



November

2025

# Westfield Regional Health Department

# Your Health Matters

Monthly Newsletter

Proudly serving Chatham Borough, Fanwood, Garwood, Madison, Mountainside, New Providence, Roselle Park, Summit, and Westfield



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1 American Diabetes Month

Lung Cancer Awareness Month

2 National Family Caregivers Month

Alzheimer's Awareness Month  
Stomach Cancer Awareness Month

3 Pancreatic Cancer Awareness Month

Great American Smokeout

4 Upcoming Events

Recipe of the Month

1

## November is American Diabetes Month

Across the nation, more than 38 million people are living with diabetes, and nearly 98 million have prediabetes. Over the past two decades, the number of Americans diagnosed with diabetes has more than doubled.

For many, receiving a diabetes diagnosis can be overwhelming, bringing concerns about costs, care, and lifestyle changes. The American Diabetes Association is committed to supporting individuals every step of the way—providing trusted resources on nutrition and diabetes education, promoting mental well-being, and sharing evidence-based guidance on the latest treatments and technologies.

Learn your risk of developing diabetes and encourage friends and family to do the same. Talk to your health care provider and stay informed.

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## Lung Cancer Awareness Month

November is Lung Cancer Awareness Month—a time to honor those affected, raise awareness about the world's leading cause of cancer deaths, and promote the importance of early detection. Lung cancer can affect anyone, regardless of smoking history, and early screening can save lives. This month, we stand together to support patients, survivors, and families, advance research, and spread hope for a future free from lung cancer.

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**2**

## National Family Caregivers Month

Each November, National Family Caregivers month recognizes and honors the 63+ million family caregivers across the United States who devote their time, energy, and love to supporting a family member or friend with health needs. This year's theme, Plug-in to Care, focuses on connection—helping caregivers easily connect to vital support tools, networks, and educational resources.

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## November is Stomach Cancer Awareness Month

November, a month often centered around food, family, and celebration, is also an important time to raise awareness about gastric (stomach) cancer. While many enjoy the season's focus on meals and togetherness, the holidays can be especially challenging for those living with stomach cancer—particularly individuals who have undergone surgery to remove their stomach.

Stomach cancer is often diagnosed at later stages, when it is more difficult to treat. Early detection is crucial for improving survival rates. By raising awareness, Stomach Cancer Awareness Month aims to empower individuals to take steps to prevent and detect stomach cancer early on.

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## Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it.

Nearly all of us know someone whose life has been affected by Alzheimer's disease—whether within our own families or through friends and loved ones. Thanks to advances in research and newly approved FDA treatments, there is growing hope for slowing the disease's progression in its early stages and improving quality of life for millions of patients and their families. For those seeking support, many organizations provide valuable resources, including support groups, educational materials, and guidance. Staying informed and connected can make a meaningful difference for those navigating the Alzheimer's journey.

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**3**

## November is Pancreatic Cancer Awareness Month

Pancreatic cancer develops in the cells of the pancreas—an organ located in the abdomen, behind the lower part of the stomach. The pancreas plays two vital roles: it produces enzymes that aid in digestion and releases hormones, such as insulin, that regulate how the body stores and uses glucose—the main source of energy for our cells.

There are two primary types of pancreatic cancer. Exocrine pancreatic cancer accounts for about 95% of all cases, while endocrine (or pancreatic neuroendocrine) tumors, also known as islet cell tumors, make up the remaining cases.

Risk factors for pancreatic cancer include smoking, obesity, diabetes, chronic pancreatitis, and certain inherited genetic conditions.

According to the National Cancer Institute, an estimated 67,440 people in the United States will be diagnosed with pancreatic cancer in 2025, and approximately 51,980 deaths are expected.

Pancreatic cancer is currently the third leading cause of cancer-related deaths in the U.S.

By 2030, it is projected to become the second leading cause of cancer death, behind lung cancer, according to research published in Cancer Research, a journal of the American Association for Cancer Research (AACR).

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## Great American Smokeout

The Great American Smokeout is an annual event sponsored by the American Cancer Society (ACS) and focuses on encouraging Americans to quit tobacco smoking. It is held on the 3<sup>rd</sup> Thursday of November. This year, it is held on November 20th, 2025. People are challenged to stop smoking for at least 24 hours assuming that their decision not to smoke will last longer, hopefully forever. Today, more than 43 million people in the U.S. smoke cigarettes, that is about 1 in 5 adults.

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 Smoke Out be your day to start the journey toward a smoke-free life. You don't have to do it alone. Grab a friend, family member or coworker who also wants to quit and join thousands of people who smoke across the country in taking an important step toward a healthier life.

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**IT'S NOT LOVE  
IT'S AN ADDICTION**

**WE ARE HERE  
TO HELP!**

- In 20 minutes, heart rate and blood pressure return to normal.
- In 72 hours, breathing is easier, bronchial tubes relax, energy levels increase.
- In 1-2 years, heart attack risk decreases by 50%.
- In 10 years, Lung cancer risk is about half that of a person who is still smoking.

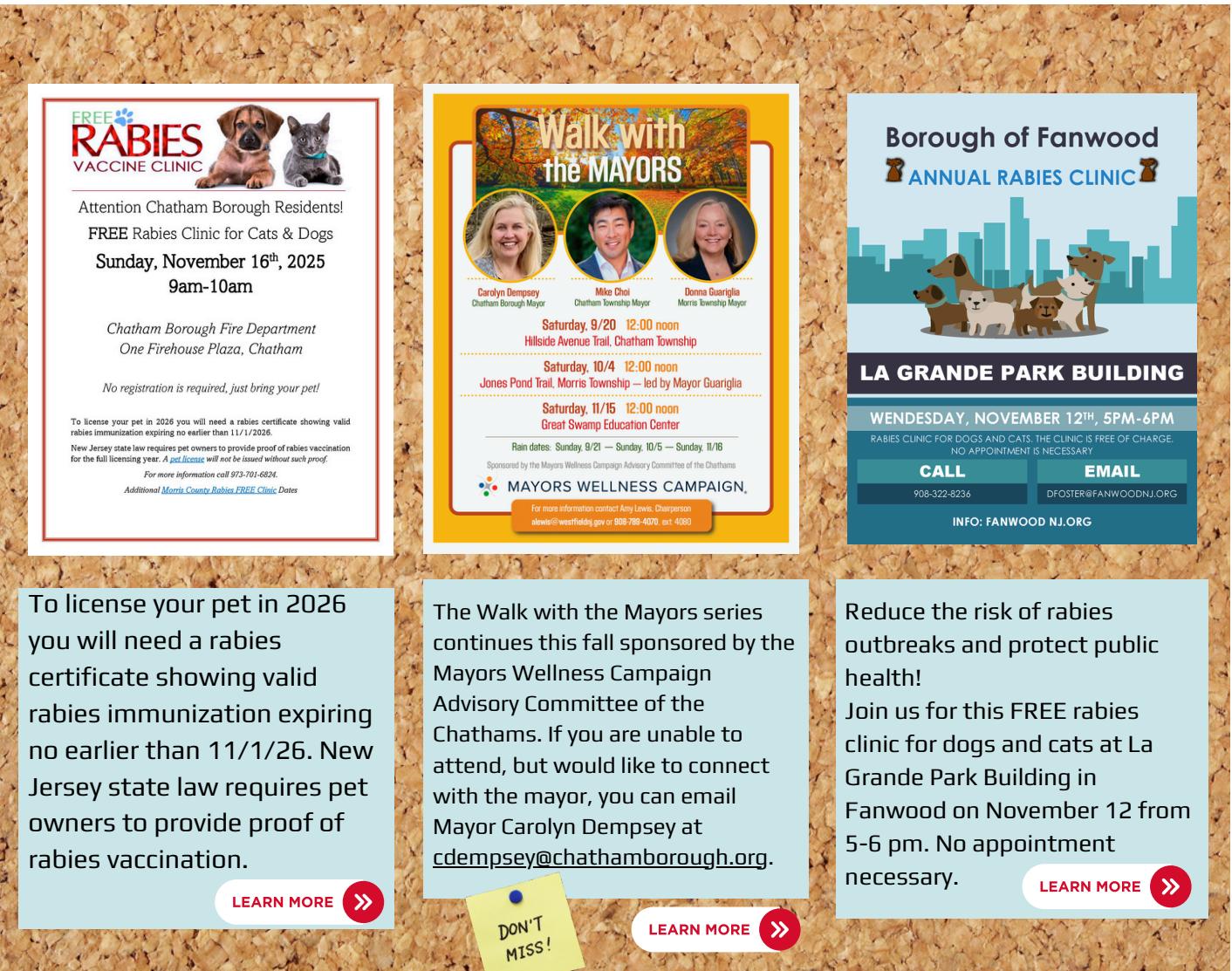
**FREE QUIT RESOURCES**

 **Tobacco-Free**  
FOR A HEALTHY NEW JERSEY

# 4

## Upcoming Events



**FREE RABIES VACCINE CLINIC**



Attention Chatham Borough Residents!  
FREE Rabies Clinic for Cats & Dogs  
Sunday, November 16<sup>th</sup>, 2025  
9am-10am  
  
Chatham Borough Fire Department  
One Firehouse Plaza, Chatham  
  
No registration is required, just bring your pet!  
  
To license your pet in 2026 you will need a rabies certificate showing valid rabies immunization expiring no earlier than 11/1/2026.  
New Jersey state law requires pet owners to provide proof of rabies vaccination for the full licensing year. A [pet license](#) will not be issued without such proof.  
For more information call 973-701-6824.  
Additional [Morris County Rabies FREE Clinic Dates](#)

**Walk with the MAYORS**



Saturday, 9/20 12:00 noon  
Hillside Avenue Trail, Chatham Township  
  
Saturday, 10/4 12:00 noon  
Jones Pond Trail, Morris Township – led by Mayor Guariglia  
  
Saturday, 11/15 12:00 noon  
Great Swamp Education Center  
  
Rain dates: Sunday, 9/21 — Sunday, 10/5 — Sunday, 11/16  
Sponsored by the Mayors Wellness Campaign Advisory Committee of the Chathams  
**MAYORS WELLNESS CAMPAIGN**  
For more information contact Amy Lewis, Chairperson  
[alewis@westfieldnj.gov](mailto:alewis@westfieldnj.gov) or 908-789-4070, ext. 4080

**Borough of Fanwood ANNUAL RABIES CLINIC**



**LA GRANDE PARK BUILDING**  
**WEDNESDAY, NOVEMBER 12<sup>TH</sup>, 5PM-6PM**  
RABIES CLINIC FOR DOGS AND CATS. THE CLINIC IS FREE OF CHARGE.  
NO APPOINTMENT IS NECESSARY  
**CALL**  
908-322-8236  
**EMAIL**  
[dfoster@fanwoodnj.org](mailto:dfoster@fanwoodnj.org)  
**INFO: FANWOOD NJ.ORG**

To license your pet in 2026 you will need a rabies certificate showing valid rabies immunization expiring no earlier than 11/1/26. New Jersey state law requires pet owners to provide proof of rabies vaccination.

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The Walk with the Mayors series continues this fall sponsored by the Mayors Wellness Campaign Advisory Committee of the Chathams. If you are unable to attend, but would like to connect with the mayor, you can email Mayor Carolyn Dempsey at [cdempsey@chathamborough.org](mailto:cdempsey@chathamborough.org).

**DON'T MISS!**

[LEARN MORE](#)

Reduce the risk of rabies outbreaks and protect public health!  
Join us for this FREE rabies clinic for dogs and cats at La Grande Park Building in Fanwood on November 12 from 5-6 pm. No appointment necessary.

[LEARN MORE](#)

## Recipe of the Month

### Irish Pork Roast with Roasted Root Vegetables

In this easy one-pan dinner, boneless pork loin roast is cooked over a bed of carrots and parsnips for an all-in-one dish that makes an impressive centerpiece for a holiday meal or Sunday dinner.

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