



January

2026

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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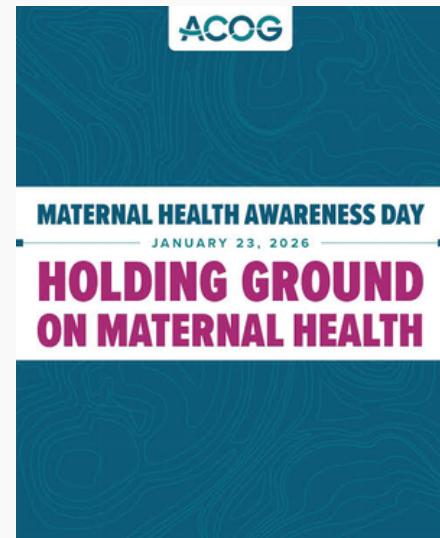
Recipe of the Month

1 January is Cervical Health Awareness Month

While cervical cancer rates in the United States have dropped over the past few decades, the National Cancer Institute projected that approximately 13,360 individuals were diagnosed with cervical cancer in 2025, and 4,320 died from the disease. For the most part, cervical cancer is a preventable disease.

Nearly all cases of cervical cancer are caused by infections with high-risk strains of the human papillomavirus (HPV). Fortunately, the HPV vaccine currently used in the United States, Gardasil 9, can protect against seven high-risk HPV strains responsible for causing cancer.

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Maternal Health Awareness Day: January 23

This year's theme for Maternal Health Awareness Day 2026 is 'Holding Ground on Maternal Health'. The CDC estimates that more than 80% of deaths during and after pregnancy could be prevented. Evidence-based, practical solutions can and do save lives—ensuring equitable access to prenatal and specialty care and providing birthing facilities that are fully equipped to serve all patients.

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2 National Blood Donor Month

The month of January is designated as National Blood Donor Month in the United States. Due to holiday celebrations, inclement weather, and cold and flu season, the winter months are often a time of reduced donations and an increased risk for blood shortages. National Blood Donor Month celebrates blood donors during this critical time and reminds people of the importance of donating blood.

Blood donations across the country have dropped significantly over the last 20 years. The American Red Cross is even currently facing an emergency blood shortage. The shortfall can have a huge impact on the availability of blood products available, especially for emergency needs.

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Substance Use Disorder Treatment Month

Substance Use Disorder Treatment Month (Treatment Month), which is observed in January, serves to support:

- People contemplating or seeking help for their substance use
- Practitioners treating or considering treating substance use disorder
- Friends, family, and loved ones of those with substance use conditions

By raising awareness of treatment, including medications to treat substance use disorders, SAMHSA seeks to:

- Eliminate stigma surrounding treatment, including medications used to treat substance use disorders
- Encourage those on their treatment and recovery journey
- Promote best practices such as screening, intervention, and treatment of substance use disorders by health care providers

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3 National Radon Action Month

Radon exposure can cause lung cancer, and since it's invisible and odorless, testing is the only way to know if your home is safe. You can test your home with a simple kit. Radon test kits are available from many retailers; hardware stores usually sell them. Alternatively, you can hire a radon professional to perform the tests and evaluate the results. The National Radon Program Services also offers information on radon and how to get a test kit (1-800-SOS-RADON (1-800-767-7236).

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Thyroid Awareness Month

According to the [American Thyroid Association](#), approximately 20 million Americans have some form of thyroid cancer but 60% of those with a thyroid disease are unaware of their condition.

Early warning signs of thyroid problems

- Overactive thyroid: racing heart rate, palpitations, anxiety, insomnia, nervousness, weight loss with increased appetite, excessive sweating/heat intolerance, muscle weakness.
- Underactive thyroid: fatigue / sluggishness (mental and physical), cold intolerance, constipation, Hair loss, weight gain, depression.

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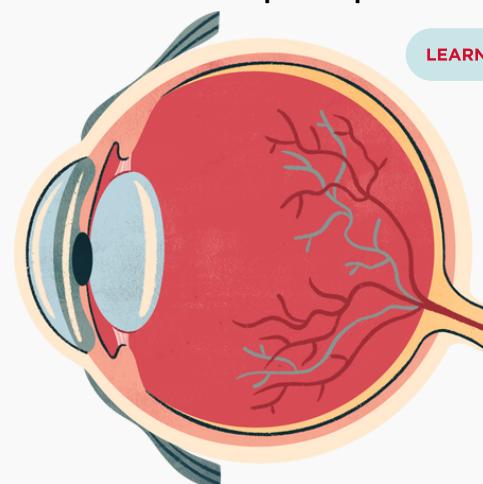
Glaucoma Awareness Month

Your Sight is Precious — Be Proactive! More than 2.8 million Americans age 40 and older have glaucoma.

Glaucoma is a leading cause of blindness, but half of people with glaucoma don't know they have it. Early detection and healthy habits can save your eyes.

Glaucoma has no early symptoms. The only way to check for it is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but starting treatment as early as possible can help stop vision loss.

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4

Upcoming Events



HealthEASE
Health Education Curriculum

MAYORS WELLNESS CAMPAIGN.

FREE Health Presentation Series!

The HealthEASE Health Education Curriculum consists of 8 different modules on health promotion and disease prevention. During the one-hour presentation, participants will learn more about the specific topic, ways to better manage their own health or condition, and participate in a short game or activity related to the topic.

HealthEASE Presentations:

- Be Wise About Your Medications (Medication Management)
- Bone Up On Your Health (Osteoporosis)
- Keeping Up the Beat (Heart Health)
- Keeping Your Mind Sharp (Memory)
- Move To Get F.I.T. (Physical Activity)
- Serving Up Good Nutrition (Healthy Eating)
- Standing Tall Against Falls (Fall Prevention)
- Women's Health: The Big Three (Women's Health)

FRIDAYS

JAN. 9, 16, 23, 30 | FEB. 6, 13, 20, 27
12:15 PM – 1:15 PM
Community Room, Mountainside Borough Hall, 2nd Floor
1385 Rt. 22 East

* Registration is required to attend this program.

REGISTRATION:
To register for this program or for more information, please contact:
Amy Lewis
908-789-4070 ext. 4080
alewis@westfieldnj.gov

WESTFIELD REGIONAL HEALTH DEPARTMENT
PREVENT • PROMOTE • PROTECT

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Lead Testing: Consumer Products Check

Worried about lead in everyday items?

Bring your consumer products to a free lead testing event. Some common consumer products that may have lead include:

- Toys
- Antique Houseware & Kitchenware
- Spices
- Cosmetics
- Jewelry

Wednesday, January 14, 2026 from 2-3pm
Library of the Chathams
214 Main Street
Chatham, NJ 07928

Walk-ins welcome.
No registration needed.

*Event hosted by
Westfield Regional Health Department
for educational purposes only.

Worried about lead in everyday items?
Bring your consumer products to a FREE lead testing event hosted by the Westfield Regional Health Department.

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Recipe of the Month

Slow Cooker Panang Curry with Chicken and Cauliflower Rice

This rich curry dish that marries chicken and loads of vegetables with coconut milk makes a trip to Thailand as close as your slow cooker. After 20 minutes of prep and four hours of slow cooking, your home will have the aroma of this faraway land. Riced cauliflower creates a nutrient-rich addition to soak up the sauce.

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