



Public Health
Prevent. Promote. Protect.

October, 2025
Volume 2, Issue 10

NEWSLETTER

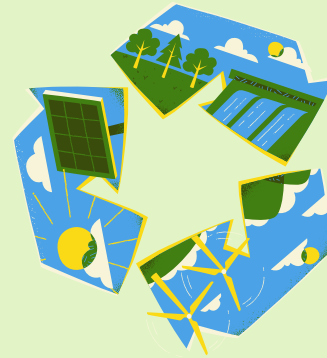
Sussex County **Division of Health**



*Welcome to
the health
hub!*

WAYS TO SAVE ENERGY AT HOME

OCTOBER IS ENERGY AWARENESS MONTH



1. Use LED Lights

Replacing incandescent or energy-saving bulbs with more efficient LED lights can reduce energy consumption for lighting.

2. Turn off electronic equipment

Turn off electronic equipment such as televisions, computers, and chargers when not in use to avoid unnecessary use of electricity.

3. Window Management

During the winter, keep south facing windows un-shaded. During the summer, keep blinds closed to reduce heat gain.

4. Washer

Run full loads only.
Wash in cold or warm water.
85-90% of energy usage for washing is from heating water.

5. Utilize Power Strips

Use power strips to easily switch off multiple electronics at once. Plugging devices into a power strip lets you cut power to all of them with a single switch, helping to save energy.

6. Reduce and Reuse Water

Reduce long showers and lessen your use of hot water when unnecessary.
Reuse water where you can such as in plants.





UNDERSTANDING LEAD

Lead is a toxic metal used in various products and materials such as paint, imported candies, some toys, cosmetics, and jewelry. When absorbed into the body, it can damage the central nervous system and vital organs.

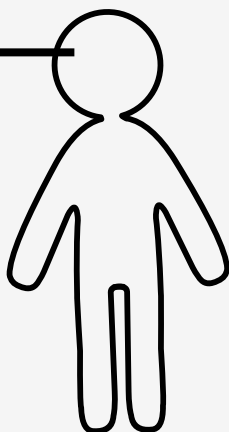
**Lead is harmful to everyone and damages the:
Brain, Kidneys, Liver, Blood, and Reproductive System**

Young Children

are most vulnerable. Their nervous systems are still developing and they absorb 4-5 times more lead than adults.

This can cause:

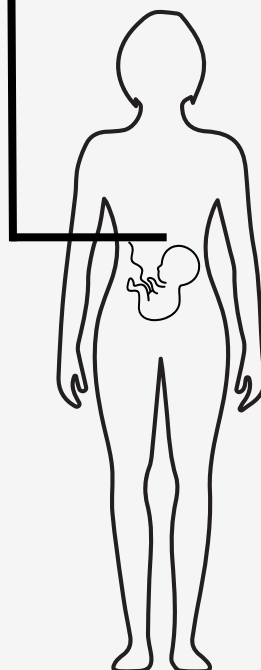
- Intellectual disability
- Underperforming at school
- Behavioral issues



In Pregnant Women

lead exposure damages many organs but also affects:

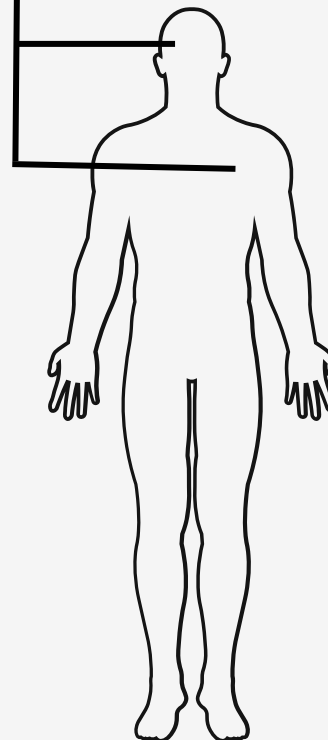
- The developing fetus



In Adults

lead exposure increases the risk of:

- Ischemic heart disease
- Stroke



BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer in women worldwide, but early detection and treatment can save lives.

In Sussex County, about 140 out of every 100,000 women are diagnosed with breast cancer each year, on average.

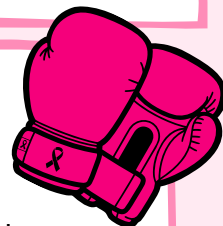
This month, we encourage everyone to take a moment to learn, share, and take action for breast health.

KNOW THE FACTS

- According to the American Cancer Society, 1 in 8 women in the U.S. will be diagnosed with breast cancer in her lifetime.
- Early detection through regular screenings greatly improves treatment success.
- Men can also develop breast cancer, though it is less common.

HEALTHY HABITS FOR PREVENTION

- Stay physically active and maintain a healthy weight.
- Limit alcohol and avoid smoking.
- Eat a balanced diet rich in fruits, vegetables, and whole grains.



SCREENING SAVES LIVES

- Women ages 40+ should talk to their healthcare provider about mammograms.
- Perform monthly breast self-checks to notice changes such as lumps, pain, or skin changes.
- Report any unusual symptoms to your doctor promptly.

HOW WE CAN HELP

Scan the QR code to learn about the Sussex County Division of Health's NJCEED program and discover how the Office of Public Health Nursing supports eligible residents in maintaining their health.



BREAST
CANCER
— AWARENESS —





October is:



Dental Hygiene Month

A healthy smile is more than just appearance—it plays a vital role in overall health. October highlights the importance of good oral hygiene.

Four Daily Habits for a Healthy Mouth

1. Brush at least twice a day for two minutes, with a soft bristled brush and a fluoride toothpaste.



2. Place your brush at a 45° angle to your gums and use gentle circular motions.



3. Floss daily to clean between teeth where brushes can't reach.

4. Rinse with mouthwash to reduce bacteria and freshen breath.

Healthy Habits Matter

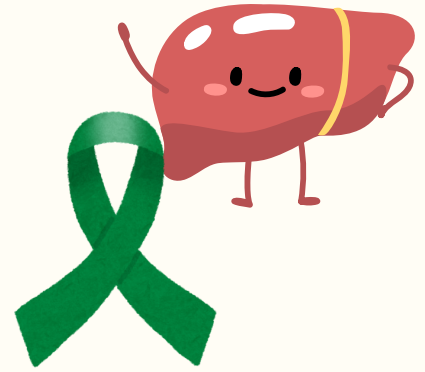
Limit sugary snacks, drinks, and avoid tobacco.

See your dentist regularly for checkups and cleanings.

Replace your toothbrush every 3-4 months to ensure effective cleaning and reduce the buildup of bacteria.



LIVER CANCER AWARENESS MONTH



UNDERSTANDING LIVER CANCER

Liver cancer is one of the fastest-growing cancer types in the United States. The liver plays a vital role in digestion, detoxification, and metabolism, making early detection and prevention of liver disease essential for long-term health.

Key Facts

- Liver cancer is the fifth most common cause of cancer-related deaths worldwide.
- In the U.S., men are about three times more likely than women to develop liver cancer.
- Chronic infections with Hepatitis B or Hepatitis C are leading risk factors.
- Other contributors include excessive alcohol use, obesity, diabetes, and smoking.



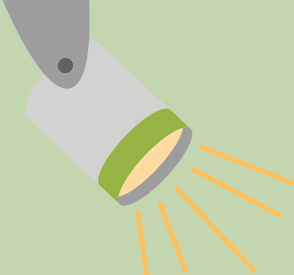
SYMPTOMS TO KNOW

Liver cancer often shows no signs in its early stages. As it progresses, symptoms may include:

- Unexplained weight loss
- Loss of appetite or feeling full quickly
- Persistent nausea or vomiting
- Pain or swelling in the upper abdomen
- Yellowing of the skin and eyes (jaundice)

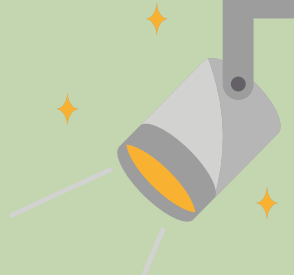
PREVENTION & RISK REDUCTION

- **Vaccination:** Get vaccinated against Hepatitis B.
- **Screening:** Regular screening for Hepatitis C (and treatment if positive).
- **Healthy Lifestyle:** Maintain a healthy weight, limit alcohol intake, avoid smoking, and exercise regularly.
- **Safe Practices:** Reduce exposure to environmental toxins and practice safe needle use.



SPOTLIGHT

OF THE MONTH



Sussex County Clean Communities



Sussex County Clean Communities program is part of a statewide effort to reduce and prevent litter on streets, beaches, waterways, parks, and vacant lots. Grant funding supports education, cleanup events, Adopt-a-Road, and mini grants.

Sussex County Clean Communities proudly joined the Delaware River Greenway Partnership, which included NJ Clean Communities Programs, NJ State Park Service, and dedicated volunteers in tackling litter along the wild and scenic Delaware River on National World Cleanup Day. This year's cleanup expanded to cover areas stretching from the Delaware Water Gap National Recreation Area in Sussex County down to the Abbott Marshlands in Mercer County.



LITTER FREE NJ



Scan for more
information on
the Sussex
County Clean
Communities
Program!

