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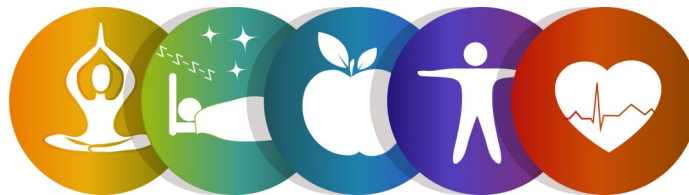
Introducing Cape Atlantic Coalition's 1st Newsletter

Welcome to the first issue of the Cape Atlantic Coalition for Health's newsletter! Our goal for this newsletter is to promote health and spread more awareness about different programs, events, and activities happening in the Cape Atlantic region.

The Cape Atlantic Coalition for Health, is a regional chronic disease prevention coalition funded by the New Jersey Department of Health, Office of Cancer Control and Prevention. The coalition's purpose is to reduce the state's cancer burden and improve health outcomes for people with, or at risk for chronic diseases in Atlantic and Cape May counties.

The coalition's membership is made up of individuals who have an interest in health including professionals from health departments, hospitals, other non-profit and community organizations. Membership is open to the general public as well.

We hope you enjoy our first newsletter! For more information about the coalition, its projects and how to become a member, please visit: capeatlanticcoalition.org.



New Jersey Cancer Education and Early Detection Program

Are you uninsured? or underinsured? Do you have health insurance but cannot afford your deductible/out of pocket costs?

You may be eligible for **FREE** cancer screenings for Breast, Cervical, Colorectal, and Prostate. US Citizenship not required.

Call to see if you qualify:

Atlantic County: 609-653-3484 Cape May County: 609-465-1200

Choose Your Cover Summer 2015!

The coalition hosted Choose Your Cover events throughout the Cape Atlantic region this past summer. Choose Your Cover is a free skin cancer screening and education event. A local healthcare provider volunteers to screen participants for any suspicious signs for skin cancer especially melanoma.

This summer we screened 183 people in Ocean City, Absecon, Ventnor, City of Cape May, Sea Isle City, and Brigantine. Choose Your Cover originally began as a small pilot program on Long Beach Island, NJ in 2008, to reach out to those people deemed most-at-risk for skin cancer—those who live, work and play on or near the beach. Since then, the program rapidly expanded throughout the state.

Cape May County has one of the highest incidence rates of melanoma in the state. Atlantic County also has an elevated melanoma incidence rate. That is why it is important to get screened, wear sunscreen, and follow sun safety rules. These screenings are not meant to replace your dermatologist's comprehensive screenings, they

are a convenient way to get screened without an appointment while you are enjoying the beach.

Thank you to Dr. Coyle Connolly, Dr. Lawrence Paolini, Dr. Frank Kern, Lisa Ledden APN-C, FNP-BC and Lisa Wall PA-C of Derm One, coalition members and volunteers for making these events successful! Visit our website, capeatlanticcoalition.org for more information about Choose Your Cover events in Summer 2016.



Sweet Green Smoothie (Serves 2)

- 1 frozen banana
- 1 cup fruit (berries, pineapple, banana, peaches, apple, cherries, etc.)
- 1 cup spinach, kale, or other leafy greens
- 1 cup milk
- ½ cup plain or vanilla Greek yogurt
- 1 tablespoon ground flax seed (optional)
- 4-6 ice cubes

Place all ingredients in your blender and blend until smooth.

If desired add sweetener of choice.



Palliative Care Committee

The committee is comprised of health care professionals from a variety of home health, home care, palliative care and hospice organizations in the Atlantic and Cape May counties.

Be a Partner in Your Healthcare/LIVE (Live Independently, Vibrantly, Educated) is a presentation created by the Palliative Care Committee designed to enable seniors to retain control over their healthcare and their lives. The goal of LIVE is to teach and encourage a comprehensive, healthy lifestyle; the objectives include tips for maintaining independence through education and empowerment.

If your organization or community would like to schedule a presentation, please call Joia Di Stefano at (609) 892-8180.

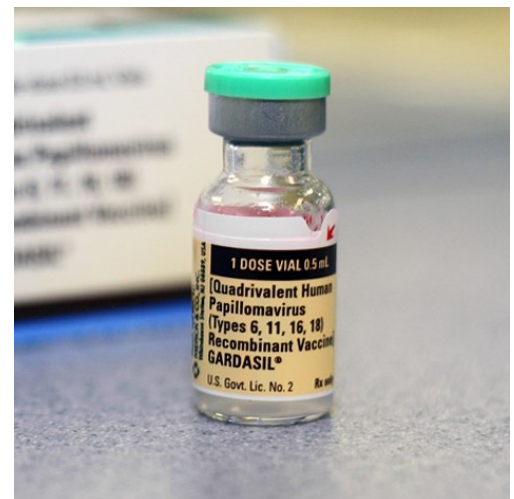
Don't Forget the HPV Vaccine!:

An Initiative to Increase HPV Immunization Rates

HPV or Human Papillomavirus is a virus that can cause genital warts or cancer. According to the American Cancer Society, HPV causes 70% of all cervical cancers and precancers, as well as other cancers such as cancers of the anus, vulva, vagina, and throat. The HPV vaccine is safe, effective and provides lasting protection against HPV. The HPV vaccine helps prevent cancer.

Despite these statistics, the use of the HPV vaccine is limited and immunization rates are low in our area. Recent studies have shown that a patient who receives a strong provider recommendation is 4-5 times more likely to receive the HPV vaccine. The HPV vaccine is recommended for girls and boys who are 11-12 years old. Teenagers and young adults who did not get the vaccine when they were younger, can still get vaccinated.

The Cape Atlantic Coalition for Health is implementing a new initiative, *Don't Forget the HPV Vaccine*, to increase healthcare provider recommendations and help get more pre-teens vaccinated. The coalition will be working with local healthcare providers, providing them with strategies to help them effectively recommend the vaccine as cancer prevention for all eligible patients.



For more information about HPV and the HPV vaccine, visit cdc.org/hpv or talk to your healthcare provider. For more information about *the Don't Forget the HPV Vaccine!* Campaign, visit our website, capeatlanticcoalition.org.

Upcoming Health and Wellness Observances

November 2015:

- American Diabetes Awareness Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Family Caregivers Month
- National Hospice Palliative Care Month
- Great American Smokeout 11/19
- National Family Health History Day 11/16

December 2015:

- World AIDS Day 12/1
- National Influenza Vaccination Week 12/7-12/13

January 2016:

- Cervical Cancer Awareness Month
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Glaucoma Awareness Month



***Focusing on Chronic Disease
Prevention***

Contact Us:

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Cape Atlantic Coalition for Health is a regional chronic disease prevention coalition funded by the New Jersey Department of Health, Office of Cancer Control and Prevention.

For more information on Comprehensive Cancer Control, visit www.njcancer.gov. Shore Medical Center is the lead agency for Atlantic and Cape May counties.