

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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Westfield Regional Health Department
425 East Broad Street
Westfield, NJ 07090
Phone: 908-789-4070



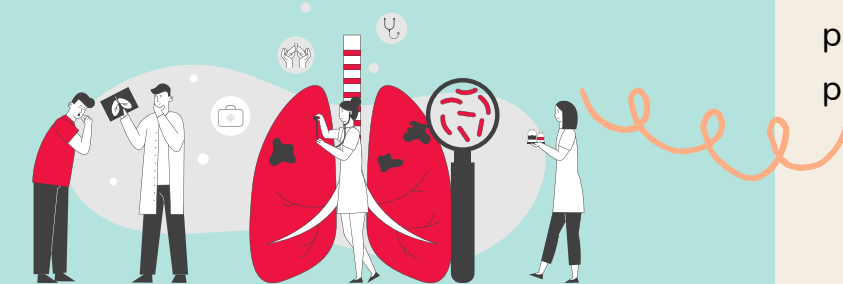
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Health Risks of Two-Stroke Gas Leaf Blowers

Two-stroke gas leaf blowers (GLBs) may present a public health risk to the Westfield community. First, their noise is a nuisance, may cause permanent hearing loss and may be a risk factor for problems such as stress, headaches, difficulty sleeping, productivity loss and, over time, cardiovascular problems. Second, GLBs produce concentrated fine particulate matter and carcinogens potentially harmful to people in their proximity.

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Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death in the United States. November is Lung Cancer Awareness Month and brings awareness to the ways we can all strive to improve our lung health. The first is prevention.

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Great American Smokeout



The American Cancer Society sponsors the Great American Smokeout on the third Thursday of November (November 18), challenging smokers to give up cigarettes for 24 hours. If you or a loved one smokes cigarettes, consider joining the movement, and take the first step toward quitting cigarettes forever!

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The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit, and Westfield