

Mercer MRC

A Newsletter for and about our volunteers



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This month we have several health observances to note, including National Nutrition Month, National Colorectal Cancer Awareness Month, and National Poison Prevention week.

These observances share a common theme of the importance of healthy eating and exercise to prevent illness and promote health, along with habits that promote a safe and enjoyable lifestyle. In this issue you will find tips for eating healthy and improving your physical fitness wherever you are and for whatever you are doing, information on screenings to prevent or find colorectal cancer early in the disease process, and what to do if you or a family member eats, drinks, or comes into contact with a material that is potentially poisonous.



We hope the information in this issue is useful to you and your family, and will inspire you to continue taking steps to improve your health and well being. Please let us know if there are topics you would like to see featured in upcoming issues of the newsletter. If you are aware of a training that we currently do not offer that may be beneficial to you and your fellow volunteers, please let us know and we will look into it.



If you are not currently an MRC volunteer but would like information on how to join, please see page 6.

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Healthy Eating & Physical Activity

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics, and focuses on the importance of making informed food choices and developing healthy eating and physical activity habits.

 Academy of Nutrition and Dietetics

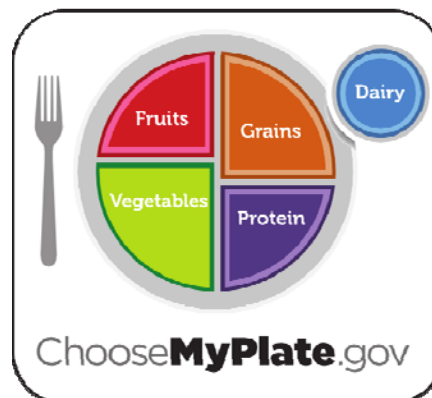
**NATIONAL
NUTRITION MONTH®**
MARCH 2019

Here are some tips for healthy eating:

1. Make half your plate fruits and vegetables.
2. Make half the grains you eat whole grains.
3. Switch to fat-free or low-fat (1%) milk.
4. Choose a variety of lean protein foods.
5. Drink water instead of sugary drinks.
6. Cut back on solid fats.

www.eatright.org

#NationalNutritionMonth



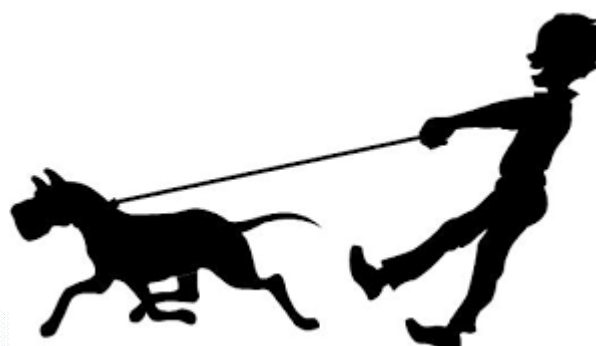
For health benefits, physical activity should be moderate or vigorous intensity. Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

Moderate physical activities include:

- Walking briskly (about 3½ miles per hour)
- Bicycling (less than 10 miles per hour)
- General gardening (raking, trimming shrubs)
- Dancing
- Golf (walking and carrying clubs)
- Water aerobics
- Canoeing
- Tennis (doubles)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Walking very fast (4½ miles per hour)
- Bicycling (more than 10 miles per hour)
- Heavy yard work, such as chopping wood
- Swimming (freestyle laps)



Colorectal Cancer prevention

March is National Colorectal Cancer Awareness Month. This national health observance aims to increase public awareness about the importance of regular screenings for people 50 years and older to reduce their risk for colorectal cancer. Colorectal cancer is the second leading cause of cancer deaths in the U.S. Regular screening is the key to preventing colorectal cancer.

CDC's *Screen for Life: National Colorectal Cancer Action* campaign marks its 20th anniversary in 2019. Since its beginning in 1999, this public awareness campaign informs people 50 years and older about the importance of having regular colorectal cancer screening tests.

Screening helps prevent colorectal cancer by finding precancerous polyps so they can be removed before they turn into cancer. Screening also helps find colorectal cancer early, when treatment can be very effective. Screening is recommended to begin at age fifty because about 90% of new colorectal cancer cases occur in people who are 50 or older. However, you may need to be tested earlier than 50, or more often than other people, if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have Crohn's disease or ulcerative colitis.

You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If you think you are at increased risk for colorectal cancer, speak with your doctor about when to begin screening and how often you should be screened, and which test is right for you.

Types of tests:

1. Colonoscopy: A long, thin, flexible, lighted tube to check for polyps or cancer is inserted inside the rectum and advanced to the other end of the large intestine. During the test, the doctor can find and remove most polyps and some cancers.

The test should be repeated every 10 years (for people who do not have an increased risk of colorectal cancer).

2. CT Colonography (Virtual Colonoscopy): Computed tomography (CT) colonography, also called a virtual colonoscopy, uses X-rays and computers to produce images of the entire colon, which are displayed on a computer screen for the doctor to analyze.

How often: Every 5 years.

3. Flexible Sigmoidoscopy: Similar to a colonoscopy, a short, thin, flexible, lighted tube is inserted into the rectum. The doctor checks for polyps or cancer inside the rectum and **lower third** of the colon.

This test should be repeated every 5 years, or every 10 years with a **Fecal Immunochemical Test (FIT)** every year.

4. Stool tests

Preventing Unintentional Poisonings

National Poison Prevention Week is March 17-23, 2019. This health observance raises awareness of how to prevent accidental poisonings. The week is sponsored by the National Poison Prevention Week Council.

Here are poison prevention tips to keep you and your family safe:

If you or someone you know may have been poisoned, call the NJ Poison Control Center's toll-free line right away at **1-800-222-1222**. If the person is not breathing, call 911. Do not wait for signs of a poisoning before calling the Poison Help line. When you call, you will speak with a poison expert. **Make sure to have the container** of the product you think caused the poisoning nearby. The label has important information.

Be ready to provide the following information:

- ⇒ The exposed person's age and weight
- ⇒ Known health conditions or problems
- ⇒ The product involved
- ⇒ How the product contacted the person (for example, by mouth, by inhaling, through the skin, or through the eyes)
- ⇒ How long ago the poison contacted the person
- ⇒ What first aid has already been given
- ⇒ Whether the person has vomitted
- ⇒ Your exact location and how long it would take you to get to a hospital

Do not panic. Not all medicines, chemicals, or household products are poisonous. Not all contact with poison results in poisoning.
Follow the advice you receive from the poison center.

Also:

If the person **inhaled** poison, get to fresh air right away.

If the person has household cleaning supplies **on the skin**, take off any clothing the material touched. Rinse skin with running water for 15 to 20 minutes.

If the person has poison **in the eyes**, rinse eyes with running water for 15 to 20 minutes.

Do not use activated charcoal when you think someone may have been poisoned.

The poison control center can give you other first-aid advice and may save you from a visit to the emergency room.

Remember to:

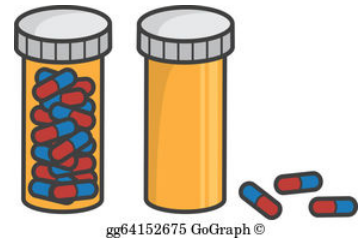
Keep the toll-free Poison Help line number- **1-800-222-1222** in a place where you and your family can find it in an emergency. Also, save the number in your mobile phone. Text POISON to 797979 to save the number in your smartphone.

To help prevent poisonings:

- ⇒ **Practice safe storage habits.** Always store medicines and hazardous substances up, away, and out of sight of children. Keep these substances in their original, child-resistant containers.

Preventing Unintentional Poisonings

- ⇒ **Read and follow all labels and directions.** Review medicine and product labels before you use them, especially before giving medicine to children.
- ⇒ Prevent pill abuse and theft by ridding your home of potentially dangerous expired, unused, and unwanted prescription drugs.
- ⇒ Talk about poisons so others know what to do, too.
- ⇒ **Detect invisible threats.** Install a carbon monoxide detector in your home.



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Drugs and Medicines:

- Only take prescription medications that are prescribed to you by a healthcare professional.
- Never take larger or more frequent doses of your medications, particularly prescription pain medications, to try to get faster or more powerful effects.
- Never share or sell your prescription drugs. Keep all prescription medicines (especially prescription painkillers, such as those containing methadone, hydrocodone, or oxycodone), over-the-counter medicines (including pain or fever relievers and cough and cold medicines), vitamins and herbals in a safe place that can only be reached by people who take or give them.
- Follow directions on the label when you give or take medicines. Read all warning labels. Some medicines cannot be taken safely when you take other medicines or drink alcohol.
- Turn on a light when you give or take medicines at night so that you know you have the correct amount of the right medicine.
- Keep medicines in their original bottles or containers.
- Monitor the use of medicines prescribed for children and teenagers, such as medicines for attention deficit hyperactivity disorder, or ADHD.
- Dispose of unused, unneeded, or expired prescription drugs.

About the New Jersey Poison Control Center:

The New Jersey Poison Center provides free poison consultation and drug information through its Poison Help Hotline (**800-222-1222**). When calling the hotline, callers reach specially trained health care professionals—nurses, pharmacists, and doctors—who can provide help with poison emergencies or answer questions ranging from drug information and medication use to breastfeeding. The hotline is available 24 hours a day, 7 days a week, 365 days a year and assists callers of all ages as well as those who speak languages other than English, and those who are hearing impaired.

MRC Trainings & Exercises

On February 21, MRC volunteers participated in the MRC Orientation and Family/Personal Preparedness training at the Dempster Fire Training Center in Lawrence, NJ.

Participants received information on the role of public health and who has authority to activate an MRC unit; how to prepare a personal and family preparedness plan; procedures and steps necessary for MRC members to protect the health, safety, and overall well-being of themselves, their families, the team, and the community; and much more!



Upcoming Trainings

COURSE	DATE
Core: MRC Orientation Core: Family/Personal Preparedness	2-21-19
Core: POD Operations	3-21-19
Core: CBRNE Awareness	4-18-19
Core: Psychological First Aid	5-21-19

If you know someone who may be interested in joining the MRC, or you are currently not a member and are interested in joining or want additional information, please contact Stephanie Mendelsohn, MRC Coordinator, at: smendelsohn@mercercounty.org or call 609-989-6898.

If you are a current MRC member affiliated with a community group/organization in Mercer County, we would love to provide a presentation on the MRC to your group. Please contact Stephanie for more information or to schedule a presentation.