



SHORE HEALTH

WINTER 2020

Long Beach Island
Health Department

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Winter Blues or Seasonal Affective Disorder?

Each fall we set our clocks back and each day becomes shorter and darker. This takes a toll on our daily routine. It may be harder to get out of bed in the morning and may be shocking at night when you look at the clock and it is only 6:00 PM but feels like 11:00 PM! The 'Winter Blues' are a normal occurrence. We may have a feeling of being down and having low energy, but when are these feelings abnormal?

Seasonal Affective Disorder (SAD) is a type of depression that comes and goes with the seasons. Typically, SAD occurs in the late fall and early winter and goes away during spring and summer. SAD can occur at any time during the year, even summer, however it is much more common in fall and winter.

'Winter Blues' and SAD have very similar symptoms. When symptoms become more long term and/or disruptive to your life they are more likely to be caused by SAD.

What are the symptoms of Seasonal Affective Disorder?

- **Feeling depressed most of the day, nearly every day**
- **Feeling hopeless or worthless**
- **Having low energy**
- **Losing interest in activities you once enjoyed**
- **Problems with sleep**
- **Difficulty concentrating**
- **Overeating/weight gain**

If you experience these symptoms and they are affecting your daily life it is important to talk with your doctor because there are treatments available for SAD. Treatments include:

- **Medications** – antidepressant medications can be prescribed
- **Light Therapy** – the idea behind light therapy is to replace the loss of sunshine of fall/winter using exposure to bright artificial light. Light therapy has been a common treatment of SAD since the 1980's.
- **Psychotherapy** – Cognitive Behavioral Therapy is used to treat SAD. This therapy focuses on identifying negative thoughts and replacing them with positive thoughts.
- **Vitamin D** – Low levels of Vitamin D are commonly found in people with SAD. This is usually due to a low dietary intake and loss of exposure to sunshine. Vitamin D alone is not an effective treatment for SAD but may be used in combination with other treatments. Speak with your doctor about getting your Vitamin D levels checked.

For more information on Seasonal Affective Disorder visit:

<https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml>

Source: National Institute of Mental Health

The Long Beach Island Health Department is the branch of local government responsible for the health of residents of:

*Long Beach Township
Beach Haven
Ship Bottom
Surf City
Harvey Cedars
Barnegat Light*

The Public Health activities and programs include services for individuals and their families, as well as for the environment in which we live, work, and play.



Public Health
Prevent. Promote. Protect.



WEBSITES OF INTEREST:

www.cdc.gov

www.fema.gov

<http://njquitline.org/>

www.lbihealth.com



“Register Ready – New Jersey’s Special Needs Registry for Disasters”

Allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency. For more information and registration call Long Beach Island Health Department at 609-492-1212 or visit www.registerready.nj.gov





FEBRUARY IS AMERICAN HEART



MONTH!

Did you know that about 647,00 Americans die from heart disease each year? That is 1 in every 4 deaths! Each year February is designated as American Heart Month to encourage us to take care of our hearts and participate in the battle against heart disease.

47% of Americans have at least 3 risk factors for heart disease. Risk factors for heart disease include: High blood pressure, high cholesterol, smoking, obesity, diabetes, physical inactivity, and unhealthy eating habits. With almost half of us having multiple risk factors for heart disease what can we do to lower our chances of getting heart disease?

Ways to Take Control of Your Heart Health

- 1. Don't Smoke!** If you do smoke, get help quitting. Visit: <http://njquitline.org/>
- 2. Manage Chronic Conditions:** Work with your doctor to manage your blood pressure/cholesterol/diabetes.
- 3. Make Heart-Healthy Eating Changes:** Eat foods low in trans/saturated fats, added sugar, and sodium. For more information visit: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>
- 4. Stay Active!** Regular physical activity can help maintain a healthy weight, lower your blood pressure, cholesterol, and blood sugar levels! CDC recommends 2 hours and 30 minutes of moderate exercise (ex: brisk walking/bicycling) a week.

Have you had your blood pressure monitored lately? If you would like to have your blood pressure checked visit one of our blood pressure clinics! The Long Beach Island Health Departments nurses visit multiple sites monthly.

I G Y C F E S I C R E X E K X O W O Q O L J W Y
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American Heart Association	cardio	chest discomfort	cholesterol
control blood pressure	exercise	healthy foods	heart healthy
jaw pain	nausea	obesity	see your doctor
stop smoking	Stroke		

Source: Centers for Disease Control and Prevention

UPCOMING EVENTS

FLU VACCINATIONS

LBI Health Department offers flu vaccinations at the health department by appointment. We have High Dose and regular quadrivalent vaccine still available!

For an appointment call 609-492-1212



SAFE SYRINGE DISPOSAL

Long Beach Island Health Dept.
2119 Long Beach Blvd., Ship Bottom
Appointment Necessary
Call 609-492-1212

Syringes must be in a hard container with taped lid (Coffee can, Detergent Bottle)

NIXLE keeps you up-to-date with relevant information from your local public safety departments and schools. To opt in, go to www.nixle.com or text your zip code to 888777

FREE BLOOD PRESSURE CLINICS

Public Health Nurses are available for blood pressure screening, risk factor assessment, and health education at these locations monthly:

****NEW LOCATIONS****

****Ship Bottom Borough Hall****

1621 Long Beach Blvd, Ship Bottom
1st Tuesday – 10:00 AM – 10:30 AM

****Borough of Surf City****

813 Long Beach Blvd., Surf City
10:00 AM – 11:00 AM (Council Chambers)

Beach Haven Borough Hall
300 Engleside Ave., Beach Haven
1st Wednesday – 11:00 AM – 12:00 PM

Long Beach Island Health Department
2119 Long Beach Blvd., Ship Bottom
2nd Wednesday – 10:00 AM – 11:00 AM

Long Beach Island Branch of the Ocean County Library
217 S Central Ave, Surf City
1st Tuesday – 11:00 AM – 12 noon

Harvey Cedars Borough Hall
76th & Long Beach Blvd., Harvey Cedars
3rd Tuesday – 9:30 AM- 10:30 AM

Barnegat Light Borough Hall
10 E 7th Street, Barnegat Light
3rd Tuesday – 11:00 AM – 12 noon