



Hepatitis B Know the Risks & Get Vaccinated Today

Hepatitis B is a serious disease that affects your liver and is caused by the hepatitis B virus (HBV). HBV lives in an infected person's blood and attacks the liver. HBV can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and even death.

How does a person get HBV?

HBV is spread by contact with the blood of an infected person or by having sex (especially unprotected sex) with an infected person. HBV infection can also occur by sharing needles, or "works" when injecting drugs or by sharing pierced earrings (earrings that have posts and require insertion into a pierced earlobe); through needle sticks or sharps exposures on the job, or be passed from an infected mother to her baby during birth.

You can also become infected with HBV if you get body piercing or tattoos from an establishment that is not licensed and approved by your local health department.

HBV may also be spread by sharing toothbrushes.

You cannot get HBV from:

- sneezing or coughing
- kissing or hugging

- sharing eating utensils or drinking glasses
- breast milk
- food or water
- casual contact
- swimming in a pool

Did you know that it is 100 times easier to catch HBV than HIV (the cause of AIDS)?

What are the symptoms of HBV infection?

About 30% of people who have HBV show no signs or symptoms of infection. Children who are infected often show less signs and symptoms than infected adults. Signs and symptoms of infection may include one or more of the following: fever, loss of appetite, nausea, vomiting, stomach cramps, fatigue, joint pain, or yellowing of the skin/eyes (called jaundice).

How do I know if someone has HBV?

The only way to know if someone has HBV is through a blood test. If you have any of the signs or symptoms of HBV infection, you should see your doctor. It is also recommended that pregnant women have a hepatitis B blood test early in their pregnancy since HBV can be transmitted to babies

during birth.

How do I protect myself from HBV infection?

There are simple ways to protect yourself:

1. **Get vaccinated.** There is a hepatitis B vaccine that is very effective and can help protect you. The vaccine is safe and consists of three injections given over a period of six months.
2. **Don't share anything that might have blood on it.** Items such as toothbrushes, razors, pierced earrings (earrings with posts that require insertion into a pierced earlobe should be shared). If you shoot drugs, sharing of needles, syringes, cookers, cotton, or other drug items may get you infected.
3. **Practice safer sex.** If you are sexually active, use latex condoms correctly every time you have sex. It is unknown how effective condoms are in preventing the risk of HBV infection, but their proper use may reduce the chances of getting infected. Men who have sex with men should be vaccinated against both hepatitis A and hepatitis B.

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Special points of interest:

- January is National Radon Action Month
- February is American Heart Month and National Children's Dental Health Month
- March is National Nutrition Month
- March 25 is American Diabetes Alert Day

Hepatitis B

Know the Risks and Get Vaccinated Today *(Continued from Page 1)*

4. **Consider risks when getting tattoos or body piercings.** You can get HBV from a tattooist or body piercer who does not sterilize needles and equipment, does not use disposable gloves, or does not wash his/her hands properly. Under state law, only establishments that are licensed and approved by a local



health department may perform tattooing or body piercing. Before getting a tattoo or body piercing, make sure the establishment you are visiting is licensed and approved. Call your local health department if you have questions concerning an establishment that does body piercing or tattooing.

5. **If you are a healthcare worker or someone who may have an occupational exposure to blood, get vaccinated against HBV and follow standard precautions.**

Vaccination is recommended for everyone, but especially if you meet any of the following:

- your sex partner has HBV
- you are a man who has sex with men

- you have had a sexually transmitted infection (STI) such as gonorrhea or syphilis
- you have sex with one or more partners
- you shoot drugs
- you live with someone who has hepatitis B
- you have a job that exposes you to blood
- you are a kidney dialysis patient
- you live in or travel to countries (for more than 6 months) where hepatitis B is common

For more information on hepatitis B, contact the Passaic Health Division by calling (973) 365-5605.



ENVIRONMENTAL HEALTH GREEN ALERT!

Our Quarterly Tip to Being Environmentally Friendly

The U.S. Department of Environmental Protection estimates that nearly 35% of the waste generated by households, commercial establishments, institutions, and light industries is paper and other paper-based products. Help protect the environment by recycling paper at home and at work.

How Recycling Paper Protects the Environment

- Recycling of paper reduces the amount of paper-based waste that enters landfills or incinerators.
- Recycling preserves forested areas since production of paper requires the harvesting of wood from trees.
- Recycling of paper prevents water and air pollution (making of paper produces greenhouse gases and contaminants that have the potential to pollute water and air).

Did you know that City of Passaic regula-

tions require all residents to recycle paper? Examples of paper products which require recycling include: newspaper, cardboard, scrap paper, magazines, glossy junk mail, brown paper bags, and paper shopping bags.



More information on recycling can be obtained from the City of Passaic Department of Public Works by calling (973) 365-5654 or visiting the following websites:

www.cityofpassaic.com/dpw/publicworks.htm

New Health Education & Promotion Programs to be Offered During 2008

In addition to various health education and promotion programs already offered by the City of Passaic Division of Health, the following new programs are being planned for 2008:

- HealthEASE Move Today Exercise Program for Seniors
- Jumping Beans Nutrition & Physical Activity Program for Preschoolers
- Food Manager's Certification Course in English & Spanish for City of Passaic Food Establishment Workers
- Medication Management Information Sessions for Older Adults
- Passaic Pacers Adult Walking Program
- Dental Health Education Program for Children in Grades K – 2

Stay tuned. For more information on these programs call the Passaic Health Division at (973) 365-5605 or visit:

www.cityofpassaic.com

Let's Get Physical

The Benefits of Physical Fitness

Regular physical exercise can help reduce your risk of developing or dying from:

- coronary heart disease (the number one leading cause of death in the U.S.)
- stroke
- diabetes
- hypertension (high blood pressure)
- colon cancer

Regular physical exercise also helps to: strengthen muscles, joints, and bones; control weight; reduce anxiety and depression; and relieve arthritis. Despite the benefits of regular exercise, nearly half of all American adults do not get enough exercise. In the U.S., older adults, persons with lower income, and women (when compared to men) have the lowest exercise rates.

A medical evaluation is necessary before starting any exercise program.

Before starting a physical exercise program it is necessary to see your doctor to determine what types and amounts of physical activity are best for you. Getting a medical evaluation is especially important if you suffer from chronic diseases such as heart disease, high blood pressure, arthritis, or diabetes.

Whether you are physically active or not very active, you should seek a medical evaluation if you experience chest pain (especially after physical activity), dizziness/loss of balance, or loss of consciousness (passing out).

How much physical activity is recommended?

To enjoy the benefits of exercise, your physical activity does not have to be intense. Even moderate-intensity exercise is beneficial.

Adults should strive to meet one of the following physical activity recommendations:

Adults should engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week, OR

Adults should engage in vigorous-intensity physical activity 3 or more days per week for 20 or more minutes per occasion.



Moderate-intensity exercise is any activity that burns 3.5 to 7 calories per minute (kcal/min). These levels are equal to the effort a healthy individual might burn while walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling.

Vigorous-intensity physical activity refers to any activity that burns more than 7 calories per minute (kcal/min). These levels are equal to the effort a healthy individual might burn while jogging, engaging in heavy yard work, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill.

The table below provides recommendations from the U.S. Center for Disease Control & Prevention on how to increase your physical activity based on your current activity level.

If...	Then...
you do not currently engage in regular physical activity,	you should begin by incorporating a few minutes of physical activity into each day, gradually building up to 30 minutes or more of moderate-intensity activities.
you are active, but at less than the recommended levels,	you should strive to adopt more consistent activity: <ul style="list-style-type: none"> • moderate-intensity physical activity for 30 minutes or more on 5 or more days of the week, or • vigorous-intensity physical activity for 20 minutes or more on 3 or more days of the week.
you currently engage in moderate-intensity activities (exercise that results in some increase in breathing or heart rate) for at least 30 minutes on 5 or more days of the week,	you may achieve even greater health benefits by increasing the time spent or intensity of those activities.
you currently engage in vigorous-intensity activities (exercise that results in large increase in breathing or heart rate) 20 minutes or more on 3 or more days of the week.	you should continue to do so.

HOW TO INCORPORATE EXERCISE INTO YOUR BUSY SCHEDULE

Make time (at least 30 minutes a day) for exercise in your daily schedule. Here are some examples:

- Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship
- Park the car farther away from your destination
- Get on or off the bus several blocks away from your destination
- Take the stairs instead of the elevator or escalator
- If you find it too difficult to be active after work, try it before work
- Take fitness breaks- walking or doing desk exercises instead of taking cigarette or coffee breaks
- Perform gardening or home repair activities
- Avoid labor-saving devices- turn off the self-propel option on your lawn mower or vacuum cleaner

(MORE TIPS ON PAGE 4)

HOW TO INCORPORATE EXERCISE INTO YOUR BUSY SCHEDULE (CONTINUED FROM PAGE 3)

- Use leg power - take small trips on foot to get your body moving
- Make a Saturday morning walk a group habit
- Exercise while watching TV (for example, use hand weights, stationary bicycle/treadmill/stairclimber, or stretch)
- Dance to music
- Keep a pair of comfortable walking or running shoes in your car and office so that you be ready for activity wherever you go
- Walk while doing errands

For more information, visit the U.S. Centers for Disease Control & Prevention www.cdc.gov

The City of Passaic Division of Health at Work



October 17, 2007 - The Passaic Health Division conducted a rabies immunization clinic for cats and dogs. The City Clerk's Office also issued dog and cat licenses. The Clinic was held at the newly renovated City of Passaic Animal Shelter, 13 Benson Court. A total of 77 dogs and 17 cats were immunized free of charge. The clinic is part of the Passaic Health Division's efforts to protect animals against the rabies virus. Above: Coco the dog and Butch the cat receive their rabies immunizations.

Special Report: Ecstasy - The Not So Happy Pill

"Ecstasy" is a slang term for an illegal drug. Other slang names for this club drug include: E, X, xTC, Adam, and love drug. Ecstasy's scientific name is 3-4 methylene dioxymethamphetamine otherwise known as MDMA. It is a man made drug with questionable ingredients. MDMA acts both as a stimulant and as a hallucinogen.

MDMA is usually taken by mouth in a pill, tablet, or capsule. These pills can be different colors and sometimes have cartoon like images on them. Often used at parties known as "raves", ecstasy users report an enhanced sense of pleasure, increased self confidence, increased energy, feelings of peacefulness, acceptance and increased empathy when using the drug. However, these effects are short lived and some result in serious health effects.

Effects of MDMA

Upon ingestion, ecstasy users may feel an initial sense of alertness and hyperactivity, but after this initial high the user typically experiences feelings of sadness, anxiety, depression, and memory difficulties. These side effects may last from several days to a week even if only one pill was taken. Regular MDMA abusers may experience these side effects for

much longer periods.

MDMA can be dangerous in high doses. It can cause a noticeable increase in body temperature (hyperthermia), which has also been associated with dehydration (loss of fluids from the body). Hyperthermia can lead to seizures, liver failure, muscle breakdown, kidney failure, and even death.

One of the most common ways in which people have died from taking ecstasy is from dehydration, a risk that is much greater when MDMA is used with alcohol.

Rave party attendees are at greatest risk for dehydration, hyperthermia, heart failure, and kidney failure. These risks are due to a combination of the drug's stimulant effect which allow the user to dance for long periods of time and the hot (often crowded) atmosphere of rave parties.

LONGTERM EFFECTS OF MDMA

The long term effects of MDMA are still not fully understood. However, research

indicates that damage caused by MDMA to the brain is still evident 6 to 7 years after the drug was taken. There is growing evidence that long term ecstasy use is associated with sleep disorders, depressed mood, anxiety, impulsiveness, hostility, and impairment of memory and attention. Studies have also shown that ecstasy use may be a risk factor



for early onset and/or more severe age related memory decline .

for early onset and/or more severe age related memory decline .

ADDICTIVENESS OF MDMA

Contrary to common belief, ecstasy is addictive. A survey of young adult and adolescent ecstasy users found that 43% of those who reported ecstasy use met the accepted diagnostic criteria for dependence. Almost 60% of MDMA users report withdrawal symptoms including fatigue, loss of appetite, depressed feelings, and trouble concentrating.

(STORY CONTINUES ON PAGE 5)

Ecstasy - The Not So Happy Pill

(Continued From Page 4)

GETTING HELP

Ecstasy is a dangerous man made drug with severe long term consequences.

If you use ecstasy, experiencing the following signs may indicate you need help:

- problems remembering things you just said or did
- loss of coordination, dizziness, fainting

- depression
- confusion
- sleeping problems
- chills or sweating
- slurred speech

If you are experiencing any of these signs, or know someone who is, seek help. There are many options available to you.

The following list is just a sample of available help lines:

- Drug Help National Helpline
1-800-378-4435
- Ecstasy Addiction
1-800-468-6933
- National Drug Abuse Hotline
1-800-662-HELP (1-800-662-4357)
- National Institute on Drug Abuse & Alcoholism
1-888-644-6432

Dietary Fiber: An Essential Part of a Healthy Diet

Did you know that eating foods high in fiber is important to keeping your digestive system healthy? Did you know that fiber helps fight heart disease by lowering cholesterol?

Fiber refers to plant materials from food that your body cannot digest. There are two types of fiber: soluble and insoluble.

Soluble fiber helps reduce bad cholesterol, helps the body absorb essential nutrients from foods, and helps keep the digestive system healthy. By helping reduce bad cholesterol levels in the blood, soluble fiber helps fight heart disease.

Insoluble fiber is often referred to as "roughage." Insoluble fiber helps increase the speed of the digestive process and as a result is important to regular bowel movements and digestive health.

Foods high in soluble fiber include:

- oat bran
- oatmeal
- beans
- peas
- rice
- bran
- barley
- citrus fruits



- strawberries
- apple pulp
- lentils

Oats have the highest amount of soluble fiber than any grain.

Foods high in insoluble fiber include:

- whole wheat breads
- wheat cereals
- wheat bran
- rye
- rice
- barley
- most grains
- cabbage

- beets
- carrots
- brussels sprouts
- turnips
- cauliflower
- apple skin
- lentils

Notice that several of the foods listed are high in both soluble and insoluble fiber such as rice, barley, lentils, and apples? Eating such foods gives you a dose of both types of fibers.

It is important to note that many commercial oat bran and wheat bran products (muffins, chips, waffles) contain very little bran - these foods may also be high in sodium, total fat and saturated fat; So when selecting foods high in fiber, read labels carefully.

Tips to Healthy Eating

- Eat lots of fruits and vegetables every day
- Eat lots of whole-grain foods that are high in fiber
- Eat foods that are low in sugar, sodium, and fat
- Don't eat foods that are high in calories and low in nutrients



Beware of Jack Frost's Nip

As temperatures plummet over the next couple of months, it is essential to bundle-up properly before venturing outdoors.

Exposure to cold weather and temperatures can cause hypothermia or frostbite. Infants and the elderly are at higher risk of suffering life-threatening health problems from exposure to cold weather, but everyone is at risk.

Hypothermia & Frostbite

Hypothermia refers to the body's core temperature falling under 95 degrees. The Centers for Disease Control & Prevention estimates that nearly 700 deaths due to hypothermia occur in the U.S. annually.

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases may require amputation of the damaged area. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Hypothermia occurs most often at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a per-

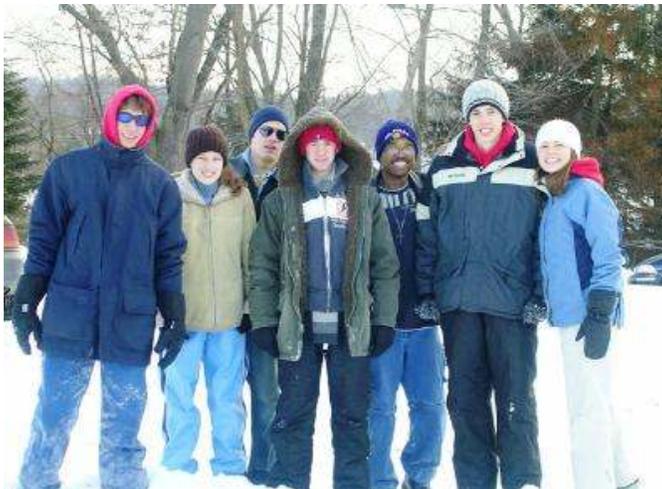
son becomes chilled from rain, sweat, or submersion in cold water.

Warning Signs of Hypothermia & Frostbite

Warning signs of hypothermia in adults include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. Warning signs in infants include bright red, cold skin, and very low energy.

Warning signs of frostbite include a white or grayish-yellow skin area, skin that feels unusually firm or waxy or numbness. A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

If you or a person you know is suffering from hypothermia or frostbite, it is important to seek emergency medical attention immediately.



Tips to Staying Warm

- Keep temperatures in your house no lower than 65 degrees Fahrenheit.
- Always cover your head and ears using a scarf, winter hat, and/or earmuffs. Wear gloves.
- Keep warm clothing (such as hats, gloves, socks, and boots) at work and in your car. Keep blankets in your car also.
- Wear clothes in layers, which will keep you warmer than a single layer of thick clothing.
- Replace wet clothing with dry as soon as possible in cold weather.
- Be extra careful in cold weather if you have any circulatory problems, are elderly, have young children, or participate in outdoor activities.
- Avoid using alcohol and tobacco (both increase your chances of getting a cold-related health problem).
- If you routinely check on elderly or disabled persons, make sure you check on them twice a day during cold spells.
- Eat nutritious meals and drink plenty of fluids before trekking out doors.



PEDIATRIC HEALTH: Important Milestones From Birth to Age 4

As children grow, they are continually learning new things. To your right is a listing of some of the milestones you should be looking for as your child grows. Every child develops at his or her own pace; consequently, some children may reach these milestones slightly before or after other children the same age. Use the milestones as a guide and consult with your child's doctor if you have any questions or concerns.

Age	Milestone
By the end of 7 months, many children are able to:	Turn their head when their name is called; smile back at another person; respond to sound with sounds; enjoy social play such as peek-a-boo
By the end of 1 year (12 months), many children are able to:	Use simple gestures like waving bye-bye; make sounds such as "ma" and "da"; imitate actions in their play (clap when you clap); respond when told "no"

Pediatric Health: Important Milestones From Birth to Age 4

Age	Milestone
By a year and a half (18 months), many children are able to:	Do simple pretend play ("talk" on a toy phone); point to interesting objects; look at an object when you point at it and tell them to "look!"; use several single words unprompted
By the end of 2 years (24 months), many children are able to:	Use 2 to 4 word phrases; follow simple instructions; become more interested in other children; point to an object or picture when named
By the end of 3 years (36 months), many children are able to:	Show affection for playmates; use 4- to 5- word sentences; imitate adults and playmates (run when other children run); play make-believe with dolls, animals, and people ("feed" a teddy bear)
By the end of 4 years (48 months), many children are able to:	Use 5- to 6- word sentences; follow three step commands ("get dressed, comb your hair, and wash your face"); cooperate with other children

For more information on child development, consult with your child's pediatrician or visit the U.S. Centers for Disease Control Child Development web page at:

<http://www.cdc.gov/ncbddd/child/default.htm>



Health Screenings and Programs

Cancer Screenings

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

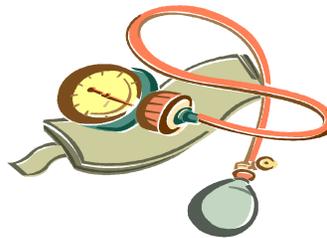
Blood Pressure Screening

Dates: EVERY FIRST MONDAY OF THE MONTH
Monday, January 7, 2008
Monday, February 4, 2008
Monday, March 3, 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



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

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





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

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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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**City of Passaic
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To: