



NOVEMBER 2023 NAUGATUCK VALLEY HEALTH DISTRICT

November 2023



Happy Thanksgiving

NVHD IN THE COMMUNITY



Naugatuck Valley Health District Provides School Based Suicide Prevention Training

Throughout the months of September, October and November, NVHD Health Educator Lisa Trupp and Program Specialist Beatriz Allen provided QPR Suicide Prevention Gatekeeper training to the faculty and staff at all four Ansonia Schools.

Beginning in September, this team lead a series of both virtual and in person programs, making Ansonia the second school district in the Naugatuck Valley to have staff trained in suicide prevention. The Naugatuck School District already has this training in place for all employees and has made the program part of new hire onboarding.

NVHD's goal is to eventually offer QPR Suicide Prevention or Mental Health First Aid training to faculty in all six districts to help improve the mental health and wellness of the Valley's students and school district staff alike.

For more information about this program or to book a session for your organization, please contact Lisa Trupp, Health Educator at 203-881-3255, ext. 108 or ltrup@nvhd.org



Naugatuck Valley Health District Offers Several Flu Clinics in the Valley



The NVHD Immunization team had a very busy October, providing flu shots at 23 different sites in the Naugatuck Valley, including, schools, senior centers and private employers.



Team members Carissa Caserta, Assistant Director of Community Health, Caitlyn Kelly, ELC Grant Nurse and Kristie D'Averso, Public Health Nurse, kick off flu shot season at the Shelton Senior Center Health Fair, September 27, 2023.



NOVEMBER HEALTHY VALLEY SPOTLIGHT

November Is National Diabetes Month

Diabetes is a disease that happens when your blood sugar is too high. When it's not under control, diabetes can damage the eyes, kidneys, nerves, and heart.

If you have diabetes, taking charge of your health as soon as possible may help in preventing complications.

Here are some tips to help you manage your diabetes:



Ask your doctor to test your A1C. Monitor your blood sugar, blood pressure, and cholesterol levels.

Make lifestyle changes. Adding physical activity and healthy eating will help a lot in the long run.



Take your medicine as prescribed by your doctor. Talk to your doctor and make a plan on what to do even on sick days.

Take care of your mental health. Talk to a counselor if you are struggling emotionally and mentally about your health.



Attend a diabetes self-management program to help learn how to manage your condition. Naugatuck Valley Health District offers the Live Well With Diabetes six-week self-management program. Contact Public Health Nurse Kristie D'Averso for program details and schedule of upcoming sessions.

kdaverso@nvhd.org 203-881-3255, ext. 107.



UPCOMING NVHD EVENTS-NOVEMBER 2023-JANUARY 2024

01

Diabetes Self-Management Program

NVHD will be offering a free, phone based, six-week diabetes self-management workshop on Monday's from 6:00pm to 7:00pm

This session begins November 6th and goes through December 11th.

To register please call 203-881-3255, ext. 107.

02

Matter of Balance Falls Prevention

The NVHD Community health Education team will be offering a free Matter of Balance, Falls Prevention program at the Shelton Senior Center, beginning Thursday, November 9th at 9:30am.

The eight-week program will run through December 28th, 2023. For more information, please contact Lisa Trupp, Health Educator at 203-881-3255, ext. 108.

03

Chronic Pain Self-Management Program

NVHD will be offering a free, in-person, six-week chronic pain self-management program on Tuesdays from 8:30am to 11:00am at the Naugatuck Senior Center, 300 Meadow St., Naugatuck, CT.

This session begins January 16th, 2024 and goes through February 20th.

To register please call 203-881-3255, ext. 107 or 108.

From the NVHD Environmental Team

Food Safety for the Holidays



Prevent Food Poisoning During the Holidays

Feasting with family is part of many holiday celebrations. Follow these tips to help prevent food poisoning, or foodborne illness, during the holidays.

- Keep foods separated. Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
- Cook food thoroughly. Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal temperature to kill germs. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.
- Keep food out of the “danger zone.” Bacteria can grow rapidly in the danger zone between 41°F and 135°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze perishable food like meat, chicken, turkey, seafood,

eggs, cut fruit, cooked rice, and leftovers within 2 hours. The temperature in your refrigerator should be set at 41°F or below and the freezer at 0°F or below.

- Use pasteurized eggs for dishes containing raw eggs. Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- Do not eat raw dough or batter. Dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. Do not taste or eat raw dough or batter that is meant to be baked or cooked. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants. Some companies and stores offer edible cookie dough that uses heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.
- Thaw your turkey safely. Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Do not thaw turkey or other foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly. Learn more about preparing turkey safely.
- Wash your hands with soap and water during these key times when you are likely to get and spread germs:
 - Before, during, and after preparing food
 - Before eating food
 - After handling pet food or pet treats or touching pets
 - After using the toilet
 - After changing diapers or cleaning up a child who has used the toilet
 - After touching garbage
 - Before and after caring for someone who is sick
 - Before and after treating a cut or wound
 - After blowing your nose, coughing, or sneezing

<https://www.cdc.gov/foodsafety/communication/holidays.html>



Take Charge of Tomorrow

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Visit niddk.nih.gov for more information on preventing diabetes health problems.

healthinfo@niddk.nih.gov

[f](#) [t](#) [y](#) [i](#) [@niddkgov](#)



Asuma el Control de su futuro

Prevención de los problemas de salud relacionados con la diabetes

La diabetes es una enfermedad en la que la glucosa en la sangre (también llamada azúcar en la sangre) está demasiado alta. Cuando no se maneja, la diabetes puede dañar los ojos, los riñones, los nervios y el corazón, y está relacionada con algunos tipos de cáncer.

Si tiene diabetes, asumir el control de su salud lo antes posible puede ayudar a prevenir otros problemas de salud.

A continuación encontrará algunas recomendaciones para ayudar a manejar la diabetes y así mantenerse saludable por más tiempo.



Maneje el nivel de glucosa en sangre A1C, baje su presión arterial y controle el colesterol.

Pregúntele a su médico cuáles deberían ser sus objetivos y sepa cuál es su nivel de A1C.



Haga cambios en el estilo de vida para desarrollar hábitos saludables poco a poco.

Dé pequeños pasos para comer más sano, hacer más actividad física y dormir lo suficiente.



Tome sus medicamentos a tiempo, incluso si se siente bien de salud.

Hable con su médico o farmacéuta para obtener ayuda si tiene problemas para manejar sus medicamentos.



Cuide su salud mental.

Un consejero en salud mental puede ayudar a encontrar maneras saludables de manejar el estrés.



Trabaje de cerca con su proveedor de atención de salud primaria.

Esta persona puede ayudar a manejar la diabetes y hacer remisiones a otros profesionales de atención de salud si presenta algún problema relacionado.

November is COPD Awareness Month

LEARN MORE BREATHE BETTER®

A PROGRAM OF THE NATIONAL INSTITUTES OF HEALTH



COPD: THE MORE YOU KNOW, THE BETTER FOR YOU AND YOUR LOVED ONES.

PEOPLE WHO HAVE COPD:

- Become short of breath while doing everyday activities they used to do with ease.
- Produce excess sputum.
- Cough frequently, or constantly. Some call this a “smoker’s cough.”
- Wheeze.
- Feel like they can’t breathe.
- Are unable to take a deep breath.

AS TIME GOES BY, THESE SYMPTOMS GET GRADUALLY WORSE.

COPD develops slowly and can worsen over time. Many people with COPD avoid activities they used to enjoy because they become short of breath so easily. When COPD becomes severe, it can get in the way of doing even the most basic tasks, such as light housekeeping, taking a walk, bathing, and getting dressed.

COPD IS SERIOUS, YET MANY DON’T KNOW THEY HAVE IT.

As we age, it’s easy to think that some of the symptoms of COPD are just part of “getting older.” But they’re not. If you think you have even mild symptoms, tell your doctor or health care provider as soon as possible.

COPD is a leading cause of death in the United States, claiming more than 150,000 American lives each year. Millions of people have been diagnosed and several additional millions likely have COPD and don’t know it.

THE LUNG
DISEASE



WITH MANY DIFFERENT NAMES

COPD is a serious lung disease that over time makes it hard to breathe. Its official name is Chronic Obstructive Pulmonary Disease, but COPD has other names, like emphysema or chronic bronchitis.

In those who have COPD, the airways, or tubes that carry air in and out of the lungs are partly blocked, making it difficult to breathe.



NIH Publication No. 13-5840
Originally printed September 2006
Updated August 2022

COULD YOU BE AT RISK FOR COPD? YES, IF YOU:

USED TO SMOKE, OR STILL DO

COPD most often occurs in people age 40 and over who are current or former smokers. Smoking is the most common cause of COPD, accounting for as many as 8 out of 10 COPD-related deaths. However, as many as 1 out of 4 people who have COPD never smoked.

HAVE LONG-TERM EXPOSURE TO LUNG IRRITANTS

COPD can also occur in people who have had long-term exposure to things that can irritate your lungs, like certain chemicals, dust, or fumes in the workplace. Heavy or long-term exposure to secondhand smoke or other air pollutants may also contribute to COPD.

HAVE A GENETIC CONDITION CALLED AAT DEFICIENCY

As many as 100,000 Americans have alpha-1 antitrypsin (AAT) deficiency. They can get COPD even if they have never smoked or had long-term exposure to harmful pollutants.



**Know for sure.
Get a spirometry test.**

Spirometry is a common, noninvasive lung function test that can detect COPD before symptoms become severe.

It measures the amount of air you can blow out of your lungs (volume) and how fast you can blow it out (flow). That way, your doctor or health care provider can tell if you have COPD, and how severe it is. The spirometry reading can help determine the best course of treatment.

FIVE THINGS EVERYONE AT RISK SHOULD DO:

1) QUIT SMOKING.

There are many online resources and several aids available from your health care provider. Visit smokefree.gov or call **1-800-QUIT NOW**.

2) AVOID EXPOSURE TO POLLUTANTS.

Stay away from things that could irritate your lungs, like dust, strong fumes and cigarette smoke.

3) VISIT YOUR HEALTH CARE PROVIDER REGULARLY.

Make a list of your breathing symptoms and think about any activities that you can no longer do because of shortness of breath. Share this information with your provider.

4) PROTECT YOURSELF FROM THE FLU AND OTHER PREVENTABLE INFECTIOUS DISEASES.

Do your best to avoid crowds during flu season. It is also a good idea to get a flu shot every year. Talk to your doctor about getting vaccinated against pneumococcal disease and COVID-19.

5) LEARN MORE SO YOU CAN BREATHE BETTER.

For more information and free, downloadable materials, visit COPD.nhlbi.nih.gov. Follow *Learn More Breathe Better*® on [Facebook](#) and [Twitter](#).

ARE YOU AT RISK?

Noviembre es el Mes de Concientización sobre la COPD

LEARN MORE BREATHE BETTER®

A PROGRAM OF THE NATIONAL INSTITUTES OF HEALTH



EPOC: MIENTRAS MÁS ENTIENDA SU ENFERMEDAD, MEJOR PARA USTED Y SUS SERES QUERIDOS.

LAS PERSONAS CON EPOC:

- Sienten que les falta el aire mientras realizan actividades diarias que anteriormente hacían con facilidad.
- Producen exceso de esputo.
- Tosen frecuente o constantemente. Algunos la llaman “tos de fumador”.
- Tienen una respiración jadeante.
- Sienten que no pueden respirar.
- No pueden aspirar profundamente.

AL PASAR EL TIEMPO, ESTOS SÍNTOMAS EMPEORAN GRADUALMENTE.

EPOC se desarrolla lentamente y puede empeorar con el tiempo. Muchas personas con EPOC evitan realizar actividades que anteriormente disfrutaban porque se sienten cortos de aire fácilmente. Cuando EPOC se torna grave, puede interferir con las tareas más básicas, como hacer labores domésticas ligeras, hacer una caminata, darse un baño y vestirse.

EPOC ES UNA ENFERMEDAD SERIA, PERO MUCHOS NO SABEN QUE LA TIENEN.

Al envejecer, es fácil pensar que algunos de los síntomas de EPOC son parte de “envejecer”. Pero no lo son. Si usted piensa que tiene incluso el menor de los síntomas, dígaselo a su médico lo más pronto posible.

EPOC es una de las principales causas de muerte en los Estados Unidos y la culpable de más de 150,000 muertes de estadounidenses cada año. Millones de personas han sido diagnosticadas con EPOC, y varios millones más probablemente la tengan y no lo sepan.

UNA ENFERMEDAD
PULMONAR



CON MUCHOS NOMBRES DIFERENTES

EPOC es una enfermedad pulmonar grave que con el tiempo dificulta la respiración. Su nombre oficial es enfermedad pulmonar obstructiva crónica, pero EPOC tiene otros nombres, como enfisema o bronquitis crónica.

En aquellas personas que sufren de EPOC, las vías respiratorias, que son los tubos que transportan el aire dentro y fuera de los pulmones están parcialmente bloqueados, dificultando la respiración.



NIH National Heart, Lung,
and Blood Institute

¿CORRE EL RIESGO DE TENER EPOC? SÍ, SI USTED:

SOLÍA FUMAR, O AÚN LO HACE

EPOC se presenta con más frecuencia en personas mayores de 40 años que fuman o solían hacerlo. El hábito de fumar es la causa más común de EPOC, y es responsable de hasta 8 de cada 10 muertes relacionadas con esta enfermedad. Sin embargo, 1 de cada 4 personas con EPOC jamás ha fumado.

HA TENIDO UNA EXPOSICIÓN PROLONGADA A IRRITANTES PULMONARES

EPOC también pueden ocurrir en personas que han tenido una exposición prolongada a irritantes pulmonares, como ciertos químicos, polvo o vapores en el lugar de trabajo. La exposición intensa o prolongada al humo de tabaco de segunda mano o a otros contaminantes del aire también puede contribuir a tener EPOC.

TIENE UNA CONDICIÓN GENÉTICA LLAMADA DEFICIENCIA AAT

Aproximadamente 100,000 estadounidenses sufren de una deficiencia de alfa-1-antitripsina (AAT). Estas personas pueden presentar EPOC incluso si nunca han fumado ni se han expuesto de manera prolongada a contaminantes dañinos.



Esté seguro. Hágase la prueba de espirometría.

La espirometría es una prueba pulmonar no invasiva que puede detectar la EPOC antes de que los síntomas se agraven.

Mide la cantidad de aire que usted puede sacar de sus pulmones (volumen) y qué tan rápido puede hacerlo (flujo). De esta manera, su médico puede decirle si usted tiene EPOC y qué tan severa es. La lectura de espirometría puede ayudar a determinar el mejor tratamiento a seguir.

CINCO COSAS QUE TODAS LAS PERSONAS EN RIESGO DEBERÍAN HACER:

1) DEJAR DE FUMAR.

Existen muchos recursos en línea y diversas alternativas disponibles directamente con su médico. Visite espanol.smokefree.gov o llame al **1-800-QUIT NOW**.

2) EVITE EXPONERSE A CONTAMINANTES.

Evite aquellas cosas que puedan irritarle los pulmones, como el polvo, los vapores fuertes y el humo de cigarrillo.

3) VISITE A SU MÉDICO REGULARMENTE.

Haga una lista de sus síntomas respiratorios, y piense en aquellas actividades que usted ya no puede hacer porque se siente corto de aire. Comparta esta información con su médico.

4) PROTÉGASE DE LA GRIPE Y DE OTRAS ENFERMEDADES INFECCIOSAS PREVENIBLES.

Haga todo lo posible por evitar las multitudes durante la temporada de gripe. También es una buena idea ponerse la vacuna contra la gripe cada año. Hable con su médico sobre la posibilidad de vacunarse contra la enfermedad neumocócica y del COVID-19.

5) INFÓRMESE MÁS PARA QUE PUEDA RESPIRAR MEJOR.

Para obtener más información y materiales descargables gratuitos, visite: COPD.nhlbi.nih.gov. Siga a *Learn More Breathe Better*® en [Facebook](#) y [Twitter](#).

¿ESTÁ USTED EN RIESGO?