



Shield Yourself! Facts on Skin Cancer Prevention

Excessive sun exposure and/or use of tanning beds not only results in premature aging of the skin, but can cause skin cancer. Skin cancer is the most common of all forms of cancers. It accounts for nearly half of all cancers in the United States. More than 1 million cases of non-melanoma skin cancer are found in this country each year. The American Cancer Society estimated that about 62,480 new melanomas will be diagnosed in the United States during 2008. *For information on the difference between non-melanoma and melanoma skin cancer see page 2.*

UVA & UVB SUN RAYS

Sunlight contains two types of harmful rays - UVA rays and UVB rays. The UVB rays are the sun's burning rays (which are blocked by window glass) and are the primary cause of sunburn and skin cancer. UVA rays (which pass through window glass) penetrate deeper into the base layer of the skin (called the dermis). They also contribute to sunburns and skin cancer.

RISK FACTORS

Nearly 80 percent of skin cancers could be prevented by properly protecting the skin and reducing excessive sun exposure.

Everyone is at risk for skin cancer, regardless of their skin color. Your risk of developing non-melanoma or melanoma skin cancer is greater if you have any of the following:

- unprotected and/or excessive exposure to ultraviolet (UV) radiation
- fair complexion
- occupational exposures to coal tar, pitch, creosote, arsenic compounds, or radium



- family history
- multiple moles
- severe sunburns as a child

PREVENTING SKIN CANCER

The sun's rays are strongest between 10 a.m. to 4 p.m. Even on cloudy days the sun's rays can cause skin cancer, so protect your

skin from cancer by practicing these simple tips:

1. Cover up! Wear clothing to protect skin as much as possible. Choose long-sleeved shirts and long pants, and wear a hat that shades your face, neck, and ears.
2. To protect babies younger than 6 months from the sun, use hats, clothing, and shading. If shade or protective clothing is not available, very small amounts of sunscreen can be used on small areas, such as the face and the back of the hands.
3. Always use a broad spectrum sunscreen with a Sun Protection Factor (SPF) of 15 or greater. Look for the number on the label.
4. For best results, apply sunscreen about 20 minutes before going outside to allow it time to bond with your skin.
5. Reapply sunscreen after swimming, perspiring heavily, or drying skin with a towel.

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Special points of interest:

- April 7-11 is National Public Health Week
- April 19-26 is National Infant Immunization Week
- May is National Arthritis Month
- May is Healthy Vision Month
- June is Home Safety Month
- June 9-15 National Men's Health Week

Shield Yourself!

Facts on Skin Cancer Prevention *(Continued from Page 1)*

- Use sunscreen lip balm with an SPF of 15 or greater.
- Wear sun glasses that block UVA and UVB radiation. There are also sun screens that are specifically formulated for use around the eyes. Make sure to read and follow the product's label.
- Don't use sunlamps or tanning booths. A tan from these artificial methods won't protect you in the sun and can also increase your risk of skin damage and cancer.

Selecting the Right Sun Screen

When selecting a sunscreen product, be sure to read the label before you buy it. Sunscreen products labeled "broad-spectrum" protect against UVA and UVB radiation. Experts recommend products with an SPF (Skin Protection Factor) of at least 15. The number of the SPF represents the level of sunburn protection provided by the sunscreen.

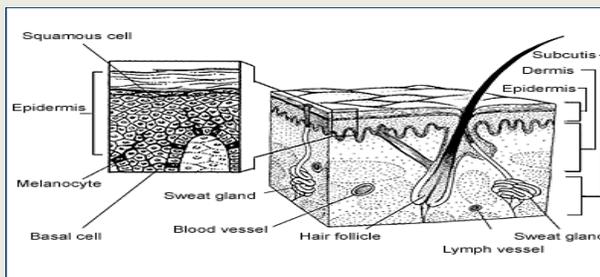
Be sure to apply the sunscreen properly and generously. Apply sunscreen 20 to 30 minutes before going outside. Sunscreens should not be used on babies younger than 6 months. Instead, use hats, clothing, and shading to protect small babies from the sun.

The Difference Between Non-Melanoma & Melanoma Skin Cancer

What is non-melanoma (basal or squamous cell) skin cancer? Most skin cancers are classified as non-melanoma, usually occurring in either basal cells or squamous cells. These cells are located at the base of the outer layer of the skin or cover the internal and external surfaces of the body.

Most non-melanoma skin cancers develop on sun-exposed areas of the body, like the face, ear, neck, lips, and the backs of the hands. Depending on the type, they can be fast or slow growing, but they rarely spread to other parts of the body.

What is melanoma skin cancer? Melanoma is a malignant cancer that originates in the cells which produce the pigment that colors our skin, hair, and eyes. The majority of melanomas are black or brown; however, some melanomas are skin-colored pink, red, purple, blue, or white. Melanoma is the most serious form of skin cancer. However, if it is recognized and treated early it is nearly 100% curable.



Source: American Cancer Society

Eat 5 A day! The Importance of Eating Fruits & Vegetables

Eating fruits and vegetables helps keep you healthy. Fruits and vegetables contain vitamins, minerals, and fiber. Eating plenty of fruits and vegetables each day helps protect the body from many different types of diseases including stroke, heart disease, high blood pressure, type 2 diabetes, and many types of cancer. Fruits and vegetables are an excellent energy source that helps all our bodily organs function properly. In addition, because fruits and vegetables are lower in calories, they can help in maintaining a healthy body weight.

Since every person's body is different, the number of recommended fruits and vegetables a person should eat varies. The following are U.S. Centers for Disease Control & Prevention charts which show recommendations on the number of

fruits and vegetables a person should eat daily.

To use the charts first find your age; second find your level of physical activity; and last find the number of fruits and vegetables you should be eating each day.

Levels of Physical Activity

- Less Active: you have an average of less than 30 minutes of physical activity per day
- Moderate Active: you have an average of 30 to 60 minutes of physical activity per day
- Active: you average more than 60 minutes a day

Women		
AGE	FRUITS	VEGETABLES
Less Active		
19-30	2 cups	2 ½ cups
31-50	1 ½ cups	2 ½ cups
51+	1 ½ cups	2 cups
Moderately Active		
19-50	2 cups	2 ½ cups
51+	1 ½ cups	2 ½ cups
Active		
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups

Eat 5 A Day! The Importance of Eating Fruits & Vegetables

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Men		
AGE	FRUITS	VEGETABLES
Less Active		
19-50	2 cups	3 cups
51+	2 cups	2 ½ cups
Moderately Active		
19-30	2 cups	3 ½ cups
31+	2 cups	3 cups
Active		
19-30	2 ½ cups	4 cups
31-50	2 ½ cups	3 ½ cups
51+	2 cups	3 cups

Girls		
AGE	FRUITS	VEGETABLES
Less Active		
2-3	1 cup	1 cup
4-8	1 cup	1 ½ cups
9-13	1 ½ cups	2 cups
14-18	½ cups	2 ½ cups
Moderately Active		
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 cups
14-18	2 cups	2 ½ cups
Active		
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 ½ cups
14-18	2 cups	3 cups

Boys		
AGE	FRUITS	VEGETABLES
Less Active		
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 ½ cups
14-18	2 cups	3 cups
Moderately Active		
2-3	1 cup	1 cup
4-8	1 ½ cups	1 ½ cups
9-13	1 ½ cups	2 ½ cups
14-18	2 cups	3 cups
Active		
2-3	1 cup	1 cup
4-8	1 ½ cups	2 cups
9-13	2 cups	2 ½ cups
14-18	2 ½ cups	3 ½ cups

Make it Count

Include fruits and vegetables throughout your day in little ways - for snacks, toppings, side dishes, or in your main meal. Whether they're frozen, fresh, canned, or dried, all fruits and vegetables (including beans) count toward your daily amount.

Learn what 1 cup and ½ cup look like:

Examples of 1 cup



1 large ear of corn



1 large orange



1 large sweet potato

Examples of ½ cup



5 broccoli florets



16 grapes



4 large strawberries

For more examples, visit:
www.fruitsandveggiesmatter.gov

Simple ways to enjoy fruits and vegetables throughout your day:

Morning



1 cup
1 small apple



½ cup
1 small banana with cereal

Mid-day



1 cup
1 cup of lettuce* and
½ cup of other vegetables



½ cup
6 baby carrots

Evening



1 cup
½ large sweet potato and
½ cup of green beans



½ cup
½ cup of fresh
mixed fruit

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish beans, eggs and nuts, and is low in saturated fats, trans-fats, cholesterol, salt, and added sugars.

*1 cup of lettuce counts as ½ cup of vegetables

Eat 5 A Day! The Importance of Eating Fruits & Vegetables *(Continued from Page 3)*

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions. For more variety, try new fruits and vegetables regularly.

TAKE A HEALTHY BITE.

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

FIBER

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Excellent fruit and vegetable sources: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split beans, chick peas, black eyed peas, lentils, artichokes

FOLATE*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

Excellent fruit and vegetable sources: black eyed peas, cooked spinach, great northern beans, asparagus, broccoli

POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure.

Excellent fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice, and bananas

VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collar greens, winter squash, cantaloupe, red peppers, Chinese cabbage

VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower

*According to the Institute of Medicine, a daily intake of 400 µg/day of synthetic folic acid (from fortified foods or supplement in addition to food forms of folate from a varied diet) is recommended for women of childbearing age who may become pregnant.



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

Did you know that if you replaced your regular light bulb with a compact fluorescent light bulb (CFL) you would use up to 60% less energy? Switching your regular light bulbs to compact fluorescent light bulbs could prevent the release of about 300 pounds of carbon dioxide a year. Carbon dioxide is a greenhouse gas that has been linked to global warming. If every home in the U.S. switched its regular bulbs to compact fluorescent light bulbs, nearly 90 billion pounds of carbon dioxide would not be produced.

Other tips on reducing carbon dioxide from light bulb use include:

1. Turn off lights when they are not in use.
2. Make use of daylight. Rearrange furniture to make the best use of daylight for reading, cooking, or other work. Paint your walls a light color so that light is reflected back into the room and not absorbed into the walls.
3. Buy light bulbs with the Energy Star logo:



Products with this logo have been found to be both energy efficient and environmentally friendly by the U.S. Department of Environmental Protection & the U.S. Department of Energy.



ABOVE: Regular bulb (left) and a compact fluorescent light (CFL) bulb (right).

APRIL 19-26, 2008
NATIONAL INFANT IMMUNIZATION WEEK
Childhood Immunizations Save Lives

April 19-26, 2008 is National Infant Immunization Week. National Infant Immunization Week is an annual observance established 14 years ago by the U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention to remind parents, health professionals, and the public that children deserve a healthy start to life by immunizing them against vaccine-preventable diseases. Hundreds of educational activities and media events are expected to take place nationwide to celebrate and promote this important issue. Below are some common questions parents have about immunizations along with answers:

<p>Is it okay for my baby to have so many shots at once?</p>	<p>Yes, studies show that kids' bodies - even infants - can handle many shots at once. Having several vaccines at once is safe, even for a newborn.</p> <p>Combination vaccines protect your child against more than one disease with a single shot.</p> <p>This reduces the number of shots and office visits your child would need.</p> <p>It's not your imagination; there are a greater number of shots now than even a few years ago. That's because as science advances, we are able to protect your child against more diseases than ever before.</p>
<p>Don't infants have natural immunity?</p>	<p>Babies get some temporary immunity (protection) from mom during the last few weeks of pregnancy - but only for the diseases to which the mom is immune. These antibodies do not last long, leaving the infant vulnerable to disease.</p>
<p>Haven't we gotten rid of most of these diseases in this country?</p>	<p>Thanks to vaccine, most diseases prevented by vaccines are no longer common in this country. Even the few cases we have in the U.S. could very quickly become tens or hundreds of thousands of cases if we stopped vaccinating.</p> <p>It's not uncommon to have measles outbreaks, whooping cough outbreaks, chickenpox outbreaks, and other diseases when vaccination rates drop. Children who are not fully vaccinated can become seriously sick and spread it through a community.</p>
<p>I heard that some vaccines can cause autism. Is this true?</p>	<p>No. Scientific studies and reviews have found no relationship between vaccines and autism.</p> <p>Groups of experts, including the American Academy of Pediatrics and the Institute of Medicine (IOM), also agree that vaccines are not responsible for the number of children now recognized to have autism.</p>
<p>Can't I just wait until my child goes to school to catch up on immunizations?</p>	<p>Many of the diseases vaccines protect against can be very dangerous to infants. Newborns, babies, and toddlers can all be exposed to diseases from parents and other adults, brothers and sisters, on a plane, at child care, or even at the grocery store. International travel is easier than ever - your baby can be exposed to diseases from other countries without you knowing.</p> <p>Don't wait to protect your baby and risk these diseases when he or she needs protection now.</p> <p>It is easier to stay up to date than to catch up!</p>
<p>Why does my child need a chickenpox shot? Isn't it a mild disease?</p>	<p>Chickenpox can actually be a serious disease for kids if the blisters become infected. Before vaccine was available, about 50 kids died every year from chickenpox, and about 1 in 500 kids who got chickenpox were hospitalized.</p>
<p>My child is sick right now. Is it okay for her to still get shots?</p>	<p>Yes, usually. Talk with the doctor, but children can usually get vaccinated even if they have a mild illness like a cold, earache, mild fever, or diarrhea. If the doctor says it is okay, your child can still get vaccinated.</p>

The City of Passaic Division of Health at Work



March 11, 2007 - In recognition of Dental Health Month, Lyra Diao, Health Educator (center) and Sherine Smith, Community Health Intern (left) for the Passaic Division of Health provided dental health training to children at various parochial schools in the City. The importance of good oral hygiene was emphasized during the educational programs. Free toothbrushes and toothpaste were provided to all students.

SEAT BELTS SAVE LIVES

Numerous studies show that seat belt use saves lives and helps prevent serious injuries during car crashes. Seat belts work with air bags in protecting passengers, but the use of air bags alone without seat belts is not enough. According to the NJ Department of Law & Public Safety:

- more than 2000 unbuckled drivers and front seat passengers died on New Jersey roads in the past 10 years
- approximately 700 unbuckled drivers and front seat passengers were thrown out of their vehicles during crashes and killed in the past 10 years

New Jersey law requires that all motor vehicle passengers wear a properly adjusted and fastened seat belt. This law applies to all passengers - front and rear seat passengers.

Children up to the age of 8 or 80 pounds must ride in a safety or booster seat in the rear seat of the vehicle. If there is no back seat, the child must sit in the front seat secured by a child safety seat or booster seat.



Make sure that seats are installed as indicated by the seat's manufacturer and your car's manufacturer. Warning signs regarding use of child car seats in the front passenger seat are usually indicated on the sun visor of newer car models. Remember to always buckle-up before taking a ride. Make sure that all passengers are also using their seat belts and always use a car seat for children under age 8 or under 80 pounds.

ATTENTION PASSAIC RESIDENTS

FREE RABIES CLINIC FOR CATS & DOGS

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

DATES: Saturday, May 3, 2008
11:00 AM - 1:00 PM

Thursday, May 8, 2008
6:00 PM - 8:00 PM

LOCATION: Passaic Animal Shelter
13 Benson Court

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 a carrier or cage.

A representative from the Passaic City Clerk's Office will be available for dog and cat licenses.

FREE FOOD HANDLERS COURSE

Are you a food service worker? Learn how to keep the food you serve safe and how to keep your establishment violation free.

DATES: English Course
Friday, April 25, 2008
9:00 AM - 12:00 PM

Spanish Course
Friday April 30, 2008
9:00 AM - 12:00 PM

LOCATION: Passaic City Hall
City Council Chamber
330 Passaic Street
Passaic, NJ 07055

A short written quiz will be given at the end of the course. Upon completion of the course and passing the short quiz, you will receive a Certificate of Completion. The certificate will be mailed.

Pre-registration is required by calling
(973) 365-5605

Tobacco Age of Sale Enforcement Program Results

Undercover Efforts to Stop the Sale of Tobacco to Minors in the City of Passaic

The City of Passaic health Division routinely performs undercover 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 during undercover inspections during the last ten months. Congratulations and thank you for protecting our youth from the harmful effects of tobacco!

Johnny's Liquor

La Dominicana Supermarket

La Mia Meat Market, Inc.

Los Cunados Mini Market

M.J. Grocery, Inc.

Magic 99

New Peking Chinese Restaurant

Number One Liquors

Ortiz Liquors

Passaic News

Sabah Groceries & Sweets

Sing Hing Kitchen

Sunny's Liquor



Health Screenings and Programs

Blood Pressure Screening

Dates: *EVERY FIRST MONDAY OF THE MONTH*
 Monday, April 7, 2008
 Monday, May 5, 2008
 Monday, June 2, 2008

Time: 10:00AM - 11:00AM

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

For more info: 973-365-5605



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

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

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



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, call: 973-365-5681

Breast, Cervical, Colorectal Cancer Screenings for Women

Provided by:
 Rainbows of Hope CEED Program
 St. Joseph's Regional Medical Center
 703 Main St., Room A1401
 Paterson, NJ 07503

For more info and to schedule your
 screening call: 973-754-3562

All screening costs are free for eligible patients
 without insurance

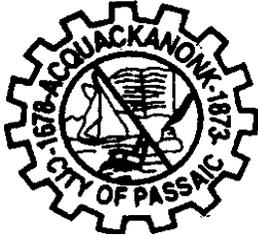


Prostate and Colorectal Screenings for Men

Provided by:
 Rainbows of Hope CEED Program
 St. Joseph's Regional Medical Center
 703 Main St., Room A1401
 Paterson, NJ 07503

For more info and to schedule your
 screening call: 973-754-3562

All screening costs are free for eligible patients
 without insurance



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

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Public Health
Prevent. Promote. Protect.

**City of Passaic
Division of Health**

330 Passaic Street
Passaic, NJ 07055

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 all who live, visit, and work in the City of Passaic.

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

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To: