



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

HAVE A HEART

The Impact of Diabetes on Your Heart

Heart disease is the leading cause of death in the United States - accounting for 40% or approximately 960,000 deaths each year. There are many risk factors that cause heart disease — some you can control, such as diet, exercise, or smoking; some you cannot, such as age, gender, and family history. In an effort to help you learn about heart disease, **The Focus** has been providing you with a series of articles called *Have A Heart*. This is the final article in our series and will present information on diabetes.

Diabetes greatly increases a person's risk for heart disease and is associated with other cardiovascular risk factors such as high blood pressure, elevated cholesterol levels, obesity, and insulin resistance.

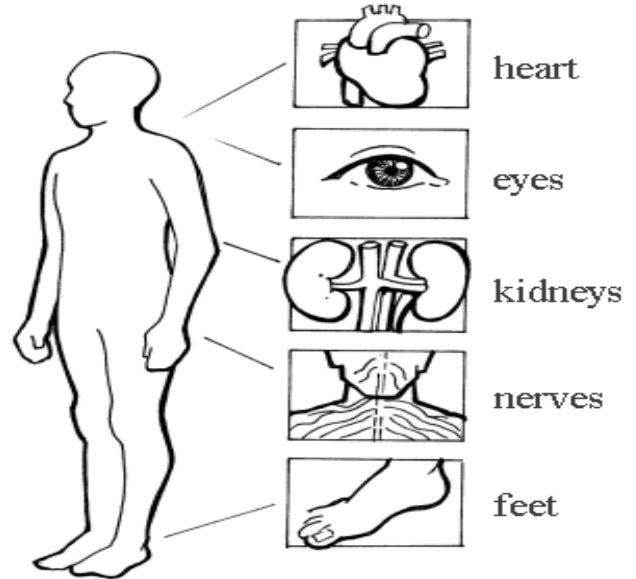
What is Diabetes?

Diabetes, the sixth leading cause of death in the United States, is defined by abnormally elevated blood glucose levels caused by the body's inadequate release or use of insulin.

Insulin is a hormone released by the pancreas. It is the primary substance responsible for regulating levels of blood glucose (a simple sugar used by the body for energy). Diabetes results when the body does not produce enough insulin or when the body's cells do not respond appropriately to insulin. The two most common types of diabetes are type I and type II.

Type I Diabetes

Type I diabetes (previously called Insulin-dependent diabetes or Juvenile diabetes) accounts for about



Over time having too much glucose in your blood can damage your heart, eyes, kidneys, nerves, and feet. Diabetes can also cause stroke and even the need to remove a limb.

5% to 10% of all confirmed cases. Although onset could occur at any time, most people with type I diabetes developed the disease before age 30. Type I diabetes develops when the body's immune system attacks and destroys the pancreatic cells that make insulin. In order to survive, people with

type I diabetes require daily insulin injections.

It is uncertain what causes type I diabetes, but autoimmunity (a condition in which the body's immune system attacks its own tissues), genetics, family history, the environment, and nutritional deficiencies during childhood are probable risk factors.

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Special points of interest:

- July is UV Safety Month
- August is National Immunization Awareness Month
- September is Health Aging Month
- September is also Prostate Cancer Awareness Month

HAVE A HEART

The Impact of Diabetes on Your Heart (Continued from Page 1)

There is no known way to prevent type I diabetes.

Type II Diabetes

Type II diabetes (previously known as non-insulin dependent diabetes or adult onset diabetes) accounts for 90% to 95% of all diagnosed cases of diabetes. In type II diabetes the pancreas continues to produce insulin, sometimes at higher than normal levels, but the body develops a resistance to its effects. Gradually, as the need for insulin increases, the pancreas loses its ability to manufacture it.

Most people who are diagnosed with type II diabetes are over age 30; however, in recent years, more and more children and young adults have been diagnosed with type II diabetes due to obesity.

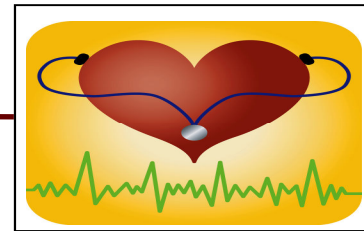
Risk Factors for Diabetes

There are several risk factors for diabetes. Some are risk factors that cannot be

changed such as age, family history of diabetes, history of gestational diabetes (a form of diabetes that may develop during pregnancy), the body's inability to use blood sugar, and race/ethnicity. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians or other Pacific Islanders are at increased risk for type II diabetes and its complications. Other risk factors relate to unhealthy lifestyle practices such as obesity, lack of physical activity, and poor eating habits.

Other Complications & Prevention

Diabetes is associated with several severe complications that may even result in premature death. Adults with diabetes have heart disease death rates 2 to 4 times higher than adults without diabetes. Most people with diabetes have high blood pressure and more than half suffer from some type of nervous system disease. Diabetes is also the leading cause of blindness and of kidney failure.



Fortunately, there is good news; diabetes type II is, for the most part, preventable. Following a healthy lifestyle, such as practicing good nutrition habits and being physically active on most days of the week, has been found to reduce the development of diabetes by 40% to 60%. Also, maintaining a healthy weight is the best way to reduce the likelihood of developing diabetes.

A blood test is required to diagnose diabetes, but the following symptoms are associated with its development: frequent urination in large volumes, excessive thirst, excessive feelings of hunger, blurred vision, drowsiness, nausea and decreased endurance during exercise. If you are experiencing any of these symptoms, visit your doctor today.

STAYING SAFE WHILE HAVING FUN IN THE SUN

In the coming months many of us will be heading to the shore in droves. The summer months are associated with outdoor activities. Such activities may include days at the beach or local lake, hours spent poolside, spending time at a local park or indoor event, and/or playing indoor sports just to name a few. But how many of us associate the summer with extra care for safety and health?

Although the summer months mean fun under the sun, no matter what warm weather activities we love, we must all be careful not to let heat related ailments spoil the day.

Under normal conditions, the human body has an built-in cooling system. Perspiration, otherwise known as sweating, is an essential function that keeps the body cool. Because sweating is the body's natural way of regulating temperature, people sweat more when it's hot outside. People also sweat more when they exercise, or in response to situation that makes them nervous, angry, embarrassed, or afraid. In extreme heat and high humidity, or under extreme physical activity, the body must work extra hard to maintain a normal temperature. If the body does not cool properly, or if the body does not cool

enough, a person may suffer a heat related illness.

Heat related illnesses are very serious and can even lead to death if unattended. Anyone can be susceptible to heat related ailments, but the very young and the very old are at greatest risk.

The following is a list of some of the more common types of heat related illnesses (definitions provided by the Center for Disease Control):

- **Heat Rash** - a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age, but is most common in young children.
- **Heat Cramps** - are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe of heat related illness, they are often the first signal that the body is having trouble with the heat.
- **Heat Exhaustion** - typically occurs when people exercise heavily or work in a hot, humid place where



body fluids are lost through heavy sweating. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

- **Heat Stroke** - is a life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

The American Red Cross offers the following tips for preventing heat related illnesses:

- **Dress for protection.** Wear clothes to protect as much skin as possible. Dark, tightly-woven clothing provides greater protection than light and loose woven clothing. Also dry fabric is more protective than wet fabric. Protect your neck, ears, eyes, forehead, nose, and scalp with a wide brimmed hat.

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STAYING SAFE WHILE HAVING FUN IN THE SUN

(Continued from Page 2)

A baseball cap only provides protection for the front and top of the head. Also, wear sunglasses that block UV rays.

- **Drink water.** Excessive heat and excessive sweating dehydrate the human body. Carry a water bottle with you and drink from it often to keep hydrated. Also, avoid alcohol and caffeinated drinks as they dehydrate the body as well.
- **Eat small meals and eat more often.** Avoid eating large portions and foods that are high in proteins which increase metabolic heat.
- **Avoid the strongest rays of the day.** Limit sun exposure during mid-day hours (normally between 10:00am and 4:00pm). If you are uncertain about the sun's intensity, take the shadow test: if your shadow is shorter than you, the sun's rays are the strongest.
- **Use sunscreen with an SPF of 15 or higher.** Use sunscreens whose ac-

tive ingredients block UVA and UVB rays. Sunscreens should be used everyday, even on cloudy days. They should be applied generously before going out into the sun and should be applied often, especially after swimming.

- **Do not leave infants, children or pets in a parked car, even if the windows are down.** Cars heat up quickly if you park outside during the summer months. The temperature in your car can get up to 200 degrees, depending on the temperature outside, the kind of vehicle you have, and how long it has been in the sun.
- **Pay attention to your pets.** Provide plenty of water and shade for your pets while they're enjoying the great outdoors so they can stay cool.

- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day which is usually in the morning between 4:00 am and 7:00 am or in the evening after 6:00 pm.

Most children rack up between 50% & 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children how to enjoy fun in the sun safely. 5 or more sunburns doubles your risk of developing skin cancer.

- **Take regular breaks when engaged in physical activity on warm days.** Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat related illness, stop activity and find a cool place.

- **Avoid sunlamps and tanning booths.** Tanning lamps are as harmful as the sun. They release UVA and UVB rays also, which cause serious skin damage and contribute to the formation of skin cancers.

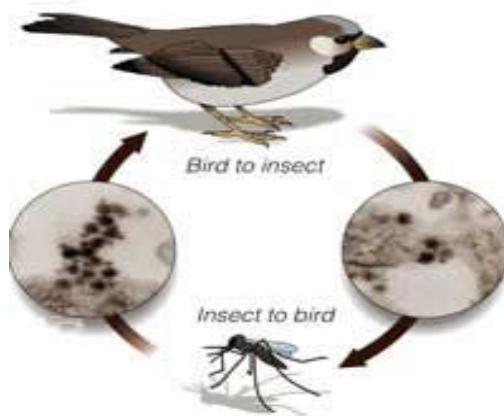
MOSQUITO SEASON RETURNS

WEST NILE VIRUS INFORMATION FOR PASSAIC RESIDENTS

West Nile Virus is a potentially dangerous illness that flares up in the summer and continues into the fall. West Nile Virus can cause a serious, and even fatal, disease so it is important to take proper measures in preventing mosquito bites.

The West Nile Virus is an arthropod (arthropod) borne virus. This means that the virus is carried by some insect, typically mosquitoes, sand flies and ticks, and passed on to other animals, such as wild and domesticated birds, or humans when in infected insect bites them for a blood meal. In the United States and New Jersey West Nile Virus is transmitted by infected mosquitoes.

Once bitten, symptoms may develop within 5 to 15 days. Most people infected by West Nile will show no symptoms at all and some people will develop mild symptoms. These symptoms could include: fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back.



These symptoms can last for as short as a few days, or for several weeks. Few people infected may experience severe symptoms which include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological (having

to do with the nerves or the nervous system) effects may be permanent.

All it takes is one mosquito bite to be infected with West Nile Virus. Fortunately, mosquito bites can be prevented. To prevent West Nile Virus infection, as well as other mosquito bite related illnesses, remember to:

- **Use mosquito repellent,**
- **Eliminate mosquito breeding sites, and**
- **Install and repair window and door screens.**

Using mosquito repellent allows you to spend time outdoors with a reduced risk of mosquito bites. Apply repellent when you are going to be outdoors, for even if you don't see mosquitoes, they could still be around. Always follow the directions on the product you are using. Re-apply repellent frequently.

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MOSQUITO SEASON RETURNS

WEST NILE VIRUS INFORMATION FOR PASSAIC RESIDENTS (Continued from Page 3)

Repellants containing a higher concentration (higher percentage) of an active ingredient typically provide longer lasting protection. Check the Center for Disease Control website at www.cdc.gov for up-to-date information on the best repellents to use. It is important to mention that repellent should not be applied to children's hands because children tend to put their hands in their mouths. Also, do not allow young children to apply insect repellent to themselves; have an adult do it for them.

Mosquitoes lay their eggs and breed in standing water. Eliminating mosquito breeding sites reduces the number of mosquitoes in outdoor areas. To do this, drain sources of standing water. At least once or twice a week, empty water from flower pots, pet food and water dishes, birdbaths, swimming pool covers, buckets, barrels, and cans. Check for

clogged rain gutters and clean them out. Remove discarded tires, and other items that could collect water. Be sure to check for containers or trash in places that may be hard to see, such as under bushes or under your home. And, just as



The easiest & best way to avoid West Nile Virus is to prevent mosquito bites.

important, keep mosquitoes outside by installing and/or repairing window and door screens.

Always remember, when dealing with West Nile, your best bet is prevention. In addition to the above suggestions, also consider the following to protect yourself and your family from mosquito bites:

- If weather permits, wear long-sleeved shirts and long pants whenever you are outdoors.
- Place mosquito netting over infant carriers when you are outdoors with infants.
- Consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.

Earth Day 2007

TEN THINGS YOU CAN DO TO STOP GLOBAL WARMING

About Earth Day & Global Warming

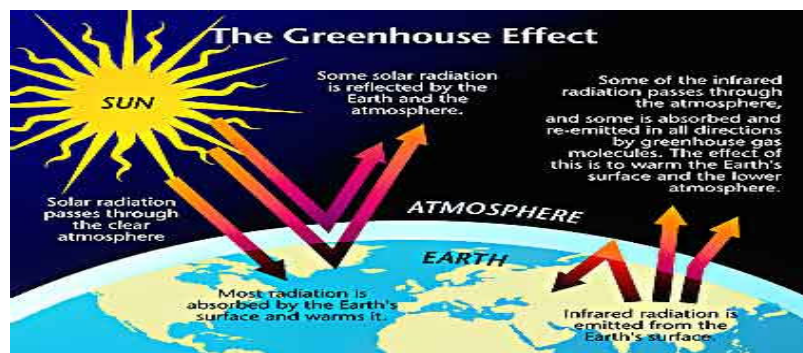
On April 22, 2007, Earth Day was observed around the world. Earth Day was first observed in 1970 and is intended to help promote greater understanding, appreciation, and protection of the environment on earth.

This year's observation focused greatly on the problem of global warming- the alarming increase in the earth's temperature believed to be caused by greenhouse gases.

Greenhouse gases include carbon dioxide, methane, water vapor, ozone, and nitrous oxide. The burning of fossil fuels (gas, coal, and oil) and the extensive removal of forested areas around the earth are believed to have resulted in a greater increase of greenhouse gases, particularly carbon dioxide. The greenhouse gases have in turn trapped greater amounts of solar heat resulting in a dramatic rise in the earth's temperature. In the United States, nearly 6.6 tons of greenhouse gases are emitted per person every year.

Scientists point out that evidence of the earth's increase in temperature caused by greenhouse gases is dramatic. Evidence that the earth's temperature is rising includes:

- Increased temperatures, heat waves, and droughts throughout the world
- Larger and more powerful hurricanes than in the last century
- Retreating glaciers and melting ice sheets throughout the earth including the Arctic and Antarctic regions
- The extinction or declining numbers of many animal and plant species along with many animals moving closer to the earth's poles
- The spread of tropical diseases into non-tropical areas



Ten Easy Things You Can Do to Stop Global Warming

All of us can play a role in protecting our planet from global warming. Reducing greenhouse gases is key. Here's what you can do:

1. **Recycle & Buy Only Recycled Products-** By recycling just half of your household wastes, you can reduce an estimated 2,400 pounds of carbon dioxide each year. Production of paper, glass, and metal products from recycled materials reduces pollution and saves an estimated 70 to 90 percent of energy that would result if the product were manufactured from virgin materials.

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Earth Day 2007 (Continued from Page 4)

TEN THINGS YOU CAN DO TO STOP GLOBAL WARMING

Recycling paper helps prevent the loss of forested areas on earth. So recycle at home, at work, and everywhere else.

2. **Use Less Hot Water.** It requires lots of energy to produce hot water. Reducing your use of hot water not only helps save you money on your energy bill, but will also greatly reduce carbon monoxide emissions. Using cold water for your wash saves 500 pounds of carbon dioxide a year. In addition, using a low flow showerhead reduces 350 pounds of carbon dioxide yearly. Make the most of your hot water by insulating your tank and keeping the temperature at or below 120 degrees Fahrenheit. Properly insulating your water heater will reduce carbon dioxide up to 1,000 pounds per year and reducing the temperature below 120 degrees Fahrenheit can reduce 500 pounds per year.
3. **Change Your Bulbs-** Replacing your regular light bulbs with compact fluorescent light bulbs (CFLs for short) could reduce your output of carbon dioxide by 300 pounds. CFLs use 60% less energy than regular bulbs. If every home in our country traded in their regular light bulbs for CFLs, we would reduce the amount of carbon dioxide by 90 billion pounds.
4. **Turn Off Electric Appliance When Not in Use.** Simply turning off your TV, VCR, computer and other electronic devices can save each household thousands of pounds of carbon dioxide each year. When replacing an appliance, buy appliance with the Energy Star label. You can visit www.energystar.gov to learn more about energy efficient appliances.
5. **Adjust your thermostat.** Keeping your thermostat at 68 degrees in winter and 78 degrees in summer not only keeps your energy bills low, but greatly reduces carbon dioxide emissions as well. No matter where you set your dial, two degrees cooler in the winter or warmer in the summer can equal a reduction of 2,000 pounds of carbon dioxide a year.
6. **Drive Your Automobile Less.** Walking, biking, carpooling, or taking mass transit can help reduce gas

consumption and one pound of carbon dioxide for each mile you do not drive. Avoiding just 10 miles of driving your car each week would eliminate about 500 pounds of carbon dioxide a year.

7. **Plant a Tree.** Trees remove carbon dioxide from the air. One tree can remove up to one ton of carbon dioxide in its lifetime. Unfortunately, nearly 90 percent of the forest in the United States have been removed for intensive livestock production and logging. Plant a tree in your yard if you can. Planting a tree will not only help rid the air of carbon dioxide, but will provide shade around your home which should reduce your energy bills in the summer by 10 to 15%. Visit www.arborday.org to learn more about trees.
8. **Check Your Tire Pressure.** Properly inflated tires on your automobile will improve gas mileage by more than 3%. For each gallon of gas saved, 20 pounds of carbon dioxide are not produced.
9. **Avoid Purchasing Products with Lots of Packing Material.** Preventing waste from being created in the first place means that there is less energy wasted and fewer resources consumed. When you purchase products with the least amount of packaging, not only do you save money, but you also help the environment! Reducing your garbage by 10% reduces carbon dioxide emissions by 1,200 pounds.
10. **Replace/Clean Filters & Insulate Your Home.** Replace/clean air conditioning filters routinely- doing so can reduce carbon dioxide by 350 pounds per year. Insulating your home can save you on energy bills and can reduce carbon dioxide by 2,000 pounds per year. Caulking and weather-stripping your home can reduce carbon dioxide by 1,700 pounds per year.

There are many other ways of improving our environment including reusing your grocery bags the next time you shop, starting a carpool, or switching to energy from renewable sources such as wind and solar (visit the Green Power Network at <http://www.eere.energy.gov/greenpower> to learn more about green power.

HEALTH SCREENINGS & PROGRAMS FOR CITY OF PASSAIC RESIDENTS

Free Blood Pressure Screening

Dates: Monday, July 2, 2007
Monday, August 6, 2007
Monday, September 10, 2007

Time: 10:00AM - 11:00AM

Place: Passaic Senior Center
(Rear of City Hall)
330 Passaic St., Passaic, NJ

For more info call: 973-365-5605

Free Child Health Screenings

For CITY RESIDENTS ONLY

The Passaic Health Division Clinic provides free childhood immunizations and lead poisoning screenings to uninsured children.

The Clinic also provide Child Health Conference Clinics (CHC) for eligible children ages 2 months to 5 years.

Clinic Hours

Monday 1:00PM - 3:00PM

Tuesday CLOSED

Wednesday 1:00PM - 3:00PM

Thursday CLOSED

Friday 8:30AM - 11:30AM
1:00PM - 3:00PM

The clinic is located at 68-72 Third St (Where Passaic Head Start is located), 1st Floor, Passaic, NJ 07055.

Appointments are required. For info or an appointment, contact the Health Division Clinic at 973-365-5681.

Free 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

Domestic Violence & Parenting Support Group

Date: Every Thursday of the Month

Time: 6:00Pm - 8:00PM

Place: Passaic Senior Center
330 Passaic St., Passaic, NJ

For more info call: 973-365-5740



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www.cityofpassaic.com



Public Health
Prevent. Promote. Protect.

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

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**City of Passaic
Division of Health
Program/Services Telephone Directory**

- **General Information & Licensing**
973-365-5603
- **Health Officer**
973-365-5603
- **Environmental Health Unit**
973-365-5609
- **Public Health Nursing Unit**
973-365-5681 / 973-365-5621
- **Childhood Lead Poisoning Prevention Unit**
973-365-5611 / 973-365-5605
- **Communicable Disease Control Unit & Reporting**
973-365-5611
- **Health Education Unit**
973-365-5605
- **Health Division Clinic**
973-365-5681

Clinic Hours

68-72 Third St., Passaic, NJ 07055

- Monday 1:00PM - 3:00PM
- Tuesday CLOSED
- Wednesday 1:00PM - 3:00PM
- Thursday CLOSED
- Friday 8:30AM - 11:30AM
1:00PM - 3:00PM

- **Vital Statistics Office**
973-365-5601 / 973-365-5602
- **Animal Control Unit**
973-365-5669
- **Animal Control Emergencies After Hours/Weekends**
973-365-3900 (Passaic Police)
- **WIC Program**
973-365-5620

Other Important City of Passaic

Numbers

- **City Hall Main Number**
973-365-5500
- **Passaic Police Department**
973-365-3900 or 911
- **Passaic Fire Department**
973-365-5689 or 911
- **Department of Human Services**
973-365-5751
- **Department of Public Works**
973-365-5654
- **Senior Center**
973-365-5754
- **Passaic Alliance**
973-365-5740