Suicide: Is Life a Priceless Gift?

Suicide is a large and growing public health problem. Suicide is the tenth leading cause of death in the United States, third leading cause of death for youth ages 10-14 years, and second leading cause of death among people 15-24 and 25-34 years of age. In New Jersey, one person dies by suicide every 11 hours.

There is no single cause for suicide. It occurs when stressors and health issues converge to create an experience of hopelessness and despair. Some of the warning signs to look out for are a change in behavior especially if the change in behavior is related to a painful event, loss, or life change. Behaviors can include:

- Withdrawing from activities;
- Isolating from family and friends;
- Increased drug and alcohol use;
- Aggression or fatigue;
- Changes in mood including depression, anxiety, or loss of interest; and/or
- If a person talks about killing themselves, feeling hopeless, being a burden to others, or feeling trapped

Suicide does not discriminate and affects all populations. If you or a loved one are in a crisis, there are options available to help you cope.

Vaping: The New Trend Among Adolescents

Electronic cigarettes have become popular among youth and young adults. E-cigarettes come in many forms and are known by different names including “e-cigs,” “vape pens” “e-hookahs,” and “electronic nicotine delivery systems” (ENDS). These products are battery-operated devices designed to deliver nicotine flavorings, and other chemicals in the form of an aerosol that users inhale.
Grilling May Raise Risk of High Blood Pressure

A new study urges caution when cooking, after finding that a regular intake of grilled and well-done meat or fish could increase the risk of high blood pressure.

A major risk factor for hypertension is an unhealthy diet; however, this new study suggests that it is not only the type of food that we eat that influences blood pressure but how we prepare our food can also play a part.

The study found that individuals who ate grilled, broiled, or roasted beef, chicken, or fish at least 15 times each month were 17 percent more likely to develop high blood pressure than those who consumed these foods fewer than four times a month.

Although the research cannot prove cause and effect, it may be worth revising our cooking methods for meat and fish. For more information, visit www.sciencedaily.com/.

Vaping continued

What Parents Need to Know About Vaping

1. Vapor is not just water. The vapor is more than just water, but is an aerosol mist full of toxic chemicals. Some of the toxins found in vapes include propylene, glycol and other chemicals known to harm your health.
2. Most flavored vapes have nicotine. Nicotine is an addictive drug found in cigarettes and is harmful to the development of youth.
3. Nicotine free vapes are not harmless. Diacetyl is a common chemical found in the flavoring of vape pens and can cause a serious lung disease called “popcorn lung.”
4. E-cigarettes do not look like regular cigarettes. They can look like bright metallic pens. Vape pens can also explode and cause severe skin burns.
5. E-cigarette use can be linked to alcohol use and other substance use such as marijuana.

Did You Know?

The brain is still growing and developing until about the age of 25. Each time a new skill is learned, stronger synapses are built between brain cells. Adolescents get more addicted easily than adults because addiction is a form of learning.

Start a conversation with your child about e-cigarettes today. Find the right moment to talk to your teen. Ask for support if you are not sure where to begin.

For more information visit: https://e-cigarettes.surgeongeneral.gov/knowtherisks.html
Illnesses from mosquito, tick and flea bites have tripled in the U.S. Nine new germs spread by mosquitoes and ticks were discovered or introduced into the U.S. between 2004 and 2016.

“Zika, West Nile, Lyme, and chikungunya—a growing list of diseases caused by the bite of an infected mosquito, tick, or flea—have confronted the U.S. in recent years, making a lot of people sick. And we don’t know what will threaten Americans next,” said CDC Director Robert R. Redfield, M.D. “Our Nation’s first lines of defense are state and local health departments and vector control organizations, and we must continue to enhance our investment in their ability to fight against these diseases.”

Widespread and difficult to control diseases from mosquito, tick and flea bites are major causes of sickness. The increase in diseases caused by the bite of an infected mosquito, tick, or flea in the U.S. is likely due to many factors. Mosquitoes, ticks, and the germs they spread are increasing in number and moving into new areas. As a result, more people are at risk for infection. Overseas travel and commerce are more common than ever before. A traveler can be infected with a mosquito-borne disease, like Zika, in one country, and then unknowingly transport it home. Finally, new germs spread by mosquito and tick bites have been discovered and the list of nationally notifiable diseases has grown.

What can everyone do to protect themselves from mosquito, tick, and flea bites?

- Use an Environmental Protection Agency-registered insect repellent.
- Wear long-sleeved shirts and long pants.
- Treat items, such as boots, pants, socks, and tents, with permethrin or use permethrin-treated clothing and gear.
- Take steps to control ticks and fleas on pets.
- Find and remove ticks daily from family and pets. Visit: https://www.cdc.gov/ticks/removing_a_tick.html

Source: Centers for Disease Control and Prevention, May 2018
Stay Safe in the Sun

With summer starting this month, it is important to protect you and your family from the sun. Ultraviolet (UV) rays are the number one cause of skin cancer. Too much exposure to the sun can cause sunburn, eye damage, and premature wrinkles. Protect you and your loved ones and enjoy being outdoors. For more information visit, https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm.

East Asian Tick, New to New Jersey

While these ticks like a warmer climate, they seemed to have survived the NJ winter. Rutgers University scientists are studying this newcomer but report that standard insecticides seem to work well against this tick and the ticks found in NJ tested negative for carrying diseases.

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Some options include:
- Call the Suicide Prevention Hotline toll-free number at 1-800-273-8255
- NJ Hopeline at 1–855-654-6735
- Find a therapist or support group
- Make a safety plan
- Build a support network to help you cope during difficult times

For more information visit: https://suicidepreventionlifeline.org/
Don’t Let the Summer Heat Keep You From Moving

Don’t let the heat keep you from exercising during the summer months. Longer days and ample sunshine provide more opportunities for the whole family to get outside and get active. Follow these summer workout tips:

- Timing is key. Avoid exercising in the early afternoon. It is usually hottest between noon and 3p.m.
- Stay hydrated. Drink water before, during, and after physical activity.
- Listen to your body. Take frequent breaks in the shade and drink water before you are thirsty.
- Buddy up. If you can, work out with a partner for safety and have fun.

For more information visit, American Heart Association

NJ Sugarfreed Campaign

NJ Sugarfreed is on a mission to decrease the consumption of sugary drinks in New Jersey. Sugary drinks are proven to increase the risk of obesity, diabetes, and heart disease. Over a quarter of New Jersey residents are obese and an additional 36% are overweight. Drinking just one or more sugary drinks per day increases your risk of developing Type 2 diabetes by 26%. Choose water, it is the best thing you can put in your body. For more information visit, www.njsugarfreed.org

Medical Reserve Corps

The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out a volunteer application, visit www.njmrc.nj.gov.
The mission of the Morris County Office of Health Management is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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