There have been nearly 2.3 million cases of chlamydia, gonorrhea and syphilis diagnosed in the United States in 2017. From 2013 – 2017 gonorrhea, diagnoses increased 67 percent overall; primary and secondary syphilis diagnoses increased 76 percent; and chlamydia remained the most common condition, with a 45 percent increase among 15- to 24-year-old females. Public health experts are concerned with these recent trends.

Morris County is experiencing increasing numbers as well. A serious concern is that gonorrhea has over time developed resistance to antibiotics. In the United States, there is only one highly effective antibiotic. Chlamydia is the most common STD. Most people who have chlamydia do not know it since the disease often has no symptoms. Untreated chlamydia can make it difficult for a woman to get pregnant. A concern is that the number of chlamydia cases in persons under 25 years is rising.

The only way to avoid STDs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting chlamydia by being in a long-term mutually monogamous relationship with a partner who has been tested and has negative STD test results and by using latex condoms properly every time you have sex.

STDs are preventable and treatable. Working together we can build awareness that will help us prevent the spread in our community.

Source: https://www.cdc.gov/std/default.htm
Opioid Epidemic: A Priority Concern

The opioid epidemic has affected many Americans and their loved ones. Some rural Americans say the opioid and other drug abuse is the biggest problem in their community according to a poll from National Public Radio, the Robert Wood Johnson Foundation, and the Harvard T.H. Chan School of Public Health. Opioid abuse ranks higher than economic concerns which is an extraordinary finding since for a number of years the focus in rural America has been on economic problems.

Not only is the opioid epidemic affecting rural Americans, it is affecting Morris County as well. According to the New Jersey Coordinator for Addiction Responses and Enforcement Strategies (NJCARES), there have been 85 suspected overdose deaths this year in Morris County. If the rate stays at the current pace, the

New Jersey Fruits and Vegetables Pollinators

Did you know blueberries, peaches, tomatoes, and many varieties of melon and squash are grown in New Jersey? The production of most fruits, seeds, and nuts requires insect pollinators, who transfer pollen from the male anthers of a flower to the female stigma residing in another flower of the same species. Without this cross-fertilization, seeds and the delicious fruits that encase them usually will not grow. About 85 percent of all plants on Earth require pollination by animals, mostly bees. Recently honeybees have suffered from colony collapse disorder and other problems; therefore, the role of native pollinators is very important.

A study showed that in order to provide crop pollination on a large scale, there must be a large diversity of native bees species. In New Jersey, native pollinators include bumblebees, carpenter bees, leafcutter bees, sweat bees, squash bees, and wasps. Butterflies are also pollinators including monarchs, tiger swallowtails, painted ladies, fiery skippers, orange sulfurs, common buckeyes, and black swallowtails.

To ensure there are enough wild pollinators for New Jersey’s crops, farmers can plant fallow fields and road edges with flowering plants. This will help support the wild pollinators throughout the growing season. It is also critical to avoid the use of chemical pesticides and herbicides. Neonicotinoids are a harmful group of pesticides that highly toxic to pollinators.

Unfortunately neonic-coated seeds are used on many New Jersey farms. Before purchasing seeds and plants, ask if they are treated with neonic.

For more information about native bees in the New Jersey visit https://win-freelab.files.wordpress.com/2014/08/newjerseynativebees_foldout.pdf

Source: http://njconservation.org
Antibiotic Resistance: Global Threat to Public Health

Did you know antibiotics do not treat all illnesses? Antibiotics are only needed for treating certain infections caused by bacteria. 2 million people get infected with antibiotic-resistance bacteria each year.

When bacteria develop resistance to antibiotics, they are difficult to treat. Overuse and incorrect use of antibiotics are the main drivers of resistance. Bacteria have shown the ability to become resistant to every antibiotic that has been developed.

Antibiotics only work on bacteria. Antibiotics do not work on viruses such as colds, flu, and sore throat. Antibiotics can cause side effects and lead to antibiotic resistance any time they are used. If your doctor prescribes antibiotics, take them exactly as prescribed. Improving the way we take antibiotics can help fight antibiotic resistance. Simple ways to stay healthy and prevent infection include:

- Cleaning hands
- Covering hands
- Staying home when sick
- Getting recommended vaccines

Antibiotics should only be prescribed if a patient truly needs it. To learn more about antibiotic prescribing and use, visit, [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use)

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**Opioid continued**

number of opioid-related deaths in 2018 will surpass last years number.

The New Jersey Department of Health has launched an Opioid Data Dashboard, designed to provide public health practitioners, researchers, policy-makers, and the public with a key tool in the fight against opioid addiction. The dashboard is located at [https://www.state.nj.us/health/populationhealth/opioid/](https://www.state.nj.us/health/populationhealth/opioid/).

The dashboard features detailed drug-related deaths, Prescription Monitoring Program statistics, naloxone (Narcan®) administrations, hospital visits, treatment admissions and discharges, and more.

The Opioid Data Dashboard also provides access to additional information from hospital discharge data, uniform crime reports, and substance abuse treatment data.

N.J. Attorney General Gurbir S. Grewal says, “Drawing on information that the Office of the Attorney General has posted on our NJ CARES website, the Department of Health’s opioid data dashboard illustrates what we can do when we work together.”


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**Heroin use is part of a larger substance abuse problem.**

Nearly all people who used heroin also used at least 1 other drug.

Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Marijuana</th>
<th>Cocaine</th>
<th>Rx Opioid Painkillers</th>
</tr>
</thead>
<tbody>
<tr>
<td>2x</td>
<td>3x</td>
<td>15x</td>
<td>40x</td>
</tr>
</tbody>
</table>

...more likely to be addicted to heroin.

The Department of Health will invest about $7 million to fight smoking and electronic cigarette “vaping” among young people. An education campaign to warn teens and young adults about the dangers of electronic cigarettes and other electronic “vaping” devices (which allows users to inhale flavored nicotine vapor, which is highly addictive) will be developed by the NJ Department of Health. The funding comes from one percent of the combined revenue from taxes on cigarettes, electronic cigarettes and wholesale tobacco products which fund anti-smoking and cessation programs.

The New Jersey Prevention Network (NJPN) was awarded $2 million to implement an e-cigarette public awareness campaign which consists of county and regional youth action teams to create and support school or community initiatives to reduce tobacco use among teens. In New Jersey, about 21 percent of teens said they had tried e-cigarettes, compared to 17.4 percent for cigarettes, 17.2 percent for cigars and 15.9 percent for hookah pipe tobacco. New Jersey has taken strong steps to protect the public from the harmful effects of tobacco. In July, Governor Phil Murphy signed a law banning smoking at public beaches and parks. Last November, New Jersey raised the minimum age to buy tobacco products from 19 to 21.

Did you know on average 115 people will die every day from an opioid-related overdose in the United States.

Source: Centers for Disease Control and Prevention

Quick Winter Safety Tips

1. Prepare Your Car for the Winter: Make sure you have a toolkit, jumper cables, flashlight and batteries, ice scraper and snow brush, and a blanket.

2. Avoid Strain While Shoveling: Take it slow and stretch before you begin. Push the snow rather than lifting it. If you do lift, lift with your legs, not your back.

3. Treat frostbite immediately: It is a common injury resulting from exposure to severe cold.

4. Drive safely in the Snow: Do not use cruise control in wintery conditions and increase following distance to 8 to 10 seconds.

5. Check the weather before you go: If the weather is frigid, warm up your car before you drive it.

For more information visit: https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter
Be Aware of Blood Clots & Travel

Blood clots, also called deep vein thrombosis (DVT), can be a serious risk for some long-distance travelers. Travel includes by air, bus, car, or train. Blood clots form in the deep veins of your legs during travel because you are sitting in a confined space for a long period of time. The longer you are immobile, the greater is your risk for developing a blood clot. Most blood clots dissolve on their own but serious health problems can occur if a blood clot breaks off and travels to the lungs causing a blockage.

Most people who develop travel-associated blood clots have one or more other risks for blood clots including:

- Older age (risk increases after age 40)
- Obesity
- Recent surgery or injury (within 3 months)
- Pregnancy and postpartum period (up to 6 weeks after childbirth)
- Use of estrogen-containing contraceptives
- Hormone replacement therapy
- Previous blood clot or family history of blood clots
- Active cancer or recent cancer treatment
- Limited mobility
- Catheter placed in large vein
- Varicose veins
- The combination of long-distance travel with one or more these risks may increase the likelihood of developing a blood clot.

Protect yourself and reduce your risk of blood clot by:

- Moving your legs frequently when on long trips and exercise your calf muscle to improve the flow of blood.
- If you are at risk, talk with your doctor to learn more about how to prevent blood clots
- If you are on blood thinners, be sure to follow your doctor's recommendations on medication use.

For more information, visit: https://www.cdc.gov/ncbddd/dvt/travel.html

April is Alcohol Awareness Month!

Binge drinking is the most common, costly, and deadly pattern of excessive alcohol use in the United States.

1 in 6 adults binge drink.

For more information visit, https://www.cdc.gov/alcohol/index.htm

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.

Contributing Writers:

Carlos Perez, Jr., Ph.D.
Health Officer

Arlene Stoller, M.P.H., C.H.E.S.
Health Educator

Shanice Johnson, B.S., C.H.E.S.
Health Education Field Representative

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