

Middle-Brook Regional Health Commission

www.middlebrookhealth.org

111 Greenbrook Road
Green Brook, NJ 08812
Kevin G. Sumner, Health Officer/Director

732-968-5151 x 1
732-968-5331 (fax)
mbrhc@middlebrookhealth.org (e-mail)

January 2024 Newsletter

Radon Action Month

The U.S. Environmental Protection Agency (EPA) designates January as National Radon Action Month. Radon is an odorless, invisible, radioactive gas. Radon is a naturally occurring radioactive gas from uranium found in nearly all soils. Radon can build up in homes over time and cannot be seen, tasted, or smelled. Exposure to high levels of radon is dangerous. Radon is the second leading cause of lung cancer and the leading cause for non-smokers in the United States.

Test your home for radon! Testing your home is the only way to know if there is high radon. The U.S. Surgeon recommends that all homes be tested for radon gas. For more information about how to test your home or where to find a test kit, call the National Radon Hotline at 1-800-SOS-RADON (1-800-767-7236).



To learn more about radon, visit: www.cdc.gov/radon

LENTIL STEW



Makes 10 servings

Lentils, carrots, and tomatoes are a savory and satisfying combination in this delicious and easy to prepare stew. Perfect for a cold, winter day.

Enjoy with a side of your favorite citrus fruit.

Ingredients

- 2 teaspoons olive oil (or canola oil)
- 1 onion (large, chopped)
- 1 teaspoon garlic powder
- 1 1/2 10-ounce packages of frozen sliced carrots
- 1 cup dry lentils (rinsed and drained)
- 3 cans diced tomatoes, low-sodium (14.5 ounces each)
- 3 cups water
- 1 teaspoon chili powder

Directions

1. Wash hands with soap and water.
2. Heat the oil in a large pot over medium heat.
3. Add chopped onion.
4. Cook for 3 minutes, or until tender.
5. Stir in garlic powder, carrots, lentils, tomatoes, water, and chili powder.
6. Simmer, uncovered, for about 20 minutes or until lentils are tender.

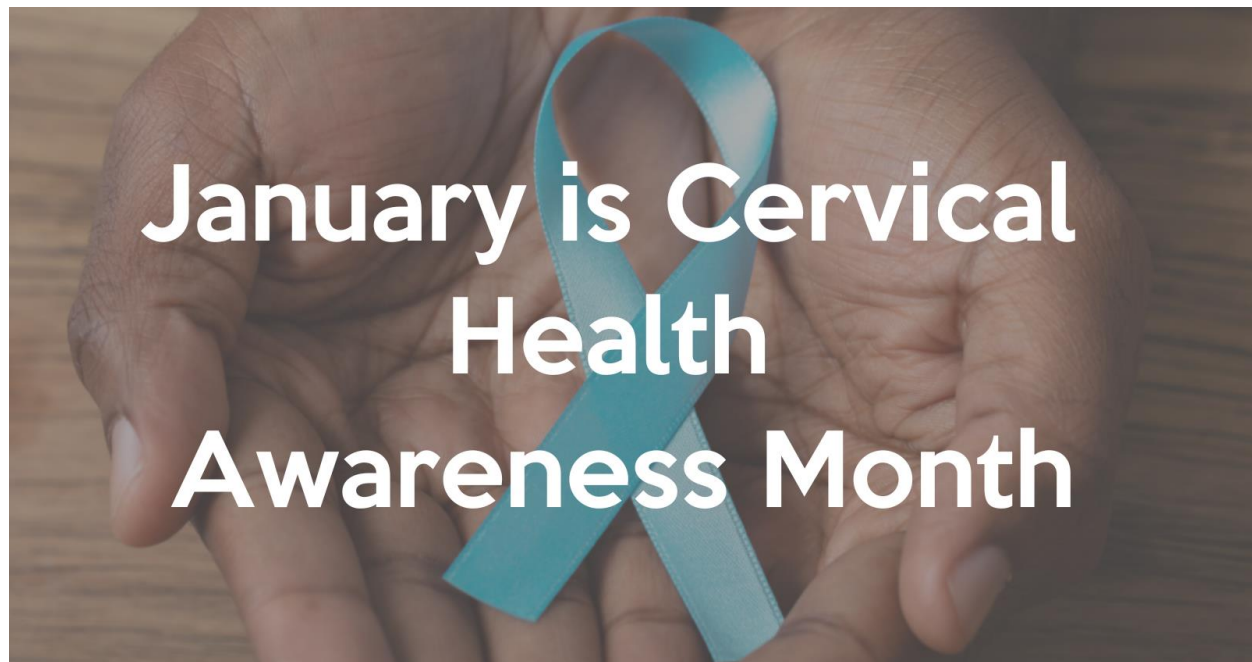
For more recipes, visit: www.myplate.gov



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Middle-Brook Regional
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Cervical Health Awareness Month



We take time in January to raise awareness about cervical health and how women can protect themselves from HPV (human papillomavirus) and cervical cancer. 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. Routine screenings such as Pap tests (also known as Pap smears) and HPV tests play a role in early detection and treatment before they progress into cancer. Anyone with a cervix is at risk for cervical cancer. Talk to your healthcare provider about which cancer screenings are right for you.

This January, take action:

- **Get (your preteen) vaccinated against HPV.** The HPV vaccine is recommended for preteens age 11 or 12 years old. The CDC recommends vaccination through 26 years of age if not vaccinated when younger. Read more about the HPV vaccine [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. Visit www.cdc.gov/cancer/cervical/ for more information on cervical cancer.

Project Firstline MBRHC Strike Team



Did you know that the Middle-Brook Regional Health Commission (MBRHC) provides infection control and prevention training to long-term care and skilled nursing facilities? Through the New Jersey Association of County and City Health Officials grant – Project Firstline, we provide evidence-based, best practice infection control and prevention education for healthcare personnel. The MBRHC Strike Team is committed to educating our frontline healthcare workers to build resilience and protect you and your loved ones against disease.

Long-term care and skilled nursing facilities are asked to call the us at **732-968-5151** or email mbrhc@middlebrookhealth.org to schedule a training!

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