Middle-Brook Regional Health Commission

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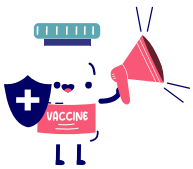
January Newsletter 2025

Latest in Public Health and Upcoming Events

Stay Young at Heart Live Cooking Demo with Nourish and Thrive Nutrition Center at the Warren Library. Join us on Tuesday, February 12 from 11am-12pm at the Warren Library Branch to learn how to improve Heart health by increasing fiber from whole plant-based foods and how to boost flavor while consuming low sodium and low saturated fat meals and snacks! Registration is required and seats are limited. To register, click here.



Pneumococcal Conjugate Vaccine (PCV) Expanded Recommendations. The latest Morbidity and Mortality Weekly Report (MMWR) released expanded recommendations for the Pneumococcal Conjugate Vaccine: the Advisory Committee on Immunization Practices (ACIP) and the Middle-Brook Regional Health Commission recommend a single dose of PCV for all adults ages 50+ who have not been previously vaccinated or who have unknown vaccination history. The risk-based recommendation for adults aged 19–49 years is unchanged. Read more here.

Say no to norovirus. Norovirus is a highly contagious virus also known as the “stomach bug”. Anyone can get sick with norovirus, but those most at risk or severe dehydration are young children, older adults, and the with other illnesses. Protect yourself and learn how to prevent the spread of norovirus here.

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Cervical Health

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January is cervical health month! We all play a part in preventing HPV (human papillomavirus) and cervical cancer!

What is Human Papillomavirus (HPV)?

HPV is a common sexually transmitted infection. Long-lasting infection with certain types of HPV is the leading cause of cervical cancer. HPV infection can be prevented by vaccination regardless of gender! Routine screenings such as Pap tests (also known as Pap smears) and HPV tests play a role in early detection and treatment before an infection progresses into cancer. Anyone with a cervix is at risk for cervical cancer. Speak with your healthcare provider about which cancer screenings are right for you!

Take action this January!

- **Get (your preteen) vaccinated against HPV.** The HPV vaccine is recommended for preteens age 11 or 12 years old. Teens and young adults through age 26 years who didn't start or finish the HPV vaccine series also need HPV vaccination. Read more here.
- **Get regular cervical cancer screenings.** You should get screened regularly, even if you received the HPV vaccine. The HPV test looks for the human papillomavirus that can cause cell changes. The Pap test monitors for precancers by identifying cell changes on the cervix that might become cervical cancer without appropriate treatment.
- **Follow up with your doctor** if your screening test results are abnormal.

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. For more information, visit: cdc.gov/cervical-cancer/

Glaucoma Awareness Month

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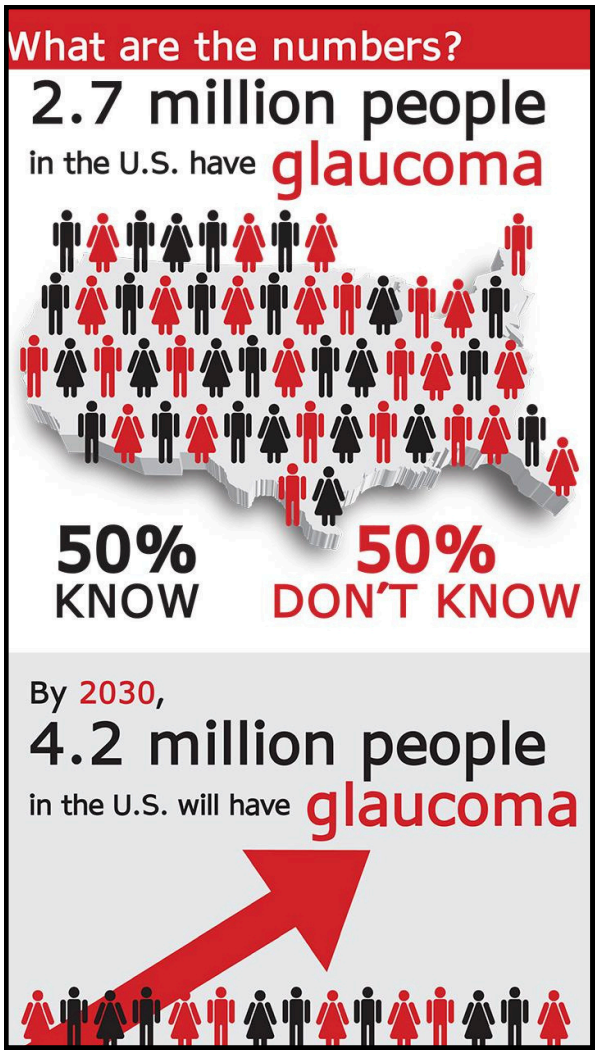
Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss and blindness. The most common form of glaucoma is primary open-angle.



For more information, visit: www.nei.nih.gov/glaucoma.

Source: National Eye Institute, 2013

Recipe of the Month

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CROCK POT LENTIL STEW

Ingredients

- 2 tablespoons olive oil (or cooking oil of choice)
- 1 large onion, sliced
- 3 cloves garlic, minced
- 2 bay leaves
- salt (optional, 2 teaspoons)
- 1 cup carrot, chopped
- 2 cups kale, chopped
- 2 cups chard, chopped
- 2 cups dried lentils
- 8 cups low-sodium vegetable broth (or stock)
- 1 can (14.5 ounces) low-sodium chopped tomatoes
- low-fat plain yogurt (optional, 1 teaspoon per serving)

Makes 8 servings

This lentil stew is full of wholesome vegetables, protein, and fiber. Although it can cook for several hours in the crockpot, the "hands on" preparation time is low.

Directions

1. Wash hands with soap and water.
2. Sauté onion and garlic with olive oil.
3. Combine sauté mix with the rest of the ingredients in a crock pot.
4. Cook on low for 8 hours or high for 4 hours.
5. Spoon stew into bowls to serve and top with a dollop of fat-free or low-fat plain yogurt (optional).

For more recipes, visit: myplate.gov