



HEALTH BULLETIN

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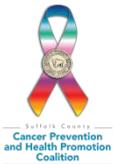
As of January 1, 2015, it is illegal to sell tobacco, e-cigarettes, and liquid nicotine in Suffolk County to persons under the age of 21.

Prior to January 1, it had been illegal to sell these products to persons under the age of 19. It is also important to know that since 2009, it has been illegal to use e-cigarettes and similar products in public places where traditional forms of smoking are banned. Anyone who violates these provisions may be fined a minimum of \$300.

If you want to quit smoking, it is best to get support. Suffolk County offers cessation classes at no cost to residents. The *Learn to Be ...Tobacco Free* program is supervised by a nurse practitioner and provides behavior modification and supportive pharmaceuticals to medically eligible participants. (There may be a fee for medication.) For a listing of smoking cessation classes, visit www.ow.ly/FVLRQ or call 631-853-4017.

About 20 million Americans currently have HPV (human papillomavirus), the most common sexually transmitted disease. HPV is a major cause of cervical cancer.

The good news? HPV can be prevented by the HPV vaccine, and cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.



In recognition of **National Cervical Health Awareness Month**, Suffolk County health officials encourage:

- * Women to start getting regular Pap tests at age 21;
- * Women to get the HPV vaccine before age 27;
- * Parents to make sure their pre-teens get the HPV vaccine at age 11 or 12;
- * Men to get the HPV vaccine if you are under age 22.

Due to changes in national health care law, you and your family members may be able to get these services at no cost to you. Check with your insurance company. Don't have insurance? Call Cancer Services Program of Suffolk County at 631-548-6320, select option 3.

Making Healthy Choices to Prevent Birth Defects

Do you know? One in 33 babies is born with a birth defect. Many people believe that birth defects only happen to other people, but birth defects can and do happen in any family. January is **National Birth Defects Prevention Month**. Woman of child-bearing years are encouraged to take the following steps to prepare for a healthy pregnancy:

- * Take a vitamin with 400 micrograms (mcg) folic acid every day;
- * Avoid alcohol, tobacco and street drugs;
- * Keep hands clean by washing them often with soap and water to prevent infections;
- * See a health care professional regularly;
- * Talk with a health care professional about medical problems and medicine use, prescription and over-the-counter;
- * Ask about avoiding any substances at work or at home that might be harmful to a developing baby;
- * Eat a healthful, balanced diet;
- * Avoid unpasteurized (raw) milk and foods made from it;
- * Avoid eating raw or under cooked meat.

While Pregnant:

- * Keep up these healthy habits;
- * Get early prenatal care and go to every appointment.

Learn more: National Birth Defects Prevention Network: www.nbdpn.org March of Dimes: www.marchofdimes.org