

Ocean In Motion

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OCEAN COUNTY HEALTH DEPARTMENT

Don't Forget to Get Your Mammogram

It is important that women discuss mammography screening with their doctors and other health care providers. Mammography is the single most effective method to detect breast changes that may be cancer, long before physical symptoms can be seen or felt. If early stage breast cancer is diagnosed, there are more treatment options, less disfiguring and less toxic treatments, and a woman's chance of survival is improved.

The risk of breast cancer increases with age. Everyone has different risk factors and women should certainly discuss these with their doctors.

High-quality mammography screenings should begin at age 40, with a baseline mammography starting at age 35. These screenings should continue through a woman's lifetime.

A woman should also have a clinical breast exam performed by her health care provider as part of her routine physical. This will allow the doctor to search for any types of abnormalities that may be missed by mammography.

All women should know how to perform a breast self-examination. This exam is performed monthly and helps a woman become familiar with her breasts and can help her either notice or feel any changes. This is not a substitute for a mammography screening, but certainly is an important and essential part of early detection.

Wear **Pink** on October 12th, 2006

Fact: Using antiperspirants and deodorants do not cause breast cancer.

Fact: Many people show no symptoms from breast cancer.

Fact: Your risk for breast cancer increases with age.

Fact: Not all types of chemotherapy cause hair loss.

"Dispelling the Myths"

Join Us for a Program on Thursday, October 12th, 2006

Location: Ocean County College, Fine Arts Building

Time: 9:00 a.m. - 11:30 a.m.

Speakers include:

- *Natalia Rezvina, MD - Breast Health*
- *Alicia Daniels, MD - What You Need to Know About Mammograms*
- *A Breast Cancer Survivor's Story*

To register, please call (732) 341-9700 ext. 7224 or e-mail lterjesen@ochd.org

"Tell Someone You Love (Mom, Grandma, Aunt, Sister or Another Woman You Love) to Get a Mammogram."

For a listing of mammography sites in Ocean County, please click [here](#).

View past issues by clicking here or visit www.ochd.org/oim

Ocean County Health Department

175 Sunset Avenue
Toms River, NJ 08755

Joseph J. Przywara
Public Health Coordinator

John Clayton
Editor

Phone: (732) 341-9700
(800) 342-9738

Fax: (732) 341-4467

E-mail: info@ochd.org

Website: www.ochd.org

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Do You Have an iPod?

If so, you can download podcasts from Centers for Disease Control and Prevention (CDC) or you can listen to them from your desktop computer.

Some podcasts currently available are:

- eGames (Part I & II)

This two-part series discusses how a new generation of games focuses on health and teaches gamers how to make healthy choices.

- History of Bioterrorism (Seven-part series)

Introduction
Anthrax
Botulism
Plague
Smallpox
Tularemia
Viral Hemorrhagic Fevers

- Violence on the Job (Part I & II)

This two-part series offers strategies on how to protect ourselves from danger on the job.



Pictured above a version of the iPod

- Working with Stress (Part I & II)

In this series, you will learn how to reduce the pressure and tension associated with your job.

You can download these podcasts at www2a.cdc.gov/podcasts

Flu & Pneu Information for 2006-2007

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent this illness is by getting a flu vaccination each fall.

Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

The Ocean County Health Department has finalized its Flu Vaccination Program schedule for the 2006-2007 season.

For more information on the flu vaccination schedule for Ocean County and other flu-related information, please visit www.ochd.org/FluSchedule06-07.htm.

If you have any questions or concerns, please contact the Ocean County Health Department's Community Service Division at (732) 341-9700 ext. 7502.