



Shore Health

Long Beach Island
Health Department

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Does it Run in the Family?



Just as you've inherited your father's nose and your mother's eyes, you may also get his diabetes and her high blood pressure. Learning about your family's past can be good for your health. You may want to include family health history activities in your next holiday get together or reunion.

Your family history includes health information about you and your close relatives. Family history is an important risk factor for problems like heart disease, stroke, diabetes and cancer. A risk factor is anything that increases your chance of

getting a disease. Having a family member with a disease raises your risk, but it does not mean that you will definitely get it. Realizing that you are at risk gives you a chance to reduce that risk by following a healthier lifestyle and getting tested as needed.

A fun and easy computerized tool is available from the US Department of Health and Human Services. "My Family Health Portrait" is a free program that allows you to create a diagram of your family health tree, save it to your computer and print out copies for yourself and your relatives. You might want to bring a copy to your doctor, who can use it to help you prevent or manage conditions.

The website (<https://familyhistory.hhs.gov/fhh-web/home.action>) also offers "Before You Start", a tool to help you gather the information you need to create your health portrait. Ready to print versions are available for those who prefer to work on paper.

Learning your family's health history can help you determine your risk of disease, and reduce or avoid the problem altogether by practicing healthier habits. So if Grandma died of lung cancer, you may think twice about lighting up.

The sooner you understand the link between your family's health and your own, the sooner you can make changes and take steps to live longer, healthier lives. A peek into the past can reveal a lot about your future.

Other Resources

www.cdc.gov/genomics/famhistory/index.htm-fact sheets, tools, podcasts, e-cards

www.mayoclinic.com/health/medical-history/HQ01707

ndep.nih.gov/media/family-secret.pdf

www.nsgc.org/About/FamilyHistoryTool/tabid/226/Default.aspx

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Websites of interest:



History of Vaccines
www.historyofvaccines.org

Sleep Foundation
www.sleepfoundation.org

Vaccinate Your Baby
www.vaccinateyourbaby.org

Recycling in New Jersey
www.state.nj.us/dep/dshw/recycling

OceanResourceNet
www.oceanresourcenet.org

Needy Meds Camps
www.needy meds.org/cas.taf?_function=cas_camps

Caring Bridge
www.caringbridge.org

Let's Move
www.letsmove.gov

HealthCare.Gov
www.healthcare.gov

Bed Bugs



It's hard to "sleep tight" these days, with all the talk about bed bugs. Bed bugs have been around for thousands of years. After World War II, they were practically eliminated through the use of the pesticide DDT, which is no longer used due to its harmful effect on the environment. Spurred, in part, by increases in international and domestic travel, bed bugs are becoming a problem once again. Pest control companies who used to receive 1 or 2 bed bug calls a year are now reporting 1 to 2 each week.

Although not known to transmit disease, bed bugs are a nuisance. They can hitchhike on furniture, bedding, baggage, boxes, and clothing. Follow these simple precautions from the Environmental Protection Agency (EPA) to prevent bed bug infestation in your home:

- Check secondhand furniture, beds, and couches for any signs of bed bug infestation (dark spots about this size: •, tiny white eggs or eggshells, live bugs, rusty or reddish stains).
- Use a protective cover that encases mattresses and box springs which eliminates many hiding spots. The light color of the encasement makes bed bugs easier to see. Be sure to purchase a high quality encasement that will resist tearing and check the encasements regularly for holes.
- Reduce clutter in your home to reduce hiding places for bed bugs.
- When traveling:
 - In hotel rooms, use luggage racks to hold your luggage when packing or unpacking rather than setting your luggage on the bed or floor.
 - Check the mattress and headboard before sleeping.
 - Upon returning home, unpack directly into a washing machine and inspect your luggage carefully.

If you have a bed bug problem...

The EPA recommends a combination of common-sense practices:

- Non-chemical: Wash and dry bedding and clothing at high temperatures to kill bed bugs.
- Chemical: Check the EPA Bed Bug Search Tool at <http://cfpub.epa.gov/oppref/bedbug/> for a consumer safe product.
- Professional: Getting a pest management professional involved as soon as possible rather than taking time to try to treat the problem yourself is very effective at preventing further infestations.

And finally...

- Never use a pesticide indoors that is intended for outdoor use. It is very dangerous and won't solve your bed bug problem.
- Using the wrong pesticide or using it incorrectly to treat for bed bugs can make you sick, may not solve the problem, and could even make it worse by causing the bed bugs to hide where the pesticide won't reach them.
- Check if the product is effective against bed bugs -- if a pest isn't listed on the product label, the pesticide has not been tested on that pest and it may not be effective. Don't use a product or allow a pest control operator to treat your home unless bed bugs are named on the product label.
- Before using any pesticide product, **READ THE LABEL FIRST**, then follow the directions for use.

Source: www.epa.gov/pesticides/bedbugs

For more information:

"Bed Bug Control for Homes" is available at <http://www.state.nj.us/health/eoh/phss/documents/bedbugctrlhomes.pdf>

"Preventing and Getting Rid of Bed Bugs Safely-A Guide for Property Owners, Managers and Tenants"

is available at www.nyc.gov/html/doh/downloads/pdf/vector/bed-bug-guide.pdf

Bed Bug Resources are available from Ocean County Health Department at www.ochd.org

Healthy Foods Can Protect Your Liver



Your liver is an important organ in the body. You can't live without it, but most people give it little thought. Currently, about 27,500 people die each year from chronic liver disease, making it the number 12 cause of death. Another 21,000 people die yearly from liver cancer.

It's well known that a high intake of alcohol is a primary cause of liver disease, as well as exposure to hepatitis (a blood-borne infection passed, for example, by sharing needles in drug use or sexual contact with an infected partner).

New research shows that diet may be another important factor in liver disease. Researchers conducted a study on liver health on 9,221 people for 18 years. They found that people eating a lot of cholesterol in their diet are at increased risk. In this study, people eating the most cholesterol were more than twice as likely to develop chronic liver disease than those eating the least cholesterol.

Researchers found that a diet high in protein was linked to a 37 percent higher risk of liver disease. On the other hand, people eating a higher carbohydrate intake had a 58 percent lower risk of developing liver disease during the 18-year study. Cholesterol is only found in animal foods, and most animal products (e.g., meat and dairy) are high in protein. Most plant based foods tend to be lower in protein and higher in carbohydrates.

Bottom line. If you want to keep your liver healthy, avoid alcohol and drug use, and choose a diet low in dietary cholesterol and high in complex carbohydrates. In other words, eat primarily a plant-based diet. Your liver will thank you.

Resource:

Tuft's University Health and Nutrition Letter. September 2009.



Free Alcohol Prevention Course for Parents

Help your teen to make safer and healthier decisions!

AlcoholEdu for Parents helps parents to understand Social Host Liability, dispels common misperceptions about underage drinking, assists with strategies and techniques for monitoring and setting rules, gives guidance on what to do if your teen is experimenting, and get expert advice for dealing with common situations.

The course takes approximately 15 minutes! Access is Free and Easy!:

1. Visit: <http://highschoolparents.alcoholedu.com>
2. Under New User type: share
3. Click "Sign Up"!





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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*

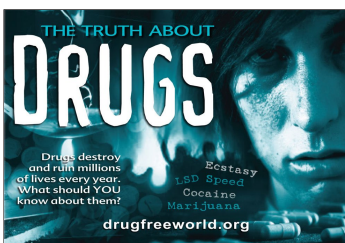
The Public Health activities and programs include services for individuals and their families, as well as for the environment in which we live, work, and play.



Public Health
Prevent. Promote. Protect.



Sign up for free recall and safety news by email from the U.S. Consumer Product Safety Commission. You can choose to receive all press releases and recalls or only those that meet your needs, such as child, recreation, outdoor, household or specialty products.



The Truth About Drugs is a series of 13 illustrated drug information booklets containing facts about the most commonly abused drugs. Parents can order these booklets, which were specifically written for young people, but contain facts adults need to know as well, by visiting the website: www.drugfreeworld.org/home.html



Adult Health Promotion (offered year round)

Blood pressure screening
Risk factor assessment
Health education

Long Beach Island Health Department
11601 Long Beach Boulevard
Haven Beach
2nd Wednesday --10:00AM -11:00AM

Beach Haven Borough Hall
Engleside & Bay Avenues
1st Monday --10:00AM -11:00AM

Long Beach Island Branch of the Ocean County Library
217 S. Central Avenue
Ship Bottom
1st Tuesday --11:00AM -12 noon

Harvey Cedars Borough Hall
76th & Long Beach Boulevard
3rd Tuesday --9:30AM -10:30AM

Barnegat Light Borough Hall
10 W. 10th St
3rd Tuesday --11:00AM -12 noon



Did you know?

A new study found that heavy smoking in middle age more than doubles the risk of Alzheimer's disease and other types of dementia later in life.