



Shore Health

Long Beach Island
Health Department

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Secondhand Smoke Hurts Pets, Too



The dangers of living with a smoker are now well-known, but few pet owners are aware that our animal friends face similar risks, of respiratory problems and cancer, when exposed to secondhand smoke. New research suggests that secondhand smoke is unsafe at any level, for humans and pets.

Almost 30 percent of pets live with at least one smoker. This concerns the ASPCA, since secondhand smoke can damage the nervous systems of both cats and dogs. Tobacco smoke has been shown to contain numerous cancer-causing compounds. Cats who live with smokers are prone to developing malignant lymphoma, probably as a result of licking carcinogenic residue when it settles on their fur. Dogs are especially vulnerable to secondhand smoke's respiratory effects, and can develop life-threatening nasal and lung cancers.

Nicotine, found in cigarettes and other tobacco products, is also highly toxic to animals if ingested. A dog who accidentally eats tobacco may develop weakness, muscle twitching, decreased breathing rate, and possibly death. The ASPCA strongly recommends keeping your pet away from tobacco as well as secondhand smoke.

Resolve to avoid smoking around your pet. Smoke outside and preserve the lungs of ALL your family members. Or better yet, quit, your family and your pet will thank you!

For more information about protecting the health of your furry friend, visit the ASPCA's Guide to Pet Care @ www.asPCA.org/pet-care



Do you or someone you know need help to quit smoking? New Jersey is the only State to offer three free or low-cost cessation services that smokers can access directly:

- New Jersey Quitline (1-866-NJ-STOPS)
- NJ QuitNet® (www.quitnet.com)
- New Jersey Quitcenters

To find out more about New Jersey's Quit Services, as well as other services and tools from the American Lung Association, American Cancer Society and American Heart Association, log on to www.quit2win.com. You'll find a variety of resources to help you quit tobacco, including a quitting calendar, quitting tools and strategies, a directory of local treatment programs and support groups.

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Websites of interest:



www.njlbi.com
Long Beach Island Business Alliance

www.girlsanddrinking.org
Girl Talk

www.ahrq.gov/realmen
Real Men Wear Gowns

www.bornlearning.org
Born Learning

www.rx4nj.org
Rx 4 NJ

www.nj.gov/dep/dsr/njmainfish.htm
Fish Smart Eat Smart NJ

www.njbeaches.org
NJ Beaches

www.cdc.gov/ncidod/dvbid/westnile/prevention_info.htm
Fight the Bite

Are your teens “Pharming?” or Who’s in Your Medicine Cabinet?



Today’s drug deals don’t just happen on the street, they may happen in your home. A trend in teen drug abuse is to raid the medicine cabinet for whatever pills they can find. Teens do not have to rely on the shady character hanging out on street corners, back alleys, or dingy cars to provide them with a means to get high. There are medications readily available in their homes which can produce a “real high.” The term “pharming” refers to the use of prescription and over-the-counter products found in the home to get a high.

Where do they get these medications? They get it from the medicine cabinets in the homes of parents and grandparents; homes where they babysit; local supermarkets; pharmacies; anywhere medicines can be found. Pharming may be the most “cost-effective” way for a teen to get high! Furthermore, these medications by themselves are “legal”.

What do they do with these medications? There are “pharming parties” during which a group of teens congregate to party and share whatever pills they have been able to “pharm” from their homes. Teens then consume dangerous drug cocktails by mixing prescription and over-the-counter medications with alcohol or marijuana. Pharming parties are on the rise overshadowing both marijuana and meth use.

According to Bruce Ruck, Pharm.D., “Since January, the New Jersey Poison Information and Education System (NJPIES) has received over 90 calls for assistance in managing teenagers exposed to medications to get high, the majority of these cases involved prescription and over-the-counter products. Prescribed ADHD (Attention deficit hyperactivity disorder) medications appear to be the most abused followed by medications for sleep, anxiety, or pain. The most common over-the-counter medications include antihistamines and cough and cold preparations containing Dextromethorphan.

It is important to talk to teens about the appropriate use of prescription and over-the-counter products. They need to know that just because these medications are “legal” and may be prescribed by a doctor, they still have dangerous side effects. There are more deaths in the state from unintentional overdoses of drugs than motor vehicle accidents! “NJPIES strongly recommends monitoring teen use of prescription/over-the-counter products and discarding any unused or expired medications. We are told to lock up the medicine cabinet with young children – why did we stop with our teens?” said Dr. Ruck.

For immediate treatment advice, as well as for prevention information,
call the NJ Poison Help Hotline at **1-800-222-1222**.

Trained medical professionals handle all calls. We are accessible 24 hours a day, 7 days a week!
Services are free and confidential. Hearing impaired may call 973-926-8008.

Source: The New Jersey Poison Information & Education System www.njpies.org



Join the **Go Red For Women** movement, and become part of the fight against heart disease, the No.1 killer of women in America. Go to www.surveymonkey.com/s.aspx?sm=ejxTSPDKoCo9K2tKX2KCCw_3d_3d to join and you will receive a Free Red Dress Pin in the mail!

The Allergy & Asthma Network Mothers of Asthmatics and Schering-Plough are offering a free book, **Breathless Bethany Buttercup**, to help parents and children learn about asthma and how to take care of it. To order go to: <http://www.breatherville.org/publication/special-pubs/breathless-bethany-buttercup/>

Five Minutes (or Less) for Health



Being healthy and safe takes commitment, but it doesn't have to be time-consuming. Many things are simple and take very little time. For a safer and healthier life for you and your family, here are some steps, from the Centers for Disease Control, that take just a few of the 1440 minutes in a day:

One Minute or Less for Health

Wash hands.

Wash hands to lower the risk of spreading germs and getting sick. It is best to wash hands with soap and clean running water for 20 seconds.

Protect your skin.

Wear sunscreen, seek shade, and cover up to help lower your risk for sunburn and skin cancer. Wear insect repellent with DEET or Picaridin to protect yourself from mosquito and tick bites, which can cause disease. Set your water heater's thermostat to 120 degrees Fahrenheit or lower to help prevent burns.

Read food labels.

See how much fat, cholesterol, sodium, sugars, protein, and other ingredients are in the product. Note what the serving size is to make sure you don't eat more calories than you think you're getting.

Five Minutes or Less for Health

Take a break.

If you think you're getting sick, feel yourself losing control, or are dealing with stress, take a break. Just taking a few minutes can give you the opportunity to clear your head so you can make better decisions about your and your family's health and safety.

Keep foods safe.

Refrigerate leftovers promptly. Bacteria can grow quickly at room temperature, so refrigerate leftover foods if they are not going to be eaten within 4 hours. Wash hands, utensils, and cutting boards after they have been in contact with raw meat or poultry and before they touch another food. Wash produce. Cook meat, poultry, and eggs thoroughly. Report suspected foodborne illnesses to your local health department.

Make an appointment.

Whether you need a yearly check-up, vaccination, vision check, dental exam, blood pressure check, mammogram, Pap test, prostate check, STD test, blood test, or other exam or screening, don't put it off any longer. Make the appointment now.

More Than Five Minutes and Worth It

Be active.

Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Doing 10 minutes at a time is fine. Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.

Be prepared.

Practice family drills at home to make sure everyone knows exactly what to do in case of an emergency. Although some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively when they do occur. Have an escape plan in case of fire or other emergency, and practice it as part of your family drills. Know your local weather conditions and forecast so you can prepare for any severe weather.

Plant vegetables.

Growing your own vegetables is a budget-friendly option for getting your daily dose of colorful produce.



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Visit us on the web:
www.lbihealth.com

Supported by:
Long Beach Island Municipal Alliance
www.lbima.org



*The Long Beach Island Health
Department is the branch of local
government responsible for
protecting and promoting the health of
the 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.*



Food Manager Course

The Long Beach Island Health Department is pleased to announce the 17 participants in the recent National Environmental Health Association Certified Professional Food Manager course passed the exam.

Food service personnel from area restaurants participated in a two-day class offered by the Health Department on food safety principles instructed by Daniel Krupinski, Senior REHS. Subjects included food-borne illness, biological, physical, and chemical food hazards, personal hygiene, time and temperature control, pest management and sanitation.

Proposed changes to New Jersey's Regulations of Retail Food Establishments require at least one employee on duty to be certified in food safety principles.

The following participants received certificates:

Richard Vaughan, Bistro 14
Chris Kastanis, Captain John's Restaurant
John Limanni, Country Kettle Fudge
Frank Demmerly, Country Kettle Fudge
Glenn Warfield, Holiday Snack Bar
Kevin Sparks, Howard's Restaurant
Jessica Boyle
Deborah Holden, Inlet Deli
Reed Lerman
Vincent Pignatelli
Bridget Mikuletzky, Inlet Deli
Thomas Kowal, Joey's Pizza & Pasta
Scott Early, Oasis Grille, Inc.
Abigail Hessberg, Pearl Street Market
Todd Large, Ravioli & More
David Powitz, Skipper Dipper
Doreen Kuiken, Subbogies

2nd Annual Choose Your Cover

Free Skin Cancer Screening
Where your bathing suit or beach attire.

When: Saturday, July 25, 2009
Rain Date Sunday, July 26, 2009
10:00AM-2:00PM

Where: 20th Street Beach End in Ship Bottom