

The Talk of the Town

Brought to you by the Pequannock Township Health Department
Serving the Town of Boonton, Florham Park, Kinnelon, Pequannock, and Riverdale

SUMMER HEALTH SPOTLIGHT

PMOS: A NEW NAME FOR PCOS^{1,2,3}

Did you know? PCOS now has a new name!

PCOS has been one of the most common hormonal disorders affecting women worldwide and now there is more advanced research on this syndrome! PCOS originally polycystic ovary syndrome is now called PMOS polyendocrine metabolic ovarian syndrome. The newly adopted name, PMOS, reflects a growing scientific consensus that the disorder is not simply about ovarian cysts or fertility, but a complex endocrine and metabolic condition that can affect the entire body. This name change matters because this encourages more research and awareness. You are probably wondering why this will enhance further research, and that is because it tells us how we can understand this syndrome further. For too long, PMOS (formerly PCOS) had that misunderstanding which contributed to missed diagnoses and not enough treatment for many women.

Did you know? This condition impacts 1 in 8, or more than 170 million women worldwide!

Common signs and symptoms of PMOS include:

1. Evidence of excess androgen (male hormone), which can cause hair growth on the face (called hirsutism), acne, or androgenic alopecia.
2. Irregular or absent periods, which can be a sign of infrequent or absent ovulation.
3. Ovarian cysts that can be visible on an ultrasound.

It is important to note that this is not a rebrand of the name but a change to further help experts to better understand and educate themselves and patients. This decision to adopt the new name followed more than 14 years of global collaboration among experts and those with lived experience. As awareness grows, the new PMOS terminology will help reduce misconceptions, improve research and education. This will help all individuals to have a better understanding when it comes to treating this condition.



LUPUS AWARENESS^{4,5}

What is Lupus?

Lupus is an autoimmune disease that can afflict the skin, joints, blood and organs like your kidneys, lungs and heart. There are different types of Lupus that are outlined below.

Cutaneous lupus erythematosus - this type of lupus primarily impacts only the skin.

Drug-induced lupus - Certain medications are able to cause lupus symptoms as a side effect and they are usually temporary while taking said medication. These symptoms may linger or go away once medication has stopped.

Neonatal lupus - Babies whose biological parents have lupus may have an increased risk of being born with the disease.

Some symptoms of lupus are headaches, rashes (especially across your face), fever, hair loss, and swelling in arms legs or on your face.

The exact cause of lupus remains unknown, researchers believe that a combination of genetic factors, hormones, environmental factors, and your health history may contribute to development. Lupus can affect anyone, and those who have one or both of their biological parents with lupus are at a higher risk. Treatment plans may include medications and routine medical care. To prevent lupus flare-ups, you can avoid sun exposure, stay active, get enough sleep and protect your mental health. If you are anyone you know may be living with lupus, don't hesitate to reach out to a healthcare provider for support.



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HIGHLIGHTS OF HAPPENINGS

STORYTIME IN THE PARK

To celebrate *Parks and Rec Month*, join Boonton Recreation and Boonton Holmes Public Library for two nighttime story times in Kanouse Park.

Tuesday, July 7th & 21st

6:00pm

Click [here](#) to learn more!

NATIONAL NIGHT OUT

Sponsored by the Florham Park Police Department, National Night Out is an annual community-building campaign that promotes police-community partnerships.

Tuesday, August 4th

6:00pm-9:00pm

37 Elm Street - Volunteer's Memorial Park

GOLDEN HOUR YOGA

Meet at the green at Kinnelon Borough Hall every Tuesday evening until August 4th to get some yoga in!

7:30pm-8:30pm

130 Kinnelon Rd., Kinnelon, NJ 07405

Register at

<https://www.zehnspace.com/book>

CHC CLINICS

This program offers well child care and free federally funded vaccines to children for the communities which we serve. For more information and dates of the Child Health Conference, please contact the Pequannock Public Health Nurses at 973-835-5700 X 109 or 135.

RABIES CLINICS

Rabies clinics are available in Morris County throughout 2026 and are available at no cost to NJ residents.

Visit the link below for more information:

<https://www.morriscountynj.gov/Residents/Public-Safety/Rabies-Clinics>

FOOT SCREENING

FREE foot screening for those who live in our five towns!

Wednesday, July 22nd 3:00pm-6:00pm

Boonton Food Pantry

100 Monroe Street

Boonton, NJ 07005

Click [here](#) to make an appointment!



LOCALS HELPING LOCALS

FLORHAM PARK FOOD PANTRY

Located at Holy Family Parish in Florham Park
Contact Anne Platoff at 973-822-0430 or Sharon Carr at 973-568-5932
<https://holysfamilyfp.org/food-pantry>

KINNELON FOOD PANTRY

Located at Church of the Nazarene in Kinnelon
Contact the church at (973) 838-1027
<https://www.kinnelonboro.org/cn/webpage.cfm?tpid=8915>

LOAVES & FISHES COMMUNITY FOOD PANTRY

Located at the First Presbyterian Church in Boonton
Contact Marjorie B. Roller at marjorie.roller@lfcfp.org or (862) 222-3006
<https://www.lfcfp.org/>

PEQUANNOCK TOWNSHIP FOOD PANTRY

Located in Friendship Hall at the First Reformed Church in Pequannock
Contact the church at (973) 835-1145
<https://firstreformedchurch.com/connect/food-pantry-/>

RIVERDALE FOOD PANTRY

Located at the Riverdale Community Center in Riverdale
Contact Darinda Norris at (973) 714-7141 or Michael Carelli at media@riverdalenj.gov
<https://www.riverdalenj.gov/pages/riverdale-food-pantry>

THE TOWN OF BOONTON FOOD PANTRY

Located in the Former Bank Building next to Town Hall (100 Washington Street)
Contact Lucille Rockis or Grace Ryerson at (973) 402-9410 ext. 634
<https://www.boonton.org/630/Food-Pantries-Financial-Assistance>

HEALTHY RECIPES FOR RECIPIENTS

BEEF SLIDERS WITH LETTUCE, TOMATO AND CUCUMBER

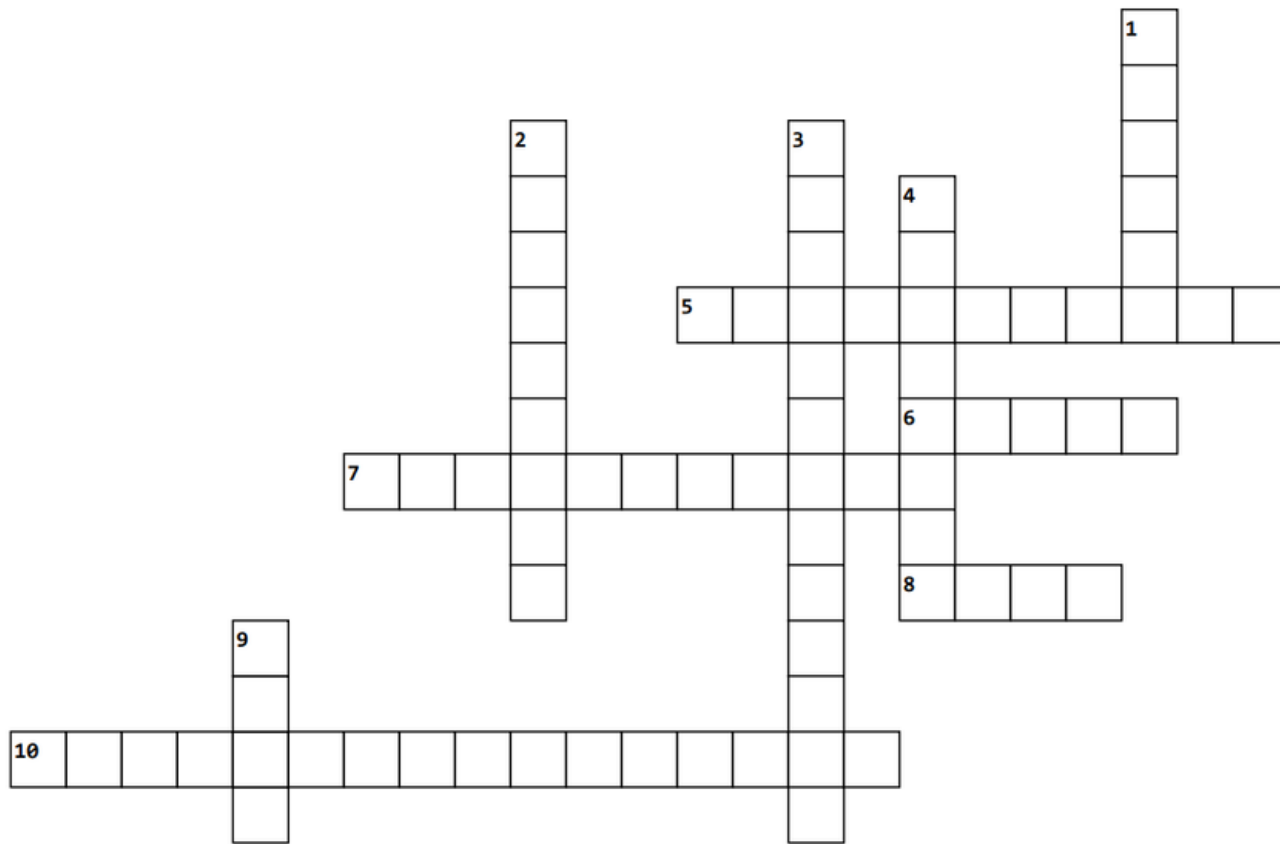
INGREDIENTS

- 1 1/4 pounds extra-lean ground beef
- 1 large egg
- 1 medium onion (finely chopped)
- 1/2 teaspoon ground black pepper
- 1 clove garlic (finely chopped)
- 3 small tomatoes, sliced into 1/4-inch rounds
- 1 medium cucumber, peeled and sliced into 1/4-inch rounds
- 1 head romaine, separated into leaves
- Cooking spray
- 12 whole-wheat slider buns

DIRECTIONS

1. In a large bowl mix ground meat, egg, onion, black pepper and garlic.
2. Form patties about 2 inches across and set on a plate.
3. Coat a large skillet with cooking spray and heat to medium heat. If the weather permits, fire up the grill! Add the sliders and cook 2-3 minutes per side or until burgers reach 160°F internally.
4. When sliders are ready, remove from heat and serve on a bun with lettuce, a slice of tomato and a slice of cucumber.

CROSSWORD



ACROSS

5. Where is Storytime in the park taking place?
6. What has there been an increase of in parts of the United States?
7. A disease that ticks can spread.
8. How many cases of Ebola are confirmed in the United States?
10. What is happening on August 4th?

DOWN

1. Which country is the CDC responding to the Ebola outbreak?
2. What type of ground beef is used in the beef sliders recipe?
3. What is it called when babies are born with lupus?
4. How many years did it take for the PMOS name change?
9. What is the new name for PCOS?

Submit your answers [here](#) for a chance to win this quarter's prize!

<https://www.surveymonkey.com/r/2026PQQ3>



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POINTERS FOR PARENTS

WHAT'S BEING SOLD^{6,7,8} WHERE

AMPHETAMINES

Amphetamines make their presence known mainly for those with attention-deficit hyperactivity disorder (ADHD). This psychoactive substance is mainly taken in pill form but can also be injected or smoked. Its effects are similar to that of cocaine but long-term abuse can lead to a form of psychosis.

FENTANYL

This drug is much more potent than other drugs similar to it. Originally developed as a pain reliever, fentanyl is a powder that can also be sold in pill form. According to the DEA, reports of fentanyl has increased from 4,697 in 2014 to more than 117,045 in 2020 which may have led to the more than 68,000 overdose deaths in 2021.

TIANEPTINE

Communities around the U.S. have seen an uptick of tianeptine cases and nine states have banned tianeptine all together. Originally tianeptine was formed to be an antidepressant, but its effects were not like other antidepressants and instead were more like other opioids. This "gas station heroin" has led to twenty different people ending up needing medical care in New Jersey in February 2024 alone.

SPICE OR K2 SYNTHETIC MARIJUANA

Spice, otherwise known as K2, is a form of synthetic marijuana. This psychoactive substance has the intentions of mimicking the effects of THC and is mainly sold at gas stations, convenience stores and online. It tends to look like ground up marijuana and is consumed similarly to marijuana by smoking it or putting its liquid into an e-cigarette.



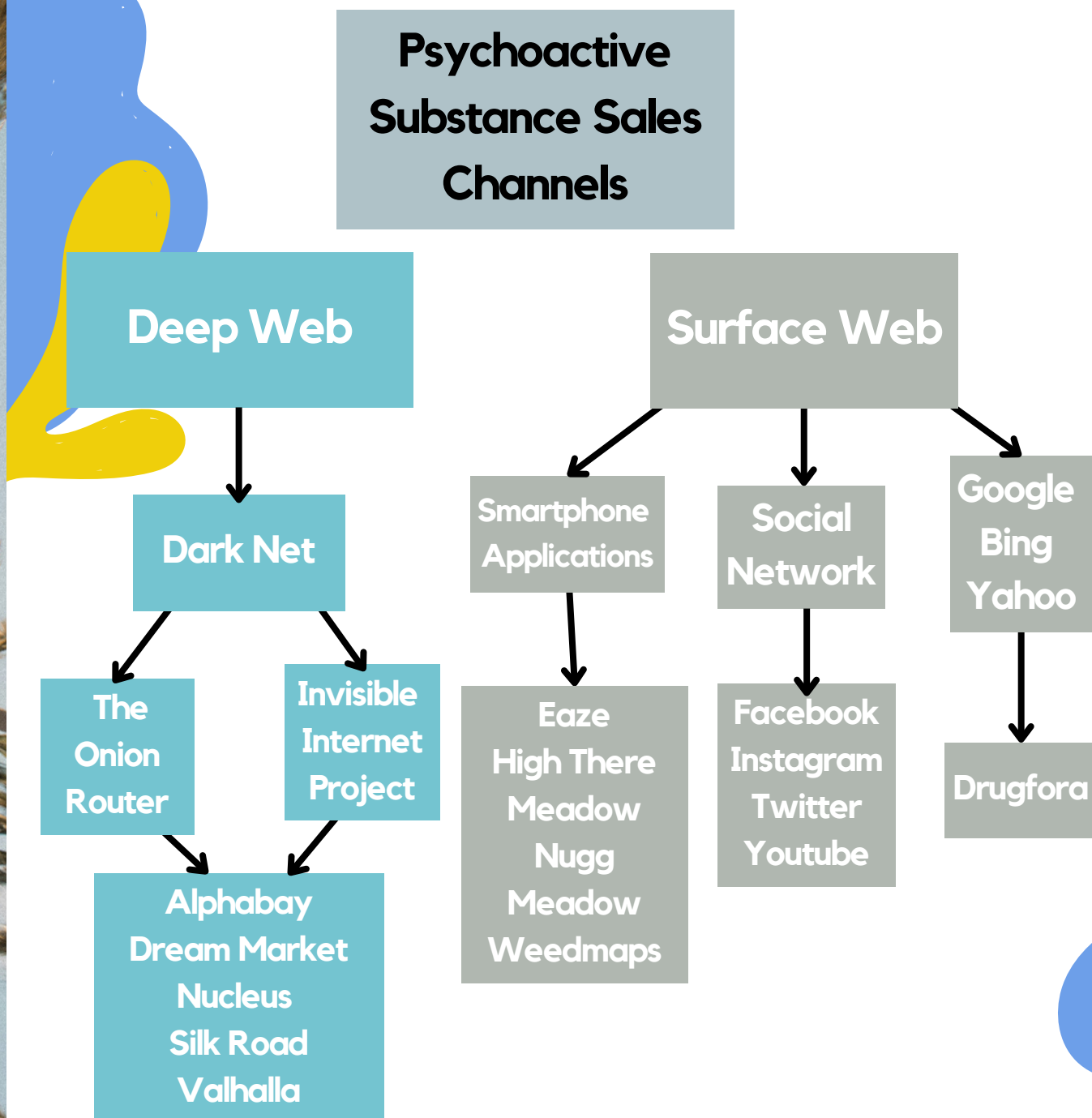
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POINTERS FOR PARENTS

DISCOVER ON A DEVICE⁹



The purchasing of psychoactive substances can occur in person or online. These flow charts demonstrate multiple ways of how someone, no matter what age, is able to obtain psychoactive substances by just opening up one of their electronic devices.



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UPDATES & RESOURCES



SOURCES

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6. Cleveland Clinic. (2024). Know the Dangers of "Gas Station Heroin." Cleveland Clinic. Retrieved on May 29, 2024 from <https://health.clevelandclinic.org/gas-station-heroin-tianeptine>
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TICKS¹¹

Recently we have seen an increase in ticks within many parts of the United States. Ticks can spread diseases such as Lyme disease, Rocky Mountain spotted fever, and alpha-gal syndrome. This year it is advised for individuals to protect themselves and their families from tick bites, and the diseases they can cause. To help protect yourself and your family the CDC recommends using EPA-approved insect repellent, wearing long sleeves and pants outdoors, perform tick checks after spending time outside, and remove attached ticks promptly. For more information, please visit <https://www.cdc.gov/media/>

EBOLA^{12,13}

When the major Ebola outbreak ended in 2016, many people believed the disease would no longer be a significant global concern. However, Ebola has continued to reappear in several regions, reminding us that ongoing awareness is essential. Currently the CDC is responding to outbreaks in remote areas of the Democratic Republic of Congo (DRC) and Uganda. No Ebola cases linked to these outbreaks have been confirmed in the United States, and the CDC reports that the overall risk to the American public remains low. The CDC advises taking precautions when traveling to these areas.

MENTAL HEALTH

- [Morris County Human Services](#)
- [New Jersey Human Services](#): 1-800-985-5990
- Substance Abuse and Mental Health Service Administration 24 Hour Hotline: 1-800-985-5990
- [Suicide and Crisis Line](#): 988
 - Available for texts or calls
- Find a treatment facility near you at findtreatment.gov.

COVID-19

- [NJDOH Dashboard](#)
- [Statewide and Regional COVID Activity Report and Risk Level by County](#)
- [Morris County-Based](#)
- [Atlantic Health Testing Sites](#)
- [Atlantic Health Vaccination](#)



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