

# Your Health Matters

## Westfield Regional Health Department

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



May  
2024

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### Importance of Preventative Care

People who see their doctor regularly and have routine screenings are more likely to receive an early diagnosis if they develop a medical condition, and this contributes to better outcomes and a longer lifespan. [View your guide to health screenings by age.](#)

The type of routine screenings you may need changes as you age, and will depend on your personal and family medical history, as well as whether you have risk factors for certain diseases.

**FREE Cancer Screenings through NJCEED.**

[LEARN MORE](#)



### National Nurses Week

May 6 - 12

Whether you're a health care professional, a patient, or simply someone who appreciates nurses' dedication, this is your chance to express gratitude and support for their capability and fortitude. Thank you to our nurses!

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### Melanoma Awareness Month Know the facts and get screened

Melanoma is the most serious form of skin cancer. It may appear on the skin suddenly but can develop within an existing mole.

Melanoma is highly treatable when detected early, but advanced melanoma can spread to the lymph nodes and internal organs, which can result in death. This is why getting skin

examinations regularly improve the chances of successful outcomes. Get checked more frequently if you have risk factors such as a history of sun exposure, a family history of melanoma, fair skin, or numerous moles. Be your own advocate. If you notice a mole on your skin, you should follow the **ABCDE rule**, which outlines the warning signs of melanoma.

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## Department/Local Highlights

### Registered Environmental Health Specialists

#### What you should know

A registered environmental health specialist (REHS), often referred to as a health inspector, is responsible for ensuring public health and safety by inspecting various establishments and environments for compliance with health and safety regulations.

#### Why is an REHS important?

Environmental health specialists play a crucial role in safeguarding public health. They ensure that the food you eat, the water you drink, and the community you live in is safe.

They do this by **conducting regular inspections** at restaurants, public swimming pools, schools, and other public establishments to ensure compliance with health codes and regulations. An REHS will **investigate complaints** related to environmental health hazards, such as animal complaints (including bites and licensing), food complaints, garbage, insect issues (such as mosquito breeding and roaches), lead poisoning, lack of heating, noise disturbances, poisonous plants/poison ivy, rodent infestations, sewage concerns, among others. They also **provide education and outreach** to communities, businesses, and individuals on health and safety practices, environmental risks, and regulatory compliance.

### Local Farmers Market

#### Nutritious food in your area

Farmers markets help increase access to fresh, nutritious foods while bringing the community together. Enjoy access to healthy foods at your local famers markets this spring and summer. Below are some listed in the area:

#### Summit Farmers Market:

April - November



#### Roselle Park Farmers Market:

July - October

#### Madison Farm & Artisan Market:

May - December

#### Chatham Borough Farmers Market:

June - November

### Need a COVID-19 test?

Westfield Regional Health Department regularly supplies each town's public library with FREE at home tests.



### Blood Pressure Screenings

#### Free for residents

**May 2 & 16** | Garwood Seniors | Knights of Columbus, 36 South Ave, Garwood | 11:30 AM - 12:30 PM

**May 14** | Mountainside Seniors | Town Hall Rt 22 West | 9:15 AM - 10:15 AM

**May 28** | Roselle Park Seniors | Casano Center | 11:45 AM - 12:45 PM | Roselle Park Library | 12:45 PM - 1:15 PM

### Upcoming Clinics

For updated clinics in May, please check our [website](#).

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## Mental Health Awareness Month

Mental Health Awareness Month is dedicated to raising awareness about mental health issues and promoting mental well-being.

Communities and individuals come together to educate the public about mental health, reduce the stigma surrounding mental illness, and advocate for access to mental health resources and support.

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## Youth Mental Health Crisis

### How social media can affect adolescents

The use of social media has been associated with various negative effects on youth mental health such as feelings of sadness and loneliness. This can increase problems such as anxiety and depression.

**Comparison:** Constant exposure to curated versions of others' lives on social media platforms can lead to feelings of inadequacy, low self-esteem, and increased levels of comparison among young people.

**Fear of Missing Out:** Updates and activities on social media can exacerbate feelings of fear they are missing out on experiences that others are enjoying.

**Validation:** Likes, comments, and followers on social media can create a dependency on external validation for self-worth, which can negatively impact self-esteem and mental well-being when expectations are not met.

**Cyberbullying:** Social media platforms can become arenas for cyberbullying, where individuals are subjected to harassment, humiliation, and social exclusion.

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## Mental Health for Veterans

### Memorial Day and Mental Health

Mental health and Memorial Day though seemingly unrelated, can be intricately connected.

- **Post-Traumatic Stress Disorder (PTSD):** Memorial Day serves as a reminder of the sacrifices made by these individuals, and can also bring up experience traumatic events during their service.
- **Grief:** For families and friends who have lost loved ones, this day can bring up intense feelings of grief.
- **Survivor's Guilt:** Some veterans may struggle with survivor's guilt, feeling guilty for having survived when others did not.

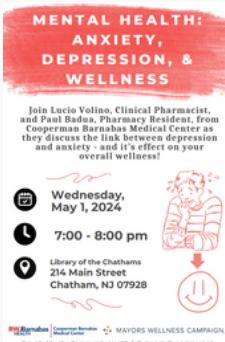
Memorial Day provides an opportunity to raise awareness about the mental health challenges faced by veterans and to advocate for increased support and resources for their well-being.

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## Upcoming Events



### Mental Health, Anxiety, Depression & Wellness | May 1 | 7:00 pm - 8:00 pm | Library of the Chathams: 214 Main Street Chatham

Join Lucio Volino, Clinical Pharmacist, and Paul Badua, Pharmacy Resident, from Cooperman Barnabas Medical Center as they discuss the link between depression and anxiety - and its effect on your overall wellness!

### Emotional Wellness | May 1 | 11:00 am | Chatham Senior Center: 58 Meyersville Rd, Chatham

Dr. Radha Bhatia, Psychologist, will talk about ways to manage emotional wellness, which is the ability to successfully navigate stress in a healthy, positive way. It's also how to adapt and course-correct during difficult times. Sponsored by Livia Health & Senior Living. (Check out Chatham Senior Center's [May Newsletter](#) for more information)



#### EMOTIONAL WELLNESS

Wednesday, May 1, 11:00 AM

Dr. Radha Bhatia, Psychologist, will talk about ways to manage emotional wellness, which is the ability to successfully navigate stress in a healthy, positive way. It's also how to adapt and course-correct during difficult times.

Sponsored by Livia Health & Senior Living



### Spring Fling at Westfield | May 5 | 10:00 am - 5:00 pm | Downtown Westfield

Central Avenue will be transformed into a marketplace of vendors, crafters and retail establishments. Come enjoy the culinary delights of our food vendors. The day will be filled with entertainment and a Kids Zone with rides and inflatables. [More information.](#)

### "Not My Kid" A Program For Parents | May 23 | 7:00 pm - 8:00 pm | Edison Intermediate School: 800 Rahway Ave, Westfield

Join speaker is Stephen Hill, a renowned national speaker on substance use prevention, mental health, and resilience. Attendees will also hear from Stephen's father, Kevin Hill. He will share his experience being the parent of a child struggling with substance use disorder and now the parent of a young man in recovery.



## Tick-Borne Illnesses

**Tick season: May, June, July**

While Lyme disease (transmitted by blacklegged ticks) is the most common and well-known, there are several other diseases of concern: Anaplasmosis (blacklegged ticks), Babesiosis (blacklegged ticks), Ehrlichiosis (lone star ticks), Rocky Mountain Spotted Fever (American dog ticks), and Powassan virus (blacklegged ticks, woodchuck ticks).

### Lyme Disease

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In most cases, a tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted. If you remove a tick quickly (within 24 hours), you can greatly reduce your chances of getting Lyme disease. Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection. These include fever, rash, facial paralysis, and arthritis.

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## Stay Safe From Ticks

### Follow these tips

When enjoying time outdoors, be aware of ticks and learn how to protect yourself:

1. Avoid areas with tall grass, weeds and brush. Ticks don't jump or fly, but rather climb tall grass or similar brush and reach out to grab onto a person or animal as they go by.
2. Wear long pants and boots with the cuffs of the pants tucked in, as well as long sleeve shirts to reduce the likelihood of skin exposure to a tick.
3. After being exposed to tick habitats, always perform a full body tick check.
4. When removing a tick, use tweezers. Grip near the skin and pull upward with steady even pressure. Avoid twisting or yanking, as this can result in part of the tick mouth remaining attached. Removing a tick within the first 24 hours can prevent transmission of most tick-transmitted diseases.

## Protect Your Pet

Dogs are very susceptible to tick bites and tickborne diseases.

- Talk to your veterinarian about the best tick prevention products for your dog.
- Check your pets for ticks daily, especially after they spend time outdoors.
- If you find a tick on your pet, remove it right away.
- Reduce tick habitat in your yard.

