

A message from your Health Officer from the Monmouth County Health Department...

The Monmouth County Health Department is a full-service health department providing residents with health education, clinical and preventive health services, environmental and consumer health programs, communicable disease control and public health preparedness.

February is American Heart Month!

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease.

What services does the Monmouth County Health Department provide for Heart Health?

Hypertension Screening Program provides blood pressure tests, including risk factor counseling and education on diet, smoking cessation, exercise, diabetes, and overall health is offered at convenient locations in every municipality served. Referrals are made as needed.

Adult Primary Prevention Clinic provides residents with cholesterol screening, oral cancer screening, and counseling and education on overall physical Health. The clinic is provided at the Monmouth County Health Department offices at 3435 Highway 9 in Freehold. Please call 732-431-7456 to make an appointment.

The mission of the Monmouth County Health Department is to protect the health and welfare of the residents within the Board of Health system. Towns covered by the services of the Monmouth County Board Health System are: Aberdeen, Allentown, Asbury Park, Atlantic Highlands, Avon, Belmar, Bradley Beach, Englishtown, Farmingdale, Hazlet, Howell, Lake Como, Manasquan, Marlboro, Matawan, Millstone, Neptune Twp, Neptune City, Oceanport, Ocean Grove, Roosevelt and Union Beach.

I invite each of you to visit our website at www.visitmonmouth.com or call for more information at 732-431-7456.

Be Well,

Michael A. Meddis, MPH

Health Officer

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