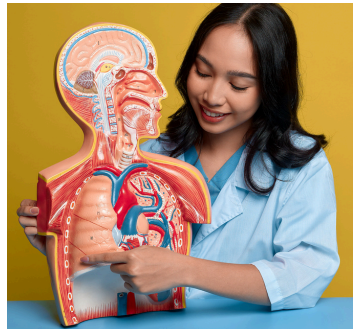
Reduce your risk

If you smoke, get the help you need to quit.

CALL, TEXT OR VISIT the free and confidential New York State Smokers' Quitline:

1-866-NYQUITS (1-866-697-8487), text (716)30-4688 or visit online at

<https://www.nysmokefree.com/> for information and support in breaking free from tobacco and nicotine.



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NOVEMBER IS NATIONAL DIABETES MONTH

1 IN 10 PEOPLE HAVE DIABETES (MOST HAVE TYPE 2 DIABETES)



1 IN 4 PEOPLE DON'T KNOW THEY HAVE DIABETES



ARE YOU AT RISK FOR TYPE 2 DIABETES?

YOU CAN STAY HEALTHIER LONGER AND LOWER YOUR RISK OF TYPE 2 DIABETES WITH THESE STEPS:

- **STAY AT A HEALTHY WEIGHT**
- **EAT WELL**
- **BE ACTIVE**

THESE FACTORS INCREASE YOUR RISK FOR DEVELOPING TYPE 2 DIABETES:



Being overweight



Race and ethnicity: African American, Hispanic/Latino American, American Indian, Pacific Islander, Asian American



Being physically active less than 3 times a week



Having a parent, brother, or sister with type 2 diabetes

45+ Being 45 years or older



Having had gestational diabetes (diabetes in pregnancy) or giving birth to a baby who weighed more than 9 pounds



If you or someone you know has diabetes or is at risk for diabetes, check out our community classes and events at www.lexingtonhealthdepartment.org.

Fall is Hiking, Hunting & Tick Season

Fall is a great time to enjoy the outdoors in Warren County. There are plenty of places to see fall foliage, enjoy a hike and for sports people hunt.

It is important to remember that fall is also tick season. So no matter what outdoor activities you enjoy in the fall remember these tips to reduce your risk for ticks and tick-borne diseases

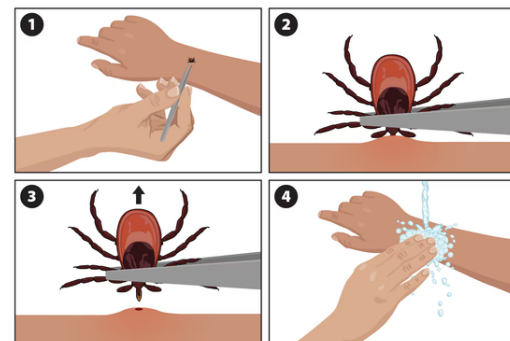
1. Wear light colored long-sleeved shirts and pants when in tick habitats. they create a barrier and make ticks easier to see before they bite.
2. Avoid tick habitats (leaf piles, long grasses, shrubs etc.) whenever possible.
3. Use insect repellents on clothing when spending time outdoors in tick habitats.
4. Do frequent tick checks when entering areas where ticks may live.
5. Do a full body tick check at the end of the day. look in hard to see areas such as armpits, behind the legs, ears/hairline, groin and belly buttons.
6. Remove ticks safely and immediately. The sooner a tick is removed the lower your risk for disease.
7. Following a tick bite watch for signs of illness including rash, fever, achiness, joint pain, and fatigue for 30 days.
8. Report any symptoms and the date of your tick bite to your doctor.

For more information about how to protect yourself and your family from ticks go to

www.health.ny.gov/diseases/communicable/lyme/

How to Remove a Tick

1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



GERD Awareness Month

Gastroesophageal reflux disease (GERD) occurs when stomach acid repeatedly flows back into the tube connecting your mouth and stomach, called the esophagus. This backwash can irritate the lining of the esophagus, causing discomfort.

Many people experience acid reflux from time to time, but when it happens repeatedly over time, it is known as GERD. Most people are able to manage the discomfort of GERD with lifestyle changes and medication. It is uncommon, but some may require surgery to ease symptoms.

Common signs and symptoms

- Heartburn
- Difficulty swallowing or the sensation of a lump in your throat
- Chest or upper abdominal pain
- Coughing, choking, wheezing
- Sore throat
- Sour taste in mouth
- Hiccups
- Hoarse sounding or changing voice
- Belching or excessive burping



Causes

GERD is caused by frequent acid reflux. When you swallow, a circular band of muscle around the bottom of your esophagus relaxes to allow food and liquid to flow into your stomach. The band then closes again. If the band does not relax as it should, stomach acid can flow back into your esophagus. This constant backwash of acid irritates the lining of your esophagus, causing inflammation.

Risk Factors

Factors that increase risk of GERD include:

- Obesity
- Hiatal hernia- upper part of the stomach is trapped by the diaphragm
- Pregnancy
- Smoking
- Large meals or meals before sleeping
- Certain foods and drinks
- Some medications

Complications

Over time, constant irritation by stomach acid can cause

- Inflammation of the esophagus, breakdown of tissue, bleeding, and ulcers. This causes pain and difficulty swallowing
- Scar tissue formation in the esophagus causing narrowing. This narrow pathway can lead to difficulty and pain with swallowing
- Damage to the esophagus can cause precancerous changes to the cells. This is called Barrett's Esophagus. This is associated with an increased risk of esophageal cancer.

You should **always** talk to your doctor if you are experiencing symptoms or have questions about GERD.

Get Your Flu Vaccination Today

Did you know that flu season usually peaks after Christmas and it's not too late to get your flu shot in November.

Adults with certain chronic conditions are at higher risk of developing serious complications from flu.

In fact, during recent flu seasons, **9 out of 10 people hospitalized with flu had at least one underlying health condition** – that's why getting an annual flu vaccine is especially important for people with certain chronic health conditions

A flu vaccine reduces the risk of getting sick with flu. For people with certain chronic health conditions a flu vaccine has been shown to reduce the risk of flu-related worsening of chronic conditions and prevent flu-associated hospitalization.

Even if you don't have chronic health conditions you may want to get the flu vaccine to protect the people around you. The flu can be easily transmitted from a person at low risk of complications from the flu to someone at high risk.

Flu vaccines can be given at lots of different places including pharmacies, doctor's offices and community clinics.

If you do not have insurance or have trouble affording a flu vaccine contact your local health department.



Thanksgiving & Reducing Food Waste

Happy Holidays! Thanksgiving marks the beginning of the holiday season, a season filled with joy, and often times, food waste.



312 million pound of food. That's how much food Americans will waste this Thanksgiving.

That is equivalent of wasting over ten pounds of food for a ten-person dinner. Food waste can be considered a social and humanitarian concern as there are hundreds of hungry and undernourished people who would gladly accept the safe food that would otherwise be thrown away.

This Thanksgiving, cut down on food waste, by:

- Shop Smart
 - Plan ahead and only buy what you need. If you know your Thanksgiving meal will only have 6 people, there is no need to buy turkey that serves 12.
- Store or donate leftover food
 - If you properly store or freeze leftover food, it will stay edible longer and give you more time to eat it and reduce waste. Consider donating them to your local food bank to help people in need.
- Compost any food scraps or leftovers that have gone bad
 - Composting helps to improve soil health and allows for your garden to prosper. Composting reduces the amount of food that ends up in landfills and eventually contributes to climate change.



Quitting smoking is not easy. It takes time and a plan.

You do not have to stop smoking in one day.

START WITH DAY ONE.

The Great American Smokeout event happens on the third Thursday in November - to start your journey toward a smoke-free life!

QUIT- SMOKING SUPPORT SERVICES

- **QUITLINES-** provide free coaching- over the phone- to help quit smoking. Call 1-800-QUIT-NOW, to speak confidentially with a highly trained quit coach.
- **NATIONAL TEXTING PORTAL-** connects adults (18 years of age and older) in the USA with text- based support to help them quit smoking.
- **quitSTART App-** is a free smartphone app that uses tailored tips, inspiration, and quit challenges to help to quit smoking.



Holiday Food Safety

In the US and globally food is often front and center at most holiday celebrations. This year make sure you keep your family and guests safe from food poisoning.

Here are some holiday food prep and cooking tips to keep everyone safe:

- **Keep foods separated.** Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- **Cook food thoroughly.** Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal temperature to kill germs. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.
- **Keep food out of the “danger zone”.** Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze perishable food like meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at 40°F or below and the freezer at 0°F or below.
- **Use pasteurized eggs for dishes containing raw eggs.** Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Do not eat raw dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. Do not taste or eat raw dough or batter that is meant to be baked or cooked. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants. Some companies and stores offer edible cookie dough that uses heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.
- **Thaw your turkey safely.** Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Do not thaw turkey or other foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly. Learn more about preparing turkey safely.

Wash your hands with soap and water during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- After handling pet food or pet treats or touching pets
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching garbage
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing

For more information about Holiday Food Safety visit CDC’s Food Safety Page www.cdc.gov/foodsafety/index.html

World AMR Awareness Week

Antimicrobial resistance (AMR) happens when microorganisms such as bacteria, fungi, viruses, & parasites develop the ability to continue to grow.

They continue to grow even when they are exposed to antimicrobial medicines that are meant to kill them or limit their growth.

These medications are known more commonly as antibiotics, antifungals, antivirals, antimalarials, and anthelmintics.

Due to resistance, these medications are becoming ineffective and infections persist in the body, increasing the risk of spreading to others.

Drug resistance is one of the most serious health threats facing humanity. It could cause 10 million deaths per year and an overall cost of \$100 trillion to the global economy by 2050.

The World AMR Awareness Week (WAAW) is a global campaign to raise awareness and understanding of AMR and promote best practices to reduce the emergence and spread of drug-resistant infections. WAAW is celebrated from November 18-24 every year.

AMR is a threat to humans, animals, plants and the environment. It affects us all.

What can you do to prevent antimicrobial resistance?

Only use antibiotics prescribed by a doctor

Complete your treatment

Never share or use leftover antibiotics

Prevent infections through hygiene, safe sex and vaccinations

NOVEMBER IS



National Healthy Skin month was created in 1997 by the American Academy of Dermatology to encourage people to learn about the functions of the skin as well as how to keep it working and looking its best. The goal is to raise awareness about the importance of keeping your skin fresh and hydrated year round.

Celebrate National Healthy Skin Month by following these tips:

- Be mindful of good skin care habits all year long.
- Wash your face every day with a gentle cleanser. Determine your skin type and avoid products that aggravate skin conditions.
- Take time to rest and chill out. As the holidays approach, schedules get hectic, sweets are all around, and stress makes your skin break out.
- Make sure to get a good night's sleep and exercise in the fresh air.
- Try to get a daily dose of Vitamin D from the sun or supplement with D3 to fend off seasonal depression and support healthy bones and skin.
- Stay hydrated by drinking eight glasses of water (or more) daily and watch your alcohol intake. Water flushes out toxins, reduces puffiness, and makes wrinkles less visible – alcohol does the opposite.
- Lather on a heavier lotion or skin cream after showers, use a lip balm with SPF protection and wear sunscreen while doing winter sports. The AAD also recommends **petroleum jelly for dry skin and other skin issues**.
- Apply an SPF 30 daily in any kind of weather. Sunscreen protects against ultraviolet rays and other environmental exposure that accelerates aging.
- Perform monthly self-skin exams to look for changes to moles and spots with unusual shapes or colors, which can lead to skin cancer. In addition, skin changes including itching or a rash can be the first sign of other health issues.
- If you have skin cancer risk factors – family history, multiple moles, freckles, **red hair**, or fair skin that burns easily – **see a dermatologist annually**.

Carbon Monoxide Awareness Month

Why is November Carbon Monoxide Awareness Month? Because colder temperatures can lead to an increased threat of carbon monoxide (CO), which kills more people in the winter months than any other time of year. CO sources include, but are not limited to, heaters, furnaces, appliances or cooking sources using coal, wood, petroleum products or other fuels. Attached garages with doors, ductwork, or ventilation shafts connected to a living space are also sources of CO. Often called “the silent killer,” CO is a colorless and odorless gas that is impossible to detect without an alarm. CO poisoning is difficult to diagnose, often until it is too late. The symptoms mimic those of many other illnesses including nausea, headaches, dizziness, weakness, chest pain, and vomiting. In more severe cases, people may experience disorientation or unconsciousness, or suffer long-term neurological disabilities, cardiorespiratory failure or death.

Protect you and your family against CO poisoning:

- Install and test CO alarms
- Have fuel-burning appliances inspected regularly - furnaces, stoves, fireplaces, clothes dryers, water heaters, and space heaters
- Run kitchen vents or exhaust fans anytime the stove is in use
- Never use generators indoors
- Be mindful of the garage
- Know who to call if a CO alarm sounds - 911!

