



## The Creeper Reaper

### What You Should Know About Prostate Cancer

Prostate cancer is the most common form of cancer among men in the United States. The cause of prostate cancer is still unknown and even though only 3 percent of the men with the disease die from it, prostate cancer is the second most common cause of cancer death among men in the United States.

The prostate is a gland about the size of a walnut found only in men. Male hormones cause the prostate to develop and to grow through adulthood. Sometimes, the prostate continues to grow resulting in problems with urination which is an early signal that prostate cancer may be developing. However, the only true way to identify developing prostate cancer is to get screened for it.

The risk factors for developing prostate cancer include age, family history and race. The older a man is, the greater his risk for developing prostate cancer. Prostate cancer is diagnosed in about 50% of men over age 70 and in almost all men over age 90. A man is two to three times more likely to develop prostate cancer if another man in his family, such as his brother, father or grandfather, had developed the disease. Prostate cancer is more common among African American men than among any other race.



*1 in 6 men will get prostate cancer, but if caught early nearly 100% survive. African American men have an even higher risk. 1 in 4 men African American Men will develop prostate cancer.*

Generally, prostate cancer develops slowly and causes no symptoms until it is in an advanced stage; for this reason, early detection is important. Many doctors screen for prostate cancer. The best way to screen for the disease is to get an annual digital rectal examination and blood test.

It is recommended that men over age 50 see their doctor yearly for these tests. The American Cancer Society suggests that men at high risk [African-American men and men with a family history of one or more first-degree relatives (father or brothers) diagnosed with prostate cancer before age 65] should begin testing at age 45. Furthermore, men at even higher risk, due to

multiple first-degree relatives affected at an early age, should begin testing at age 40.

Being informed about your risks and getting screened is vital to protecting your health. For more information about prostate cancer, visit the American Cancer Society website at [www.cancer.org](http://www.cancer.org).

**For your free prostate and colorectal screening, call:**

The Rainbows of Hope  
Cancer Education and  
Early Detection Program  
St. Joseph's Regional  
Medical Center  
703 Main Street  
Paterson, NJ 07503  
973-754-2706

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**Special points of interest:**

- October is Breast Cancer Awareness Month
- October 21 - 27 is Lead Poisoning Awareness Week
- November 15 is Great American Smokeout
- December 1 is World AIDS Day
- December 2 - 8 is National Handwashing Awareness Week

# October is National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. Since the commemoration began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer rates have declined. But there are still women who do not take advantage of early detection and others who do not get mammograms and clinical breast exams on a regular basis.

If all women 40 and older took advantage of early detection methods, breast cancer death rates would drop much further.

It is important for women to practice habits that are essential to breast health such as:

- Obtaining a regular mammography starting at the age of 40.
- Obtaining annual clinical breast exams.



*Women should examine their breasts regularly to detect lumps or abnormalities that could signal breast cancer.*

- Performing monthly breast self-exams.
- Having a risk assessment performed by a physician.



For more information about breast cancer screenings, please refer to the American Cancer Society's website at [www.cancer.org](http://www.cancer.org).

**To get a free mammogram, pap smear, cervical, and colorectal screening, call:**

The Rainbows of Hope Cancer Education and Early Detection Program  
St. Joseph's Regional Medical Center  
703 Main Street  
Paterson, NJ 07503

# Don't Let the Flu Bug Bite You

The flu season is upon us once again. Influenza, or the "flu", is caused by a virus that is transferred when someone who is infected coughs or sneezes. Flu germs are also spread by touching contaminated objects or things such as telephones and doorknobs. Some flu viruses cause more severe illness than others. Fortunately, vaccines are available and healthy habits are effective in preventing the flu.

There are no known cures for flu, so prevention is the goal to protecting yourself. The following are effective methods to protect yourself from the flu:

- Get a flu shot annually. CDC recommends the best time to get vaccinated is October or November, but you can still get vaccinated in December and even later.



*The single best way to prevent seasonal flu is to get vaccinated.*

- Clean your hands. Proper and frequent hand washing is the best way to prevent the flu and many common infections.
- Cover your mouth and nose. Use a tissue to cover your mouth and nose when coughing or sneezing.
- Stay home when you are sick with respiratory illness; it prevents others from catching your illness.
- Get fresh air. A regular dose of fresh air is beneficial for everyone (especially in cold weather when

most people stay indoors) because more germs are circulating in trapped, dry rooms.

- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of water, eat nutritious food, do not smoke, and limit alcohol consumption.

## HOW TO WASH YOUR HANDS CORRECTLY

Follow these simple steps to keep your hands clean and prevent the spread of many common infections:

1. Wet your hands with warm water and lather with soap.
2. Scrub all surfaces including the back of your hands, between fingers, under fingernails, and wrists. Scrub for at least 20 seconds.
3. Rinse well.
4. Dry hands with paper towel.
5. Use a paper towel to turn off water and to open bathroom door.

**Did you know that an estimated 1 out of 5 people don't wash their hands after using the restroom?**

## NUTRITION CORNER: FOLIC ACID

From the City of Passaic Women, Infants, & Children (WIC) Program

Folic acid is one of the B vitamins. It is needed for creating new cells and keeping the blood healthy.

It is important to take folic acid before becoming pregnant and in the first month of pregnancy because it can help prevent birth defects in the brain and spinal cord.

Important sources of folic acid include:

- whole grain breads
- cereals fortified with folic acid
- beans and legumes
- green leafy vegetables
- Liver



- Oranges and cantaloupe

For more information, visit the March of Dimes website at:

[www.marchofdimes.com](http://www.marchofdimes.com)

### ABOUT WIC

WIC is a supplemental nutrition program for women, infants, and children up to 5 years old. WIC offers food vouchers for milk, cheese, juice, cereal, eggs, beans or peanut butter, infant formula, infant cereal, and infant juice. WIC also provides nutrition education, breastfeeding promotion, support, and community referrals.

Participation in WIC is based on income and nutritional need. For more information about the WIC Program in Passaic call (973) 365-5620.



## ENVIRONMENTAL HEALTH GREEN ALERT! Our Quarterly Tip to Being Environmentally Friendly

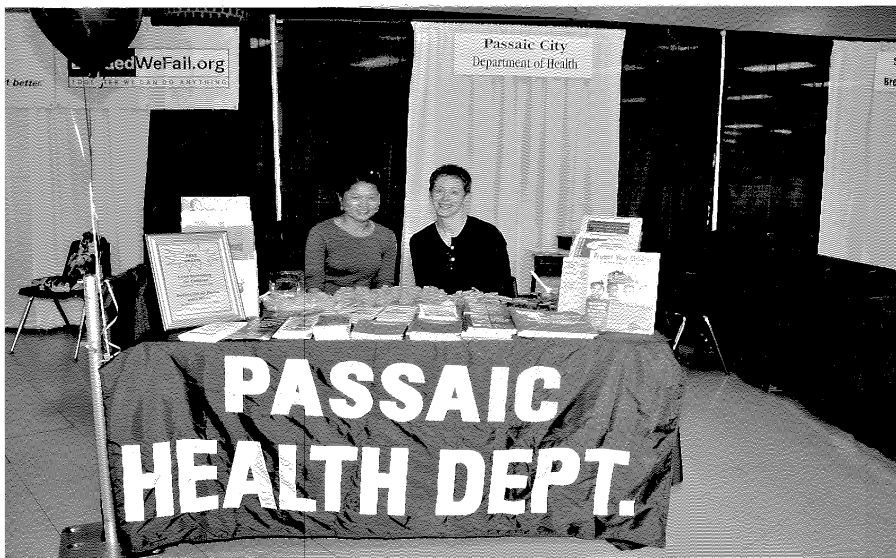
### Did you know that plastic bags:

- Are often made from the waste products of oil refining or ethylene, a byproduct of oil, gas, and coal production?
- Somewhere between 500 billion and a trillion bags are used annually?
- Millions of plastic bags end up in landfills or as litter in other places?
- It takes months to hundreds of years for plastic bags to decompose?
- Toxic substances from decomposing plastic bags pollute soil, lakes, waterways, and oceans?
- Hundreds of sea turtles, whales, and other marine animals die from ingesting plastic bags mistaken for food?
- Some cities and countries around the world heavily tax plastic bags or ban their use all together?

### What can you do:

1. Reuse your plastic bags when you go shopping. Some store chains actually provide customers with credit for reusing their bags.
2. Use reusable cloth bags for your groceries and other items. Many store chains now sell inexpensive cloth bags. These sturdy bags are usually found at check-out lanes and offer an environmentally friendly alternative to plastic bags.
3. Only use recycled brown paper bags. Using recycled paper bags helps protect forests and also cuts down on greenhouse gases produced when paper bags are manufactured.

## The Passaic City Health Division at Work



**Sunday, September 9, 2007** - Lyra Diao, Health Educator (left) and Joanne Manley Hathaway, Public Health Nurse (right) participated in the Save Latin America Health Fair at School Number 11 in Passaic. The Passaic Division of Health provided health education materials and referrals to community residents along with childhood blood testing for lead.

# Why Panic, When You can Prepare?

## Useful Emergency Tips from the Passaic City Health Division

Within the past decade we've witnessed terrible disasters, some of which have even wiped communities off the map. Some of these disasters have been unexpected, while fair warning of the eminent arrival of others was evident. With any event, planning ahead for an emergency is the best line of defense against a crisis.

The types of emergencies that warrant preparedness include both naturally occurring and man-made emergencies. Naturally occurring emergencies include floods, earthquakes, tornadoes and hurricanes, and extreme heat or cold weather conditions. Man-made emergencies include fires, biological, chemical, or radiological hazards, industrial accidents, and acts of terrorism.

Regardless of the type of emergency, establishing an action plan before it occurs will increase your likelihood of survival. There are simple things you can do to be ready for an emergency such as developing an family emergency action plan which includes:

### ► What to do in case of an emergency

- Whom to contact
- A list of trusted individuals (both in state and out of state)
- What to do with the family pet
- A copy of the action plan for all family members

### ► An evacuation plan

- Out of the home and state
- A list of emergency contact phone numbers

### ► An emergency kit. A family emergency kit should include:

- Water (one gallon of water per person per day for at least three days) for drinking and sanitation
- Food (at least a three-day supply of non-perishable food)
- A battery-powered or hand-cranked radio and a NOAA Weather Radio with tone alert and extra batteries for both
- A flashlight and extra batteries
- A first aid kit

- A whistle to signal for help
- A dust mask to filter contaminated air and plastic sheeting and duct tape to create a shelter in place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (emergency kits should contain non-perishable canned food)
- Local maps



*Emergencies, both natural and man-made, can strike at any time. Take time to prepare for an emergency by developing an emergency kit.*

The United States has agencies and services in place to assist its citizens in time of need, as does the State of New Jersey. One such service is 2-1-1. In the event of an emergency 2-1-1 acts as a public information point linking you with emergency management professionals who will provide information on what to do or where to go for help.

Many agencies provide assistance when disaster strike. The following public health services are such agencies which, in addition to responding to emergencies, provide information about emergencies and about emergency preparedness:

- American Red Cross  
[www.redcross.org](http://www.redcross.org)
- City of Passaic Health Division  
[www.cityofpassaic.com](http://www.cityofpassaic.com)
- NJ Office of Homeland Security  
[www.njhomelandsecurity.gov](http://www.njhomelandsecurity.gov)
- Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)
- U.S. Department of Homeland Security  
[www.ready.gov](http://www.ready.gov)

### "Why Panic, When You Can Prepare"

330 Passaic Street  
Passaic, NJ 07055  
Tel: 973-365-5605  
Fax: 973-365-2242  
Email: [health@cityofpassaicnj.gov](mailto:health@cityofpassaicnj.gov)



Emergency Contact Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Out-of-town Contact Name: \_\_\_\_\_

Out-of-town Telephone: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Telephone: \_\_\_\_\_

Local Police: \_\_\_\_\_

Local Fire: \_\_\_\_\_

Other important information: \_\_\_\_\_

\_\_\_\_\_ DIAL 911 FOR EMERGENCIES

# Alcohol Use and Abuse

For most adults, moderate alcohol use is not harmful. However, nearly 17.6 million adults in the United States have alcohol problems.

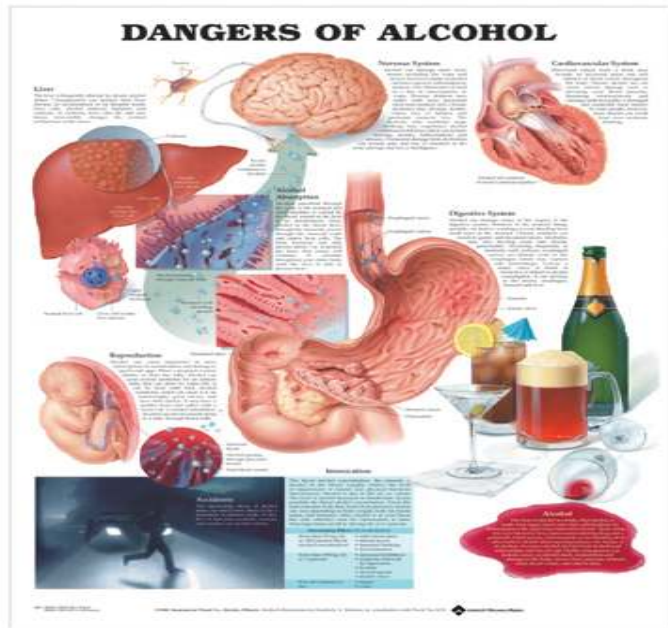
Alcoholism is defined as: men who consume 15 or more drinks a week or more than 4 drinks per occasion; women who consume 7 or more drinks a week or more than 3 drinks per occasion. In this definition, one drink is considered a 12-ounce bottle of beer, a 5-ounce glass of wine, or a 1 1/2-ounce shot of liquor.

Alcoholism carries many serious dangers. Heavy drinking can increase the risk of certain cancers. It can cause damage to the liver, brain, as well as other organs, and can cause birth defects. Alcoholism also increases the risk of death from car crashes and other injuries.

Alcoholism is a disease with four main features: (1) Craving - a strong need to drink; (2) Loss of control - not being able to stop drinking once you've begun; (3) Physical dependence - withdrawal symptoms, such as nausea, sweating or shakiness after stopping drinking; (4) Tolerance - the need to drink greater amounts of alcohol in order to get "high". Alcoholism is a chronic, often progressive disease; it usually follows a predictable course; and it has symptoms. The craving that a person feels with alcohol problem can be as strong as the need for food and water. Alcoholism cause serious family, health, or legal problems.

The symptoms of Alcoholism include:

- Drinking alone
- Making excuses to drink
- Need for daily or frequent use of alcohol for adequate function
- Lack of control over drinking, with inability to discontinue or reduce alcohol intake
- Episodes of violence associated with drinking
- Secretive behavior to hide alcohol related behavior
- Hostility when confronted about drinking
- Neglecting proper food intake



- Neglect of physical appearance
- Nausea and vomiting
- Shaking in the morning
- Abdominal pain
- Numbness and tingling
- Confusion

Many people with alcohol problems don't recognize when their drinking gets out of hand. Treatment providers believe that compassionate and empathetic counseling is most effective. Three general steps are involved in treating alcoholism once the disorder has been diagnosed: intervention, detoxification, and rehabilitation.

In intervention, the individual is helped to recognize the problem. In this process, honest concerns about the alcoholic's health, rather than threatening consequences if they fail to start treatment, is most effective. Detoxification is a controlled withdrawal of alcohol usually lasting 4 to 7 days. Rehabilitation programs

*Severe health effects of alcohol may include: liver disorders, gastrointestinal problems, cardiovascular problems, diabetes complications, sexual dysfunction and menstruation issues, birth defects, bone loss, neurological complications, and increased risk of cancer.*

support the affected person after detoxification to maintain abstinence from alcohol.

Treatment for alcoholics is available from a variety of sources. Consider the following resources when seeking help:

- Passaic Alliance  
286 Passaic St., Passaic, NJ 07055  
973-365-5740
- Alcoholics Anonymous  
[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)
- National Institute on Alcohol Abuse  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)
- National Council on Alcoholism and Drug Dependence, Inc.  
[www.ncadd.org](http://www.ncadd.org)
- Oficina Intergupal Hispana de Nueva Jersey (973) 824-0555
- 1-800-ALCOHOL (252-6465)  
Information & Referrals

# Tobacco Age of Sale Enforcement Year 2007-2008

The City of Passaic Health Division routinely performs undercover enforcement efforts to prevent the sale of tobacco to minors in the City of Passaic. The following establishments **DID NOT** sell tobacco products to minors during the Health Division's enforcement efforts. Congratulations and thank you for protecting our youth from the harmful effects of tobacco!



- |  |  |   |
|--|--|---|
| <p>A &amp; C Supermarket, Inc.<br/>                 A &amp; J Grocery<br/>                 Aldy Mini Market<br/>                 BP #4609<br/>                 Eagle Liquors<br/>                 El Colmado Supermarket, Inc.<br/>                 El Nacional Supermarket<br/>                 El Tepeyac Grocery<br/>                 El Unico<br/>                 Food Basics, Inc.<br/>                 Gleny Very Grocery<br/>                 Felos Grocery<br/>                 Good Friends Market</p> | <p>Guadalupano Deli &amp; Grocery<br/>                 Home Liquors #593<br/>                 International Mini Market<br/>                 Jocelyn Associates, Inc.<br/>                 JSK Food Market, Corp.<br/>                 Junior's Grocery Store #1<br/>                 K.S.C. Meat Market, Inc.<br/>                 KB Food Plaza, Inc.<br/>                 Las Marias Grocery<br/>                 Malbri Grocery<br/>                 Marina Sweet Shop, Inc.<br/>                 Mary Grocery &amp; Deli Store<br/>                 Mexico Lindo/Mexican Food &amp; Grocery<br/>                 Monroe Wine &amp; Liquors<br/>                 New China Star Chinese Restaurant<br/>                 Nina's Variety Store<br/>                 No. 1 Main Garden<br/>                 Passaic 99 Cent and Up LLC<br/>                 Passaic Community Pharmacy, Inc.<br/>                 Passaic Supermarket<br/>                 Pol Store International<br/>                 President Liquors</p> | <p>Pur International, Inc.<br/>                 Quality Food Market #3<br/>                 Quick Check 39<br/>                 Quisqueya Deli Grocery<br/>                 Rite Aid 1316<br/>                 RJ Superette, Inc.<br/>                 S &amp; B Mini Market<br/>                 S Boya Mini Market LLC<br/>                 Sabi Liquors<br/>                 Santo Domingo Meat Market<br/>                 Servandos Service, Inc.<br/>                 Shanik Liquors<br/>                 South American Grocery LLC<br/>                 Tapia Deli and Grocery, Inc.<br/>                 Three Brothers, Inc.<br/>                 Vela-Ber Market<br/>                 Walgreens #05332</p> |
|--|--|---|

***Did you know that!***  
*If a merchant/retailer is found guilty of selling tobacco products to minors, he/she is liable for civil penalty of at least \$250.00 - \$1000.00*



## Health Screenings and Programs

### Blood Pressure Screening

Dates: Monday, October 1, 2007  
 Monday, November 5, 2007  
 Monday, December 3, 2007  
 Time: 10:00AM - 11:00AM  
 Place: Passaic Senior Center  
 (Rear of City Hall)  
 330 Passaic St., Passaic, NJ  
 For more info: 973-365-5605

### Infant & Pediatric Health Services

Date/ Time: Every Wednesday  
 1:00PM - 3:00PM  
 Every Friday  
 8:30AM - 12:00PM  
 1:00PM - 4:00PM  
 Place: City of Passaic  
 Health Division Clinic  
 68-72 Third St., Passaic, NJ  
 For more info: 973-365-5681

### Lead Screening

*Children between  
 6 months - 6 years of age only*  
 Date: Every Wednesday  
 Time: 9:00AM - 11:30AM  
 Place: City of Passaic  
 Health Division Clinic  
 68-72 Third St., Passaic, NJ  
 For more info: 973-365-5681



## Health Screenings and Programs (continued)

### Flu Vaccination Clinic

The City of Passaic Health Division will be providing free influenza immunizations to city of Passaic residents 18 years and older.

Dates: Monday, November 19, 2007 9:00AM - 11:30AM  
Tuesday, November 27, 2007 9:00AM - 11:30AM

Place: Passaic City Hall - City Council Chambers  
330 Passaic St., Passaic, NJ



Valid proof of residence in the City of Passaic required. No appointment necessary.

Vaccination will be first-come first-served basis.

For more information, call: 973-365-5605

### Rabies Clinic for Cats & Dogs

*For City of Passaic Residents Only*

The City of Passaic Division of Health will be providing a free rabies vaccination clinic for cats and dogs.

Date: Wednesday, October 17, 2007  
Time: 5:00PM - 7:00PM  
Place: City of Passaic Animal Shelter  
13 Benson Ct., Passaic, NJ

Each animal must be accompanied by an adult who can keep the animal under control and can place the animal on the examination table. All cats must be brought in carrier/cage.

For more info call the Passaic Health Division at 973-365-5605.

### Domestic Violence & Parenting Support Group

Date: Every Thursday of the Month  
Time: 6:00PM - 8:00PM  
Place: Passaic Senior Center  
(Rear of City Hall)  
330 Passaic St., Passaic, NJ

For more info, call Passaic Alliance:  
973-365-5740



American Cancer Society's

### Making Strides Against Breast Cancer

A spirited, noncompetitive walk to save lives and provide hope

Date: Sunday, October 21, 2007  
Time: Registration at 9:00AM  
Walk Starts at 10:00AM  
Place: Overpeck Park, Leonia, NJ

For more info call the  
American Cancer Society at 800-ACS-2345



### Confidential Rapid HIV Testing

Date: Every Wednesday of the Month  
Time: 9:00AM - 2:00PM  
Place: Passaic Alliance  
286 Passaic St., Passaic, NJ

For more info, call: 973-365-5740





**A QUARTERLY  
NEWSLETTER OF THE  
CITY OF PASSAIC  
DIVISION OF HEALTH**

330 Passaic Street  
Passaic, NJ 07055  
Tel: 973-365-5605  
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Email: [health@cityofpassaicnj.gov](mailto:health@cityofpassaicnj.gov)

**[www.cityofpassaic.com](http://www.cityofpassaic.com)**



The mission of the Passaic Health Division is to deliver equitable and comprehensive superior public health services that ensure the protection, promotion, and enhancement of the health, wellness, and general welfare of the people of Passaic.

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William Paterson University - Community Health

The Focus is sponsored by Mayor Samuel "Sammy" Rivera, City of Passaic, & the Passaic City Division of Health

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**City of Passaic  
Health Division**

330 Passaic Street  
Passaic, NJ 07055

To: