

SHORE HEALTH NEWSLETTER

The Long Beach Island Health Department Newsletter

STRESS AWARENESS

Everyone experiences stress from time to time, but did you know that chronic stress can have a negative impact on your health?

How does stress negatively effect my health?

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Trouble concentrating and making decisions.
- Nightmares or problems sleeping.
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.
- Worsening of chronic health problems and mental health conditions.
- Increased use of alcohol, illegal drugs (like heroin, cocaine, or methamphetamine), and misuse of prescription drugs



What can I do to help alleviate stress?

- Take breaks from news stories, including those on social media. It's good to be informed, but constant information about negative events can be upsetting.
- Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.
- Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better.
- Move more and sit less. Every little bit of physical activity helps.
- Limit alcohol intake & avoid using illegal drugs or prescription drugs in ways other than prescribed.
- Avoid smoking, vaping, and the use of other tobacco products.
- Continue with regular health appointments, tests, screenings, and vaccinations.
- Make time to unwind - Take deep breaths, stretch, or meditate
- Do activities you enjoy.
- Connect with others - Talk with people you trust about your concerns and how you are feeling.
- Connect with your community-based or faith-based organizations

<https://www.cdc.gov/mentalhealth/cope-with-stress/index.html>

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UPCOMING EVENTS

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, and Barnegat Light.

2119 Long Beach Blvd. 1st Floor
Ship Bottom, NJ 08008
(609) 492-1212

Monday - Friday
9am - 4pm



**LONG BEACH ISLAND
HEALTH DEPARTMENT**
"SERVING THE ENTIRE ISLAND"



Public Health
Prevent. Promote. Protect.

WEBSITES OF INTEREST:

lbihealth.com
cdc.gov
fema.gov
njquitline.org
[covid19.nj.gov/
registerready.nj.gov](http://covid19.nj.gov/registerready.nj.gov)



OVARIAN CANCER

Be aware of Ovarian Cancer - it is often not found until the late stages

As Ovarian Cancer progresses, subtle symptoms begin to appear, but they still may not be noticed right away, or they may be blamed on other common conditions, such as constipation or an irritable bowel. Signs and symptoms include abdominal bloating, feeling full when eating, lack of appetite, weight loss, discomfort in the pelvic area, change in menstrual periods, vaginal bleeding between periods, fatigue, back pain, changes in bowel habits such as constipation or frequent need to urinate. If you experience any of these symptoms every day, or almost every day, for more than two to three weeks, speak with your doctor.

Included in the work up for diagnosis would be a pelvic exam, laboratory testing such as a CA 125 tumor marker, a transvaginal ultrasound or CT scan. There are four stages of Ovarian Cancer, ranging from early to advanced cancer. Ovarian Cancer is often not diagnosed until in the later stages.

As per the American Cancer Society about 19,680 women will receive a new diagnosis of ovarian cancer and about 12,740 women will die from ovarian cancer. Fortunately, cases of Ovarian Cancer have been slowly falling over the past few decades. This is likely due to more use of oral contraceptives and less use of menopausal hormone therapy. Fewer women are dying of ovarian cancer as well, likely due to better treatments and fewer women being diagnosed. The rate of ovarian cancer deaths has decreased by 40% since 1975.

<https://www.cancer.org/cancer/types/ovarian-cancer/about.html>

Have you or someone you know have been newly diagnosed with ovarian cancer, below is a link to help find online support groups. Remember you are not alone!

<https://ovarian.org/find-support/>



LBIHD Services Offered:

COVID-19 VACCINE

Visit our website at <http://lbihealth.com/covid-19-vaccine-scheduling/>

SAFE SYRINGE DISPOSAL

Call (609-492-1212) to schedule an appointment.

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

MONTHLY FREE BLOOD PRESSURE SCREENING

For monthly schedule, visit: <https://lbihealth.com/special-events-and-programs/>

Resources:

NJ Covid-19 Vaccine Hotline for Seniors 75+: Call (856)-249-7007

NJ toll-free Covid-19 Vaccination Hotline: 1-(855)-568-0545

Ocean County Senior Service Call Center: 1-(732) 929-2091

NJ Poison Control Center: 1-800-222-1222

NJCEED provides outreach, educational and screening services for breast, cervical, colorectal and prostate cancers. To find out if you are eligible for a free cancer screening call: (732)-557-3202.

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



RETHINK YOUR DRINK



As we spend most of our time outside in the hot sun, we will be reaching for a cold drink to quench our thirst. It is important we are choosing a healthy beverage to prevent the risk of obesity, tooth decay, heart disease and diabetes.






U.S. DEPARTMENT OF AGRICULTURE (USDA) defines added sugar as “caloric sweeteners that are added to foods as an ingredient during preparation, processing, or at the table. Added sugars do not include naturally occurring sugars such as lactose present in milk and fructose present in fruit and 100% fruit juice. Sweetened beverages include non-diet soft drinks, fruit drinks, and sports and energy drinks.”

Next time you go grocery shopping read the nutritional labels on the drinks you are comparing to see which one has the most added sugar. These are examples of added sugars found in sugary beverages.

- Cane juice
- Corn syrup
- Dextrose
- Fructose
- Fruit juice concentrates
- Fruit nectars (such as agave nectar)
- Glucose
- High fructose corn syrup
- Honey
- Malt syrup
- Maple syrup and syrup
- Molasses
- Raw sugar
- Sugar
- Sucrose
- Sugar cane



Tricks to Rethink Your Drink

-  Choose water over sugary drinks. Need more flavor? Add berries or slices of lime, lemon, or cucumber to water.
-  Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
-  Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
-  At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.
-  On the go? Carry a reusable water bottle with you and refill it throughout the day.



Get ready to mark your calendars for all the upcoming events LBIHD will be offering in the coming months!

HEART HEALTH BINGO

Thursday April 11, 1pm-2pm

In partnership with the Ocean County Library, join us in the library meeting room for a fun game of Bingo while learning about important heart health topics. Please register.



Location: Ocean County Library
217 S Central Ave, Surf City, NJ 08008

FAMILY HEALTH & SAFETY FAIR

Thursday April 25, 10am -1pm

In partnership with St. Francis community center and Hackensack Meridian Health, come to our annual health fair to learn about many local health services/organization, receive free screenings and see new demos! Free continental breakfast as well!



Location: St. Francis Community Center
4700 Long Beach Blvd, Long Beach, NJ
08008

CHOOSE YOUR COVER

Saturday, June 29 10am-1pm

FREE SKIN CANCER SCREENING AT THE BEACH!

At this event free skin cancer screenings from local dermatologists, complimentary sunscreen and educational information on skin protection will be available.



Location: Bayview Park Pavilion
6805 Long Beach Blvd, Long Beach, NJ
08008