



West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

November is National Diabetes and Lung Cancer Awareness Month!

Diabetes Awareness Month

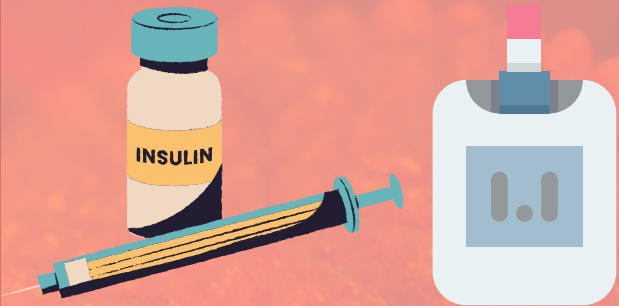
Diabetes affects about 37 million Americans. Knowing your risk can help you make smart choices to prevent or manage diabetes. Take the

ADA's quiz to assess your risk today at

<https://diabetes.org/diabetes/risk-test>

Be sure to check out this link for tips on managing your diabetes.

[Managing Diabetes: Five Questions to Ask Your Healthcare Team \(cdc.gov\)](#)



Lung Cancer Awareness Month

Lung cancer is one of the most prevalent types of cancer in the US and around the world.

Early screening is key to early diagnosis and higher rates of survival. Take the ALA's quiz to determine your screening eligibility at <https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/saved-by-the-scan>

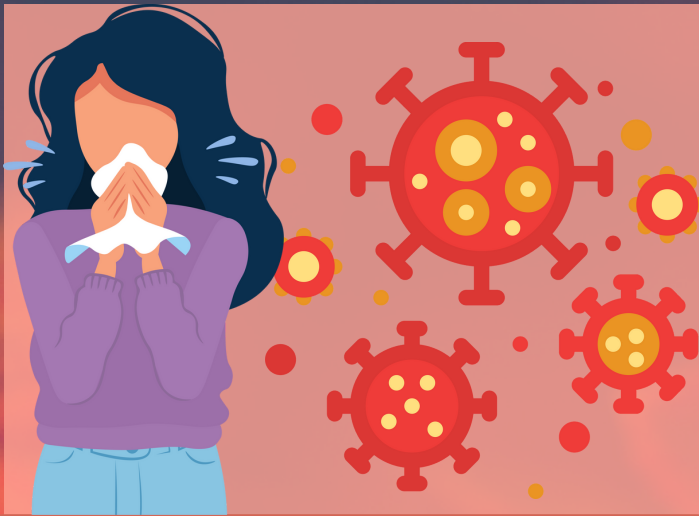


Poison Control

The NJ Poison Control Center, located at Rutgers New Jersey Medical School, is a free, medical resource available 24/7 to help in the diagnosis, treatment, and prevention of poisoning for the public and healthcare professionals across the state. Calling the center's medical staff first can make a difference between a mild health effect and a more serious one.

<https://www.njpies.org/wp-content/uploads/2018/05/Food-Safety-Holidays-November-2017.pdf>





Preventing RSV

With cold weather comes colds! RSV is a virus that causes little more than a cold in most adults, but can cause severe illness in infants, young children, and the elderly. Click here to learn more about how to protect your family from RSV:

<https://www.cdc.gov/rsv/downloads/RSV-in-Infants-and-Young-Children.pdf>

<https://www.cdc.gov/rsv/factsheet-older-adults.pdf>

Antimicrobial Resistance Awareness

World Antimicrobial Resistance Awareness week is November 18th - 24th. Click here to learn more about what you can do to prevent antimicrobial resistance and stop the spread of superbugs!

<https://www.cdc.gov/antibiotic-use/pdfs/PatientsAndFamiliesNewsletter-508.pdf>



Mindfulness and Wellness Corner

For individuals who struggle with diabetes, holiday feasts can be a source of added stress. With the holiday season kicking into full swing, it is important to remember to practice mindfulness at holiday feasts to avoid over-stressing and overeating. Check out this helpful toolkit by The Association of Diabetes Care & Education Specialists to learn helpful tips and tricks for managing your diabetes this holiday season, while still enjoying all the festivities!

https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/healthy-holiday-eating/aade_holiday_toolkit.pdf

Hosting Thanksgiving dinner can be an overwhelming job, especially if you or your guests are managing diabetes. Check out this round-up of diabetes-friendly recipes for all your favorite Thanksgiving dishes!

<https://www.diabetesfoodhub.org/articles/diabetes-friendly-thanksgiving-recipe-roundup.html>

Mindfulness is a helpful tool for managing diabetes. Learn more about it at [Mini-Lesson: Mindfulness Strategies for Managing Diabetes Distress](#)

