

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

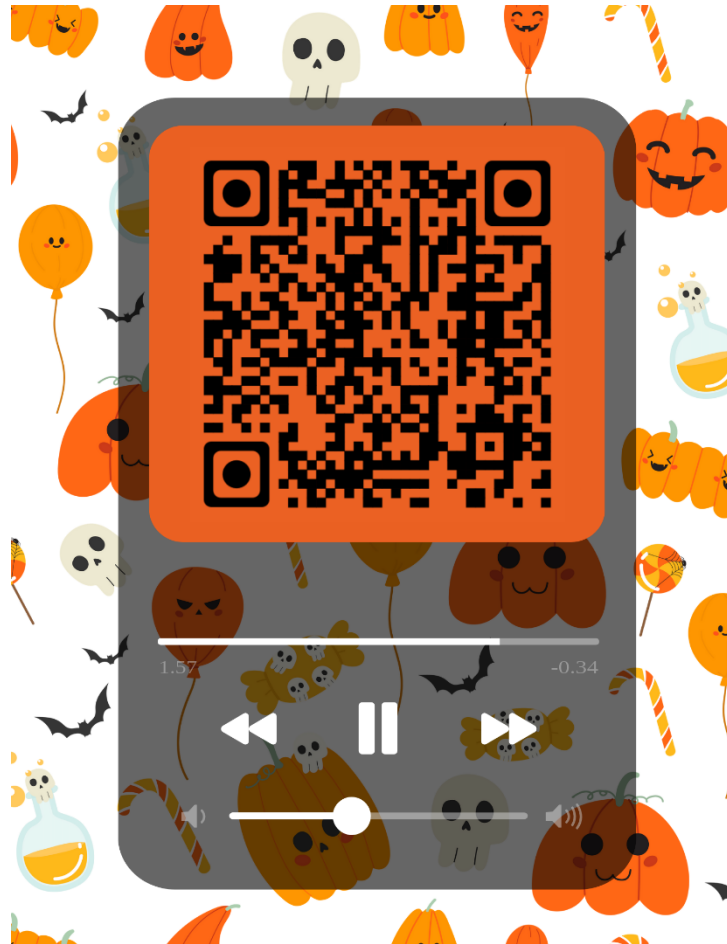
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October 2024 Newsletter

Join our Halloween Playlist

The Middle-Brook Regional Health Commission is inviting you to join our Halloween Playlist on Spotify. Help us build a fang-tastic playlist this spooky season! Suggest your favorite Halloween song by scanning the QR or clicking the link below:



➤ <https://forms.office.com/r/njMbviF0GF>

Then, tune in by visiting our website Mid-October where the playlist will be posted: middlebrookhealth.org.

Breast Cancer Awareness



October is Breast Cancer Awareness month! Breast cancer is cancer that forms in breast tissue. Like all cancers, breast cancer can spread to other parts of the body. According to the American Cancer Society, 1 in 8 women in the United States will get breast cancer during their lifetime. Regular screenings and early detection are key to optimize treatment outcomes.

A mammogram is an x-ray picture of the breast. Mammograms look for early signs of breast cancer. Did you know that regular mammograms can find breast cancer early, sometimes up to 3 years before it can be felt?

The US Preventive Services Task Force recommends:

Mammograms

- ✓ All women ages 40-74 years should get a mammogram every 2 years.
- ✓ Women younger than 40 should speak to their healthcare provider about when to start and how often to have a mammogram.

Although signs of breast cancer are not the same for all women, awareness of breast cancer symptoms are crucial for early detection. While symptoms may vary, some warning signs include:

- **New Lump or Tissue Thickening:** Feeling a lump in the breast or underarm or thickening in the breast tissue.
- **Changes in Breast Appearance:** Noticeable changes in the size, shape, or appearance of the breast.
- **Nipple Changes:** Changes in the nipple, such as inversion, discharge, or pain.
- **Skin Changes:** Irritation or dimpling of breast skin.

If you are experiencing any signs or symptoms, be sure to see your doctor right away.

For more information, visit:

- health.gov/myhealthfinder/health-conditions/cancer/get-screened-breast-cancer

Lead Poisoning Prevention

**PREVENT
LEAD POISONING**
STAY LEAD-FREE
TEST TWICE BEFORE 3



Get your child tested for lead at ages **1** and **2** years, or as soon as possible before the age of **6**.



Sources of lead contamination:



Lead-based paint
Houses built before 1978 may contain lead-based paint.



Contaminated soil
Older homes near busy roadways with chipped or peeling paint.



Jobs/Hobbies
Construction, pottery, and demolition work.



Leaded pipes
Old water pipes with lead might contaminate drinking water.



Imported goods
Toys, cosmetics, candy, spices and cultural powders such as sindoor.



Herbal remedies
Some herbal remedies and traditional medicines.

nj.gov/health/childhoodlead
nj.gov/health/ceohs/lead



Para leer en español: www.nj.gov/health



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

Flu + COVID Vaccine Clinic

The Middle-Brook Regional Health Commission and Green Brook Family Medicine are offering a Community Vaccine Clinic:

- Flu vaccines for ages 5 years and older
- Senior flu vaccines for those ages 65 years and older
- 2024-2025 Pfizer COVID vaccines for ages 12 years and older.

There is **no cost** for the Flu and or COVID vaccine for most insurance plans.



Thursday October 24

3:00 PM – 6:00 PM

Warren Township Court

46 Mountain Blvd, Warren, NJ 07059

For more information: warren-vax.timetap.com

For the Clinic:

- Registration is requested
- Please bring all insurance cards to the clinic to determine eligibility.**
- Cash price for the regular Flu vaccine is \$40.00.
- A parent/guardian is required to be present with children under the age of 18.
- A provider from Green Brook Family Medicine will be at the clinic to address any vaccine related questions.

** Note, we are unable to accept the following insurance plans:

- All HMO's
- NJ Family Care / Medicaid Insurance
- Magnacare/ OSCAR/ PHCS/ Clover Insurances
- Dual Plan Horizon Medicare Advantage
- United Health Care/ Oxford/ UMR Insurance plans
- United Medicare Advantage HMO-POS Plans (other plans such as PPO are accepted)

For questions about acceptance of your insurance, please call Ann at Green Brook Family Medical at 732-356-0266 or email your card to insurance@greenbrookfamilymedicine.com

It is safe to receive COVID-19 and flu vaccines at the same visit. Staying up to date on vaccinations is an effective way to protect ourselves, others, and those most at risk of severe illness.



For more information on the Influenza and COVID-19 vaccines, visit:

- www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.pdf
- www.cdc.gov/vaccines/hcp/vis/vis-statements/COVID-19.pdf

Rabies Clinics

Middle-Brook Regional Health Commission is holding several rabies clinics this fall to ensure the availability of free rabies vaccines for our cat and dog owners.

- **Saturday, November 2**
9 AM – 10 AM
Green Brook Town Hall
111 Greenbrook Rd
Green Brook, NJ 08812
- **Saturday, November 16**
9 AM – 10:30 AM
Finderne Firehouse
672 E Main St
Bridgewater, NJ 08807
- **Saturday, December 7**
9 AM – 10 AM
Watchung Firehouse
57 Mountain Blvd
Watchung, NJ 07069



No registration is needed. Pets must be at least 6 months of age. All cats must be held in a carrier and all dogs must be leashed.

For more information, visit:

- www.cdc.gov/rabies
- www.cdc.gov/healthy-pets

Recipe of the Month

PUMPKIN BEAN SOUP

Ingredients

- 1 can white beans
- 1 onion (small, finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounce)
- 1 1/2 cups 100% apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt



Makes 6 servings

Enjoy this quick, easy to make soup that is packed with fiber.

Directions

1. Wash hands with soap and water.
2. Blend white beans, onion, and water with a potato masher or blender till smooth.
3. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
4. Add the blended bean mix to the pot.
5. Cook over low heat for 15 to 20 minutes, until warmed through.

For more recipes, visit: www.myplate.gov

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