

Middle-Brook Regional Health Commission

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March Newsletter

Poison Prevention - New Jersey Poison Center



#NPPW24

National Poison Prevention Week is March 17-23. When accidents happen, the Poison Help line is here for you around the clock. The New Jersey Poison Center provides **free, confidential** poison consultation through the **Poison Help Hotline: 1-800-222-1222**. The Poison Help Hotline is a national hotline available 24 hours a day, 7 days a week, 365 days a year. You can call the Poison Help Hotline to speak with a live health expert who can help answer questions about medication use, drug information, and poison emergencies. Reliable information from a poison expert can prevent serious illness, even death, and avoid unnecessary healthcare costs.

The New Jersey Poison Center also works to post the latest poisoning news and information. Visit njpies.org/njpies-in-the-news-2024/ to read about potential poisoning dangers and how to prevent accidental poison exposures.

Don't guess, make the call. For immediate answers — call the line, explain your situation/symptoms, and have any product names or containers ready. To connect with a trained expert, call 1-800-222-1222, text 973-339-0702, or chat at njpies.org/online-chat/.

If someone is not breathing, is hard to wake up, or is having a seizure, call 9-1-1.



Public Health
Prevent. Promote. Protect.
Middle-Brook Regional
Health Commission



Get to Know Your Kidneys

March is National Kidney Month!

Did you know your kidneys filter all of your blood 25 times a day?

No matter your age, getting to know your kidneys can help you lead a healthier life and may prevent or slow the progression of kidney disease.



Your kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.



Your kidneys filter your blood and make urine. They balance the water, salts, and minerals in your blood and remove waste, acid, and extra fluid.



If your kidneys are struggling, they will work harder to keep up—you can lose up to 60% of your kidney function before you notice any problems.

Ways to protect your kidneys include eating healthy foods, being physically active, and managing diabetes, high blood pressure, and heart disease.

Get to know more about your kidneys today! |     

Talk with a health care professional and visit niddk.nih.gov for more information.

Routine screening = colorectal cancer prevention.

Ask about your options →

www.cdc.gov



Colorectal cancer is a type of cancer that starts in the colon or rectum. It typically begins as an abnormal growth called a polyp, which may be noncancerous but can develop into cancer over time. According to the CDC, colorectal cancer is the fourth leading cause of cancer-related deaths in the United States. Colorectal cancer screening saves lives. Screening can find precancerous polyps that can be removed before they become cancerous. Screening also plays a role in the early detection of colorectal cancer, when treatment can be very effective. Regular screening is key to preventing colorectal cancer. Don't wait for symptoms to start to be checked. Precancerous polyps and colorectal cancer do not always cause symptoms, especially early on. For most people, screening starts at the age of 45. If you are 45 or older, talk with your doctor about when to begin screening, which test is right for you, and how often to get tested.

Uninsured or underinsured individuals who qualify can receive cancer screenings through the [NJCEED program](#). To learn more, [click here](#) or call 1-800-328-3838, then press 3.

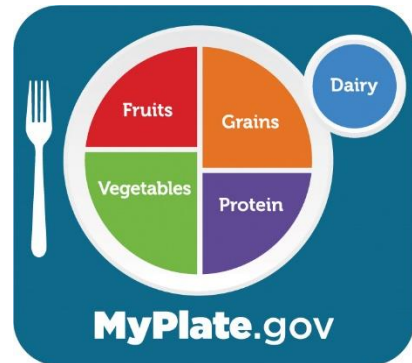
Visit cdc.gov/cancer/colorectal/ for more information on colorectal cancer.



National Nutrition Month

March is National Nutrition Month! The Academy of Nutrition and Dietetics is celebrating the 2024 theme “Beyond the Table” to remind us to look beyond the table when thinking about our health. This month, join us in thinking beyond the table and recognizing the importance of a sustainable healthy eating routine.

Incorporate a healthy eating routine that works for you. Don't know where to start? Check out myplate.gov to explore tools that can help you begin your journey! Build healthy eating habits one goal at a time. Check out these resources:



- [Dietary Guidelines made simple](#) – learn how to incorporate the Dietary Guidelines for Americans into your routine.
- [Eat Healthy on a Budget](#) – explore tips and tricks to make every dollar count while maintaining a balanced diet.
- [Grocery List Planning](#) – Use this sheet to help you plan your next trip to the grocery store!
- [Weekly Meal Calendar](#) – Are you a planner? Try out this weekly calendar to plan out your grocery game plan.
- [Meal Planning](#) – Meal planning should not be intimidating. Check out these tips to get you started!

Benefits of Healthy Eating Include:

- May help you live longer
- Keeps skin, teeth, and eyes healthy
- Supports Muscles
- Boosts immunity
- Strengthens bones
- Lowers risk of heart disease, type 2 diabetes, and some cancers
- Supports healthy pregnancies and breastfeeding
- Helps the digestive system function
- Helps achieve and maintain a healthy weight

Source: CDC

SHEPHERD'S PIE

Ingredients

- 2 potatoes, large with skin, diced
- 1/3 cup milk, skim
- 1/2 pound ground turkey, 85% lean
- 2 tablespoons flour
- 1 package frozen mixed vegetables (10 ounces)
- 1 can vegetable broth, low sodium (14.5 ounces)
- shredded cheese (optional)



Makes 6 servings

Celebrating St. Patrick's Day? Try this recipe that includes frozen vegetables for a convenient way to enjoy your favorite comfort food!

Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375 °F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable-meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional).

For more recipes, visit: www.myplate.gov

Follow the Middle-Brook Regional Health Commission on Social Media!

