WARREN COUNTY PUBLIC HEALTH NOVEMBER 2026

FOR THE HEALTH OF IT!



Diabetes Awareness

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 manage or prevent Diabetes:

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.

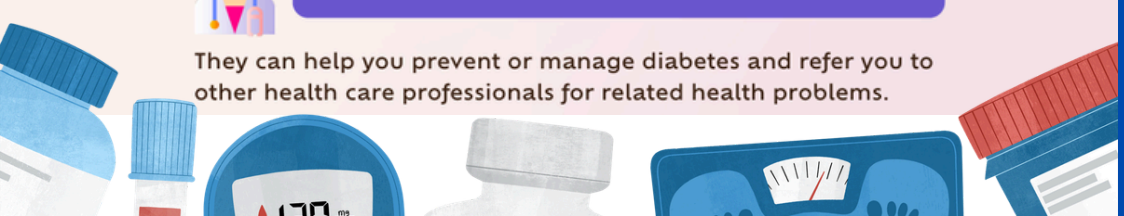
Take small steps to eat healthier, be more physically active, and get enough sleep.

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 prevent or manage diabetes and refer you to other health care professionals for related health problems.



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Lung Cancer Awareness

Lung cancer is the leading cause of cancer death worldwide.
1 in 16 men and 1 in 17 women will be diagnosed with lung cancer in their lifetime.

Causes of Lung Cancer

- Smoking is the leading risk factor for lung cancer, responsible for 80% of lung cancer deaths.
- Exposure to radon gas is the 2nd leading risk factor of lung cancer.
- Second hand smoke
- Asbestos
- Certain metals (arsenic, chromium, cadmium)
- Radiation
- Air pollution
- Diesel exhaust

Family history and genetic factors play a role in development of lung cancer.

Symptoms of Lung Cancer

B: Blood when you cough or spit
R: Recurring respiratory infections
E: Enduring cough, that is new or different
A: Ache or pain in shoulder, chest or back
T: Trouble breathing
H: Hoarseness or wheezing
E: Exhaustion, weakness or loss of appetite

Early Detection Saves Lives

Lung cancer is most easily and effectively treated when it is found at an early stage.
Statistically, those with lung cancer caught early on have a much higher likelihood of surviving at least five years after diagnosis than those diagnosed when the lung cancer is more advanced.
However, currently, only 21% of lung cancers are diagnosed while the tumor is still localized—that is, only found at the site where it started. The major challenge is that most people with lung cancer only have symptoms when they are in later stages of the disease, so lung cancer is not usually suspected and discovered until it has had the chance to grow and spread.

Lung Cancer Screening

Lung cancer can be detected early via screening.
Screening for lung cancer means checking for cancer before there are any symptoms.
Early-detection screening by a low-dose computed tomography (LDCT) scan has proven to be effective among individuals considered to be at high risk. It is also only recommended for these individuals.
CT scans are much more sensitive than chest X-rays and can detect smaller abnormalities that may be lung cancer. Chest X-rays are not recommended for lung cancer screening because they often miss early-stage lung cancers and have not resulted in decreased mortality. This is also the case for sputum cytology, a test that checks for abnormal cells in sputum.

Reduce your risk

If you smoke, get the help you need to quit.
Visit: NYSmokeFree.com





The Great American Smokeout

November 19th, 2026

Quitting smoking isn't easy. It takes time. And a plan.

You don't have to stop smoking in one day. Start with day one.

Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life!

Visit cancer.org to help plan your quit day and for more information on the Great American Smokeout



Join this year's Great American Smokeout on Thursday November 19th to start your smoke-free journey.





GERD Awareness Month



Gastroesophageal reflux disease (GERD) occurs when stomach acid repeatedly flows back into the tube connecting your mouth and stomach, called the esophagus. This backwash can irritate the lining of the esophagus, causing discomfort.

Many people experience acid reflux from time to time, but when it happens repeatedly over time, it is known as GERD. Most people are able to manage the discomfort of GERD with lifestyle changes and medication. It is uncommon, but some may require surgery to ease symptoms.

Common signs and symptoms

- Heartburn
- Difficulty swallowing or the sensation of a lump in your throat
- Chest or upper abdominal pain
- Coughing, choking, wheezing
- Sore throat
- Sour taste in mouth
- Hiccupping
- Hoarse sounding or changing voice
- Belching or excessive burping

Causes

GERD is caused by frequent acid reflux. When you swallow, a circular band of muscle around the bottom of your esophagus relaxes to allow food and liquid to flow into your stomach. The band then closes again. If the band does not relax as it should, stomach acid can flow back into your esophagus. This constant backwash of acid irritates the lining of your esophagus, causing inflammation.

Risk Factors

Factors that increase risk of GERD include:

- Obesity
- Hiatal hernia- upper part of the stomach is trapped by the diaphragm
- Pregnancy
- Smoking
- Large meals or meals before sleeping
- Certain foods and drinks
- Some medications

Complications

Over time, constant irritation by stomach acid can cause

- Inflammation of the esophagus, breakdown of tissue, bleeding, and ulcers. This causes pain and difficulty swallowing
- Scar tissue formation in the esophagus causing narrowing. This narrow pathway can lead to difficulty and pain with swallowing
- Damage to the esophagus can cause precancerous changes to the cells. This is called Barrett's Esophagus. This is associated with an increased risk of esophageal cancer.

You should ***always*** talk to your doctor if you are experiencing symptoms or have questions about GERD.

Men's Health Month

Male life expectancy is, on average, 4.9 years shorter than female's, and for reasons that are largely preventable.

Here are 5 habits for a longer, happier life.

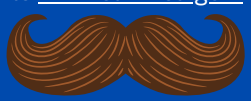
- **Spend time with people who make you feel good**. Stay connected with your friends and family, spending time with them is good for you. Catch up regularly, check in and make time. Get support and give support.
- **Talk more**. You don't need to be an expert and you don't have to be the sole solution, but being there for someone, listening and giving your time can be life saving. Men sometimes aren't comfortable reaching out and opening up about life's challenges. You can't fix someone else's problems, but you can be there for them. Reach out and start the conversations, for yourself and for those you care about.
- **Know the numbers**. At 50, talk to your doctor about prostate cancer and whether it's right for you to have a PSA test. Prostate cancer is the most common cancer in men over 45. But there's a lot you can do. Just by knowing some important facts about risk - and knowing when to take action. Remember: early detection is key. Don't forget to ask about colorectal cancer screenings too! For more information about different cancers, visit www.cancer.org.
- **Check your pair.** Testicular cancer is the #1 cancer in younger guys. But good news: it's highly curable when caught early. Get to know what's normal. what's not and when to take action. If you find something unusual, talk to your doctor.
- **Move more**. Add more activity to your day. Do more of what makes you feel good. Go for a walk. Take the stairs. Try a new activity.

Mental health matters: Break the stigma and get help.

Nearly 1 in 10 men experience depression or anxiety, but less than half receive treatment. Men die by suicide four times more often than women. Learn the warning signs and know when to get help.

If you or someone you know is struggling or in crisis, help is available. Call or text 988.

For more information about mental health visits www.samhsa.gov.



Thanksgiving Food Safety



Oven Roasting Tips

Many variables can affect the roasting time of a whole turkey:

- A partially frozen turkey requires longer cooking.
- A stuffed turkey takes longer to cook.
- The oven may heat food unevenly.
- Temperature of the oven may be inaccurate.
- Dark roasting pans cook faster than shiny metals.
- The depth and size of the pan can reduce heat circulation to all areas of the turkey.
- The use of a foil tent for the entire time can slow cooking.
- Use of the roasting pan's lid speeds cooking.
- An oven cooking bag can accelerate cooking time.
- The rack position can have an effect on even cooking and heat circulation.
- A turkey or its pan may be too large for the oven, thus blocking heat circulation.

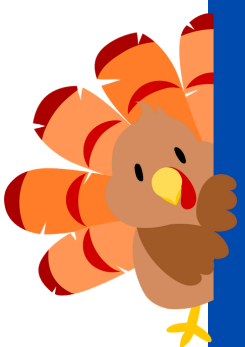
APPROXIMATE COOKING TIMES(325 °F oven temp)

UNSTUFFED (time in hours)

- 4 to 6 lb. breast — 1 1/2 to 2 1/4
- 6 to 8 lb. breast — 2 1/4 to 3 1/4
- 8 to 12 lbs. — 2 3/4 to 3
- 12 to 14 lbs. — 3 to 3 3/4
- 14 to 18 lbs. — 3 3/4 to 4 1/4
- 18 to 20 lbs. — 4 1/4 to 4 1/2
- 20 to 24 lbs. — 4 1/2 to 5

STUFFED (time in hours)

- 8 to 12 lbs. — 3 to 3 1/2
- 12 to 14 lbs. — 3 1/2 to 4
- 14 to 18 lbs. — 4 to 4 1/4
- 18 to 20 lbs. — 4 1/4 to 4 3/4
- 20 to 24 lbs. — 4 3/4 to 5 1/4



Turkey Fryer Safety

Cooking with deep fat turkey fryers can be very dangerous as they have a high risk of tipping over, overheating, spilling hot oil, and could lead to fires, burns, or other injuries.

IF A TURKEY FRYER FIRE OCCURS, CALL 911 IMMEDIATELY.

Dangers of Frying a Turkey

- A small amount of cooking oil coming into contact with the burner can cause a large fire.
- An overfilled cooking pot or partially frozen turkey will cause cooking oil to spill when the turkey is inserted.
- The sides of the cooking pot, lid and pot handles can get dangerously hot, creating severe burn hazards.
- Units can easily tip over, spilling hot cooking oil over a large area.
- Without thermostat controls, deep fryers have the potential to overheat the oil to the point of combustion.

Turkey Frying Safety Tips

If you decide to fry a turkey this year, these precautions should be followed.

- Do not overfill the fryer.
- Fryers should always be used outdoors, on a solid level surface a safe distance from buildings and flammable materials.
- Keep all-purpose fire extinguishers nearby.
- Make sure the turkey is completely thawed before it is placed in a fryer.
- Never leave the fryer unattended because, without thermostat controls, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer when in use or after use as the oil can remain hot for hours.
- Never use a fryer on a wooden deck, under a patio cover, in a garage or enclosed space.
- Use well-insulated potholders or oven mitts and wear long sleeves and safety goggles to protect from splatter.



Getting Ready For Winter

Preparing for Winter Weather

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights.

Generator Safety

Generators can be helpful when the power goes out. It is important to know how use them safely to prevent carbon monoxide (CO) poisoning and other hazards.

- Generators and fuel should always be used outdoors and at least 20 feet away from windows, doors and attached garages.
- Install working carbon monoxide detectors on every level of your home. Carbon monoxide is a colorless, odorless gas that can kill you, your family and pets.
- Keep the generator dry and protected from rain or flooding. Touching a wet generator or devices connected to one can cause electrical shock.
- Always connect the generator to appliances with heavy-duty extension cords.
- Let the generator cool before refueling. Fuel spilled on hot engine parts can ignite.
- Follow manufacturer's instructions carefully.





Carbon Monoxide

Colder temperatures lead to an increased threat of carbon monoxide (CO), which kills more people in the winter months than any other time of year.

Often called "the silent killer," CO is a colorless and odorless gas that is impossible to detect without an alarm.

CO sources include, but are not limited to:
heaters, furnaces, appliances or cooking sources using coal, wood, petroleum products or other fuels. Attached garages with doors, ductwork, or ventilation shafts connected to a living space are also sources of CO.

CO poisoning is difficult to diagnose, often until it is too late. The symptoms mimic those of many other illnesses including nausea, headaches, dizziness, weakness, chest pain, and vomiting. In more severe cases, people may experience disorientation or unconsciousness, or suffer long-term neurological disabilities, cardiorespiratory failure or death.

Protect you and your family against CO poisoning:

- Install and test CO alarms
- Have fuel-burning appliances inspected regularly - furnaces, stoves, fireplaces, clothes dryers, water heaters, and space heaters
- Run kitchen vents or exhaust fans anytime the stove is in use
- Never use generators indoors
- Be mindful of the garage
- Know who to call if a CO alarm sounds - 911!



OCTOBER PROGRAM SPOTLIGHT

Warren Washington Counties Brainstorm Resource Fair



Health Educators and WIC Staff attended the 5th annual Brainstorm Community Resource Fair. WCHS joined over 50 community organizations to provide brain health and mental wellness resources.

QES Fall Fun Fair



Health Educators brought some fun hands on activities to promote handwashing and dental health at this year's QES Fun Fair!

Glens Falls Senior Expo



Health Educators spent the day at The Queensbury Hotel with Glens Falls Seniors, promoting fall prevention and medication safety.

Car Seat Check Event Aviation Mall



Warren County's Certified Car Seat Techs enjoyed a beautiful afternoon outdoors during their car seat check event at Aviation Mall. Our techs spent time with 11 families checking and answering questions about car seats!

UPCOMING

Anti-Vaping Ads

Have you seen some of our anti-vaping ads on local billboards, online, at the Regal Cinemas at Aviation Mall, or at an Adirondack Thunder hockey game? This campaign was paid for with Juul Settlement funds. We are targeting youth and young adults to promote vape cessation.



Did you know that Warren County Public Health has a permanent fitting station to check car seats?

If you missed our car seat check event in October, no worries! We have three Child Passenger Safety Technicians that can schedule car seat checks every week! Car seat installation checks are FREE and open to anyone, regardless of income.

If you live in Warren County, meet certain income qualifications, and need a seat for your child Warren County Public Health may be able to provide you one for free. Every situation is different, so if you have questions you can call our office 518-761-6580.

For more information about any of this, visit our website or facebook, or call 518-761-6580.