

# MARCH NEWSLETTER

## MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR AND CEDAR GROVE

### WOMEN'S HISTORY MONTH 2025: CELEBRATING ACHIEVEMENTS IN PUBLIC HEALTH

Written and compiled by Vanessa Dessources, MPH, CPH, CHES

March is Women's History Month! Today, women make up 70% of the global health workforce and 90% of frontline health workers. Here are some incredible women whose contributions to public health

**Lisa Coussens, MD, PhD** - "An internationally renowned cancer biologist, her work describing the sequence of the cancer-causing gene HER2 was central to the development of the breast cancer drug Herceptin, which was FDA-approved in 1998 and is estimated to have saved more than 3 million lives to date."

**Chanel Porchia-Albert** - "A doula committed to improving maternal health around the world by working to shift maternal healthcare experiences and outcomes within Black and Latinx communities."

**Agnes Binagwaho MD, M(Ped), PhD** - "A Pediatrician, specializing in neonatology and HIV/AIDS, who served as Rwanda's Minister of Health and advised the World Health Organization to co-found the University of Global Health Equity. She has helped improve health care delivery around the world whilst training the next generation global health professionals."

**Paula Johnson MD, MPH** - "A cardiologist who has improved health outcomes for women by revealing and addressing gender biases in both clinical care and medical research. Her work helped uncover key differences in how men and women experience heart disease and respond to treatments. "She advocates for researchers to take women into account from the very start of their work, and to always analyze their data and findings for sex differences.""

**Lillie Jewel Tyson Head** - "The president of Voices for Our Fathers Legacy Foundation, an organization whose mission is to foster education, social justice, and medical research as a way of honoring the legacies of the 623 Black men, one of whom was her father, who were part of the Tuskegee Study of Untreated Syphilis in the Negro Male."

Sources: John Hopkins Bloomberg School of Public Health; Aspen Ideas Festival

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# Listen & Learn

## PUBLIC HEALTH ON CALL



### Public Health on Call

John Hopkins Bloomberg School of Public Health

#### 864 – The Measles Outbreak in Texas and Beyond

A measles outbreak that started in west Texas has sickened more than 150 people and killed a child. In today's episode: the scope of the outbreak and how it's spreading, the challenges of trying to control it, and claims about treatments including vitamin A, steroids, and antibiotics.

Guest: Dr. Bill Moss is the executive director of the International Vaccine Access Center at the Johns Hopkins Bloomberg School of Public Health.

Host: Lindsay Smith Rogers, MA, is the producer of the Public Health On Call podcast, an editor for Expert Insights, and the director of content strategy for the Johns Hopkins Bloomberg School of Public Health.



### Talking Sleep

American Academy of Sleep Medicine

#### Season 5 | Ep 7- The microbiome and sleep apnea

Recent evidence and data has highlighted important associations between obstructive sleep apnea and the microbiome. Here to help us learn more about how sleep and the gut microbiome impact our health is Dr. Andrew Goldberg.

Dr. Goldberg is a Professor, Vice Chair, Medical Director and Director of the Division of Rhinology and Sinus Surgery in the Department of Otolaryngology – Head and Neck Surgery (OHNS) at the University of California, San Francisco. Dr. Goldberg is a member of the UCSF Haile T. Debas Academy of Medical Educators and an awardee for both Excellence in Teaching and Clinical Excellence. He is a member of over 10 medical societies and academies and has published over 130 peer-reviewed articles and book chapters.



## HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

search the name of the podcast in the Spotify app or website.



# March is ENDOMETRIOSIS AWARENESS MONTH



## *What is Endometriosis?*

Endometriosis is an often-painful condition in which tissue that is similar to the inner lining of the uterus grows outside the uterus. It often affects the ovaries, fallopian tubes and the tissue lining the pelvis. Rarely, endometriosis growths may be found beyond the area where pelvic organs are located.

## *What are the symptoms?*

- Painful menstrual cramps that may go into the abdomen (stomach) or lower back
- Pain during or after sex
- Diarrhea or constipation during a menstrual period
- Fatigue or low energy
- Heavy or irregular periods
- Pain with urination or bowel movements during a menstrual period
- Spotting or bleeding between menstrual periods

## *What are some risk factors?*

- A mother, sister or daughter who has endometriosis
- An abnormal uterus, which is diagnosed by a doctor
- Early menstruation (before age 11)
- Shorter menstrual periods (less than 27 days on average)
- Heavy menstrual periods lasting more than seven days

## *How do you diagnose endometriosis?*

A gynecologist may perform a pelvic exam and order imaging such as ultrasounds or an MRI during the initial phases of sharing symptoms

However, **the only way to definitively diagnose endometriosis is with a laparoscopy**. This involves using a small camera (laparoscope) to look inside your pelvis. Once they see where the tissue is, they can remove a sample of tissue (biopsy) and send it to a lab for testing.

According to the American Academy of Family Physicians, **Endometriosis affects 5% to 10% of women!**



Sources: The Cleveland Clinic, The Mayo Clinic, John Hopkins Medicine

## SAVE CANCER SCREENING- MARCH 2025

The SAVE Cancer Screening program provides various cancers screenings to those who are low-income, uninsured/under-insured. Each screening has its own eligibility criteria.

Please reach out to  
**nb766@njms.rutgers.edu** for more information.

## FREE AT-HOME COLON HEALTH SCREENING

Mountainside Medical Center Community Health Nurses will provide **free EZ-Detect Fecal Occult Kits** to encourage convenient, proactive Colon Health screening from the comfort of your home. These easy-to-use kits help detect hidden blood in the stool, which may be a sign of bleeding ulcers, hemorrhoids, polyps, colitis, diverticulitis, fissures, or colon cancer.

**WHEN:** March 17th, 2025 from 12pm - 2pm

**WHERE:** Montclair Municipal Building Council Chambers

**NO APPOINTMENT NECESSARY!  
WALK-INS ARE WELCOME!**

Scan the QR Code to access the Montclair Health Department Padlet that includes resources, flyers, calendars and upcoming wellness events in the community!!



### SAVE CANCER SCREENING - March 2025

Contact: 973-973-7907  
973-973-5319

<p><b>Tuesday, March 4th</b></p> <p>Mary Elise</p> <p>394 University Ave, Newark, NJ, 07102</p> <p>Breast Screening 9:00 AM - 3:00 PM</p>	<p><b>Thursday, March 6th</b></p> <p>University Hospital Cancer Center</p> <p>205 South Orange Ave, Newark, NJ, 07103</p> <p>Breast &amp; Cervical Screening 9:00 AM - 3:00 PM</p>	<p><b>Sunday, March 9th</b></p> <p>Mantena Global Care</p> <p>294 Ferry St, Newark, NJ, 07105</p> <p>Breast Screening 1:00 PM - 6:00 PM</p>	<p><b>Wednesday, March 12th</b></p> <p>University Hospital Cancer Center</p> <p>140 Bergen St, Newark, NJ, 07103</p> <p>Prostate Screening 1:00 PM - 4:30 PM</p>
<p><b>Thursday, March 13th</b></p> <p>WEST ORANGE HEALTH DEPARTMENT</p> <p>60 N. Cherry St, West Orange, NJ, 07092</p> <p>Breast &amp; Cervical Screening 9:00 AM - 3:00 PM</p>	<p><b>Friday, March 14th</b></p> <p>Mobile Clinics Somewhere in Essex County</p> <p>More information coming soon</p> <p>Breast &amp; Cervical Screening 9:00 AM - 3:00 PM</p>	<p><b>Wednesday, March 19th</b></p> <p>City Hall - City of Newark</p> <p>320 Broad St, Newark, NJ, 07102</p> <p>Women's Health Summit Breast &amp; Cervical Screening 9:00 AM - 3:00 PM</p>	<p><b>Thursday, March 20th</b></p> <p>University Hospital Cancer Center</p> <p>205 South Orange Ave, Newark, NJ, 07103</p> <p>Breast &amp; Cervical Screening 9:00 AM - 3:00 PM</p>
<p><b>Tuesday, March 25th</b></p> <p>Mobile Clinics Somewhere in Essex County</p> <p>More information coming soon</p> <p>Breast Screening 9:00 AM - 3:00 PM</p>	<p><b>Wednesday, March 26th</b></p> <p>University Hospital Cancer Center</p> <p>205 South Orange Ave, Newark, NJ, 07103</p> <p>Breast &amp; Cervical Screening 9:00 AM - 12:00 PM</p>	<p><b>Thursday, March 27th</b></p> <p>University Hospital Cancer Center</p> <p>205 South Orange Ave, Newark, NJ, 07103</p> <p>Breast &amp; Cervical Screening 9:00 AM - 1:00 PM</p>	<p><b>Friday, March 28th</b></p> <p>43 Broadway, Newark, NJ, 07104</p> <p>Breast &amp; Cervical Screening 9:00 AM - 3:00 PM</p>
<p><b>Saturday, March 29th</b></p> <p>Let's Talk</p> <p>1 Center St, Newark, NJ, 07102</p> <p>Breast Screening 9:00 AM - 3:00 PM</p>			

## SERENITY FAMILY SUPPORT GROUP

A support group held by the Essex Health & Wellness Recovery Center in order to find peace and healing for those affected by the opioid epidemic.

**Tuesdays 6pm - 7pm**  
101 Park Street Montclair, NJ 07042  
Suite 4

**For more information, contact Marisa (201)- 280- 8499**

### MONTCLAIR HEALTH DEPARTMENT MENTAL HEALTH AWARENESS MONTH WALK

# SAVE THE DATE

SUNDAY MAY 4TH, 2025 10AM - 12PM

EDGEMONT PARK, MONTCLAIR

## Montclair Health Department Immunization Clinics

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email  
[mginter@montclairnjusa.org](mailto:mginter@montclairnjusa.org).

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042

