



Naugatuck Valley Health District



Proudly Serving: Ansonia, Beacon Falls, Derby, Naugatuck, Seymour and Shelton

Newsletter

October is Breast Cancer Awareness Month!

SPOTLIGHT

- ◆ Breast Cancer Awareness Month. (1)
- ◆ Fight the FLU! (2)
- ◆ NVHD Flu Clinic Schedule. (2)
- ◆ Apple Crisp Recipe. (3)

What Is Breast Cancer?

Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body.

Breast cancer occurs almost entirely in women, but men can get breast cancer, too. Cells in nearly any part of the body can become cancer and can spread to other areas. To learn more about cancer and how all cancers start and spread, visit Cancer Basics at www.cancer.org.

Breast Cancer Signs and Symptoms

Knowing how your breasts normally look and feel is an important part of breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular mammograms and other screening tests. Screening tests can help find breast cancer in its early stages, before any symptoms appear.

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or rounded. They can even be painful. For this reason, it is important to have any new breast mass, lump, or breast change checked by a health care professional experienced in diagnosing breast diseases.

Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin nipple discharge (other than breast milk).

Sometimes breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast is large enough to be felt. Swollen lymph nodes should also be checked by a health care provider.

Although any of these symptoms can be caused by things other than breast cancer, if you have them, they should be reported to a health care professional so that the cause can be found.

Because mammograms do not find every breast cancer, it is important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer.

Source: www.cancer.org

Contact Us At
NVHD

98 Bank Street
Seymour, CT 06483
Phone: (203) 881-3255
www.nvhd.org

Are You Following Us On
Social Media?

@naugvalleyHD
#naugvalleyHD



Come Get Your Flu Shot!

- October 1st from 9-11 AM at Naugatuck Senior Center
- October 4th from 9-11:30 AM at Seymour Senior Center
- October 5th from 9– NOON at Echo Hose Training Center, Shelton
- October 8th from 9-11 at Beacon Falls Senior Center
- October 10th from 11 AM– 1PM at Ansonia Senior Center
- October 11th from 9-11 AM at Derby Senior Center
- October 16th from 11 AM—2 PM at Senator Logan Health Fair, Warsaw Park, Ansonia
- October 23rd from 9:30—NOON at Shelton Senior Center



The Health District accepts the following insurances; *Aetna, Cigna, ConnectiCare, Anthem Blue Cross/Blue Shield, and Medicare Part B.* **We are not able to accept Medicare Advantage plans, Oxford or United HealthCare.** The cost of the flu vaccine for those who do not have insurance is \$35 for the quadrivalent vaccine, and \$65 for the high dose vaccine for those 65 years and older. Acceptable forms of payment are cash, debit or credit card. Please contact Kristin for an appointment at, 203-881-3255.

Take 3 Actions to Fight the Flu

1. Get yourself and your family vaccinated!

“A yearly flu vaccine is the first and most important step in protecting against flu viruses.”

Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible. Learn more about vaccine timing. Flu vaccines are offered in many locations, including doctor’s offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

2. Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu virus.

If you become sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.)

3. Take antiviral drugs if your doctor prescribes them!

If you get the flu, antiviral drugs can be used to treat flu illness.

Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications, like pneumonia. CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical conditions.

Source: www.cdc.gov



The Naugatuck Valley Health District is having their 1st Annual Health and Safety Fair on October 5th, 2019! This event is from 9-12 at the *Echo Hose Ambulance Training Center in Shelton.*

This event is completely **FREE!** We will be having **FREE flu shots,** multiple trainings, blood pressure screenings and bring the little ones to “Touch a Truck”.

We are also raffling off a Fitbit Alta HR to one lucky winner!*

**entry eligible with flu shot.*

The Naugatuck Valley Health District and
Echo Hose Ambulance Company Present the **1st Annual**

HEALTH + SAFETY FAIR




SATURDAY, OCTOBER 5TH, 2019
From: 9:00 AM – 12:00 PM
Echo Hose Training Center, 430 Coram Ave, Shelton, CT

JOIN US FOR...

<p>Free Community Trainings!</p> <ul style="list-style-type: none"> Narcotics Training Hidden In Plain Sight Hands-Only CPR Stop The Bleed Blood Pressure Screenings 	<p>*FREE Flu Shots!</p> <p><small>*With Most Insurance</small></p> <ul style="list-style-type: none"> Accepted Insurances: Aetna, Cigna, Anthem, <u>Connecticare</u> and Medicare Part B Cash or Credit Card accepted with no insurance Children over 4 years old accompanied by a parent. 	<p>Fun Family Activities!</p> <ul style="list-style-type: none"> Meet the Fire Department and “Touch a Truck”! Arts and Crafts Raffle Prizes and more!
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Immunization Clinic: Vaccines for adults and children are available by appointment only, call 203-881-3255, ask for Kristin.

Lead Program for Children: Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels. Call Jamie for more information at 203-881-3255.

NauVEL: Grants available to remove lead hazards from your home. For eligibility and applications call Carol at 203-881-3255.

Its Fall Ya'll!

Enjoy this lightened up Apple Crisp.

CINNAMON APPLE CRISP

207 calories

Total Time: 1 hour 30 minutes

Prep Time: 15 minutes

Cook Time: 1 hour 15 minutes

This Cinnamon Apple Crisp is perfect for fall, lightly sweetened with raisins and honey with a crisp, oat topping.

INGREDIENTS:

For the Filling:

6 medium apples, (honey crisp or gala) peeled and sliced 1/4-inch thick

1.5 ounces raisins (small box)

3/4 teaspoon ground cinnamon

1 teaspoon fresh lemon juice

1 tablespoon cornstarch

1/4 cup honey

For the Topping:

1 cup quick oats (check labels for gluten-free)

3 tablespoons light brown sugar (not packed)

1 teaspoon cinnamon

2 1/2 tablespoons butter, melted

DIRECTIONS:

Heat oven to 350F degrees.

Combine apples, raisins, cinnamon, honey and lemon juice in large bowl.

Sprinkle with cornstarch. Toss until fruit is coated.

Place fruit in an ungreased baking dish. Cover with foil and bake 15 minutes. Remove from the oven.

Mix the remaining topping ingredients. Sprinkle over fruit.

Bake about 60 minutes or until topping is golden brown and fruit is tender.

NUTRITION INFORMATION

Yield: 8 servings, **Serving Size:** 2/3 cup

Amount Per Serving:

Freestyle Points: 6

Calories: 207 calories

Total Fat: 4.5g

Saturated Fat: 2.5g

Cholesterol: 10mg

Sodium: 4.5mg

Carbohydrates: 44g

Fiber: 5g

Sugar: 30g

Protein: 2g

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