

ScreenNJ Community Guide for  
Advocates for Health Living Initiatives

Spring 2024

# Taking Charge: Prostate Cancer Awareness



**833.727.3665**

Presented by



# Cancer Screening Guidelines



**Cervical cancer screening recommended for people with a cervix beginning at age 21.**



**Breast cancer screening recommended beginning at age 45, with the option to begin at age 40.**



**Colorectal cancer screening recommended for everyone beginning at age 45.**



**Prostate cancer screening recommended for Black males starting at age 45 and for all other males starting at age 50.**



**Lung cancer screening recommended starting at age 50 for current and former smokers.**

**These recommendations are for people at average risk for certain cancers. Talk to a doctor about which tests you might need and the screening schedule that's right for you. Also let them know about risk factors, such as lifestyle behaviors and family history that may put you or your loved one at higher risk.**

**Learn more and schedule your screening by scanning the QR code or visiting:**

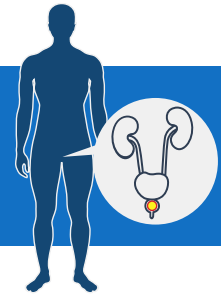


**<https://go.rutgers.edu/timetoscreen>  
[#StayInformedGetScreened](#)**

source: [https://www.uspreventiveservicestaskforce.org/uspstf/topic\\_search\\_results?topic\\_status=P&category%5B%5D=15&searchterm=](https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P&category%5B%5D=15&searchterm=)

# Prostate Cancer:

Prevention & Screening  
Identify, Reduce, Prevent



## What is prostate cancer?

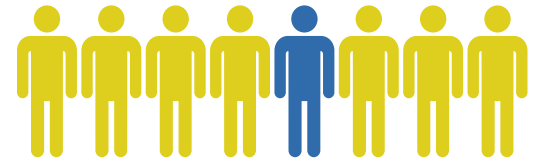
Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is a gland found only in those assigned male at birth. It makes some of the fluid that is part of semen.

## What you should look out for?

- Trouble getting an erection (erectile dysfunction or ED)
- Difficulty starting the flow of urine
- Weak or interrupted ("stop-and-go") flow of urine
- Difficulty emptying bladder
- Frequent urination (especially at night)
- Pain or burning while urinating
- Blood in the urine or semen
- Painful ejaculation

## What you can do about it:

- Talk to your doctor about screening
- Maintain a healthy diet and weight
- Get regular exercise



**1 in 8\***

men will  
be diagnosed  
with prostate  
cancer during  
their lifetime.

## GET SCREENED

To learn more, you can call text scan or visit to get started today!

Text: "SCREEN" to 43386

Call: 833.727.3665

Visit: [go.rutgers.edu/PreventPC](https://go.rutgers.edu/PreventPC)

Scan:



Sources:

[https://www.cdc.gov/cancer/prostate/basic\\_info/get-screened.htm](https://www.cdc.gov/cancer/prostate/basic_info/get-screened.htm)

<https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>

[https://www.cancer.gov/types/prostate/patient/prostate-prevention-pdq#\\_12](https://www.cancer.gov/types/prostate/patient/prostate-prevention-pdq#_12)

## ***Did you know that with patient navigation services, your cancer survivorship from screening to diagnosis and even in advanced illness can increase significantly?***

The National Cancer Institute's multi-site Patient Navigator Research Program and other studies have shown us that with patient navigation services, barriers to timely care can be addressed to improve outcomes for all patients, especially those from underserved communities. Screening for cancer or even getting a cancer diagnosis can be a scary and isolating experience.

***With patient navigation services, you do not have to do it alone. Patient navigators can help you by:***

- Providing emotional support and information on what to expect for patients, from prevention to care
- Facilitating referrals to screening, care and related services
- Assisting with insurance and financial concerns
- Making referrals to community resources to address concrete needs, such as transportation, childcare, etc., that may be posing barriers to your screening and treatment
- Helping you explore and understand recommended treatment options by your medical team
- Encouraging self-sufficiency and advocacy with regards to care and treatment
- Overseeing patient care coordination plans, including scheduling screening tests and related appointments

### **Who Are Patient Navigators?**

Patient navigators are trained, culturally competent healthcare professionals who work with patients, families, physicians and the health care system to ensure patients' needs are appropriately and effectively addressed.

## **Contact Us**

📞 **1 (833) 727-3665**

🌐 **screennj.org**

✉️ **patientnavigation@cinj.rutgers.edu**

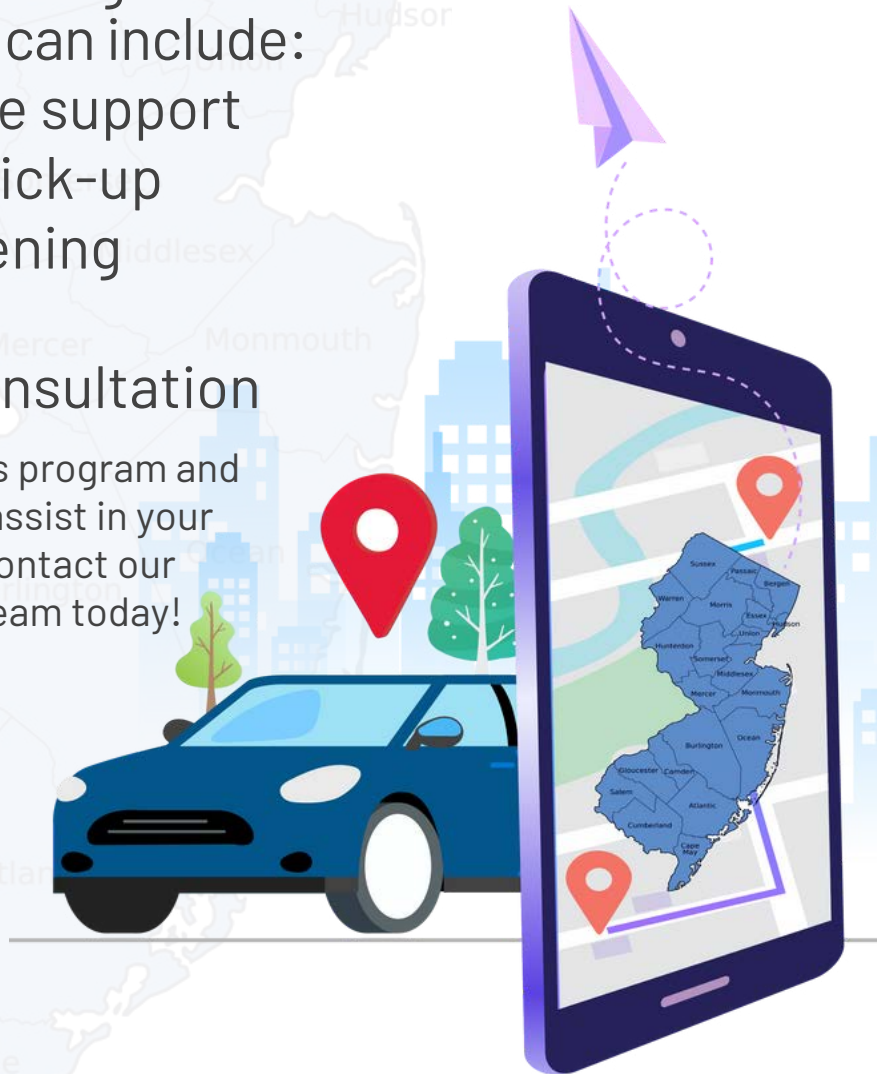


# Non-Emergency Transportation Assistance Is Available!

We provide no cost transportation support to those who are uninsured for cancer screening related assistance that can include:

- Social service support
- Medication pick-up
- Cancer screening appointment
- Specialist consultation

To learn more about this program and how we may be able to assist in your transportation needs, contact our ScreenNJ Navigation Team today!



**Please make your request within 1 week of your appointment.**

You can also fill out a request using the link or QR code below!

[go.rutgers.edu/SNJTransport](https://go.rutgers.edu/SNJTransport)

**1.833.727.3665**

[screennj.org](https://screennj.org)



# CANCER SCREENING SAVES LIVES

# YOU + TWO



<https://go.rutgers.edu/youplustwo>

***When you schedule a screening for yourself,  
ask two others to also schedule theirs!***



## **NJ Department of Health Offers Free Cancer Screening Statewide**

Cancer is the second leading cause of death in New Jersey and is associated with premature death among residents.

The New Jersey Cancer Education and Early Detection (NJCEED) program provides free comprehensive breast, cervical, prostate, and colorectal cancer screening, health education, and outreach.

These services are available in all 21 counties for all genders.

### **Criteria:**

- At least 21 years of age (unless high risk)
- NJ residency regardless of citizenship status
- Have incomes less than or equal to 250% of the Federal Poverty Level.
- No or limited health insurance coverage

Services include: mammograms, clinical breast examinations, Pap tests, pelvic examinations, colorectal and prostate cancer screening, and diagnostic services for positive screening results.

For more information or to find a location in your county,  
visit: <https://go.rutgers.edu/NJCEEDLocations> or call **1-800-328-3838**.

**Get your screening now!**





Have you ever gone to a doctor's appointment unsure of what questions to ask? Or perhaps you left the visit and thought of the question later.

**Here are some questions to get you started:**

- Why should I get screened?
- What cancer screenings should I get?
- How can I lower my risk for cancer?
- How should I prepare for the screening appointment?
- What happens if the screening shows a positive result?

Want more information? Click here to download the full Q&A guide and be prepared for your next screening appointment!

Scan the QR Code or visit the link to get more information about how you can connect with a Patient Navigator and schedule your screening.



[go.rutgers.edu/ScreenNJ-DrQA](http://go.rutgers.edu/ScreenNJ-DrQA)

# KEEP CALM AND SCREEN

## TIPS FOR OVERCOMING 'SCANXIETY'



Like the ostrich, we know that burying our heads in the sand to avoid detecting potential risk, also known as avoidance, is not the most effective coping mechanism.

The same can be said for avoiding preventative and early cancer screenings.

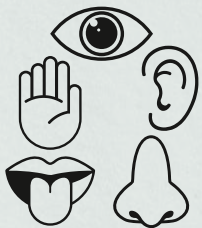
Before we get into some ways to cope with the fear of cancer screening, let's highlight some benefits of screening and early detection: Early cancer screening can find cancers before symptoms appear and can detect cancers at stages that are easier to treat and cure; screening can decrease the chance of dying from cancer; some cancer screenings, such as colorectal and cervical screenings, can be preventative and can stop cancer cells from developing.

**Here are 8 tips/coping strategies to work through the fear of screening and get you to follow through with the care you deserve.**



### **Practice breathing techniques:**

Breathe in through your nose for a count of 4, hold for 2 counts and release slowly through pursed lips for a count of 8. It may help to recite certain words in your head like calm or peace as you take each breath in and slowly release. You can also try counting down from 100 to distract yourself from negative thoughts while you practice deep breathing.



### **Practice Mindfulness:**

When we are anxious we try to ignore our feelings making the pressure and anxiety worse. Mindfulness is a type of meditation which allows us to be self-aware and become deeply in tune with our emotions, feelings, senses while keeping a detached awareness and being judgement free. A simple mindfulness exercise is to identify 3 things you can see, smell, feel, taste and hear.



### **Bring support to your screening appointment:**

ii.e. have a friend accompany you, bring your favorite playlist or book, bring some scripture or an affirmation, or perhaps a religious/spiritual book can bring some comfort while you wait.





**Ally with your medical professionals and verbalize your fears to them:**

A medical professional may be able to provide some information, which may make you feel more in control and at ease.



**Reframe your thoughts:**

Remind yourself that screening is a good form of self-care or look at your screening appointment as part of your regular preventative care.



**Remember your "Why":**

Maybe it's being around for a friend or loved one, your child's wedding or graduation, grandchildren, or a career you love. Knowing your cancer risks can help others in your family know their genetic risk factors and can help them act early too. Maybe it's simply knowing that you deserve peace of mind or to have some control over your health and future.



**Talk with a friend beforehand:**

Verbalizing your fear and anxiety can reduce negative feelings. A friend can help offer some personal advice since they know you. Putting your feelings into words may help you process and work through them, allowing you to feel ready to complete your screening goals. A friend can also help keep you accountable.

**MYTHS  
FACTS**

**Recognize or be aware of common familial or cultural myths or beliefs about medical care:**

Things you may have heard growing up about health care may have provoked some of the fears you are experiencing now. Challenge or counter erroneous beliefs by looking at valid, medical resources like the CDC or the American Cancer Society websites and looking up facts about the benefits of early screenings. Find a provider that is culturally sensitive and can understand you and where you may be coming from.

## NEXT STEPS

### AND ADDITIONAL RESOURCES

A patient navigator can help provide some support and guidance to you when you are ready to move forward with your cancer screenings

For more information contact ScreenNJ patient navigation services in any one of the ways below:

Call: **1-833-727-3665**

Email: [patientnavigation@cinj.rutgers.edu](mailto:patientnavigation@cinj.rutgers.edu)

Text: **"Screen" to 43386**

Scan the QR code below:



[screennj.org](http://screennj.org)

Be sure to request our **FREE 'Q&A Screening Guide'** providing questions you can ask your doctor during your screening appointment!





# Be their Superhero. Be there.

Get screened for prostate cancer.

[Click here to schedule your screening now](#)



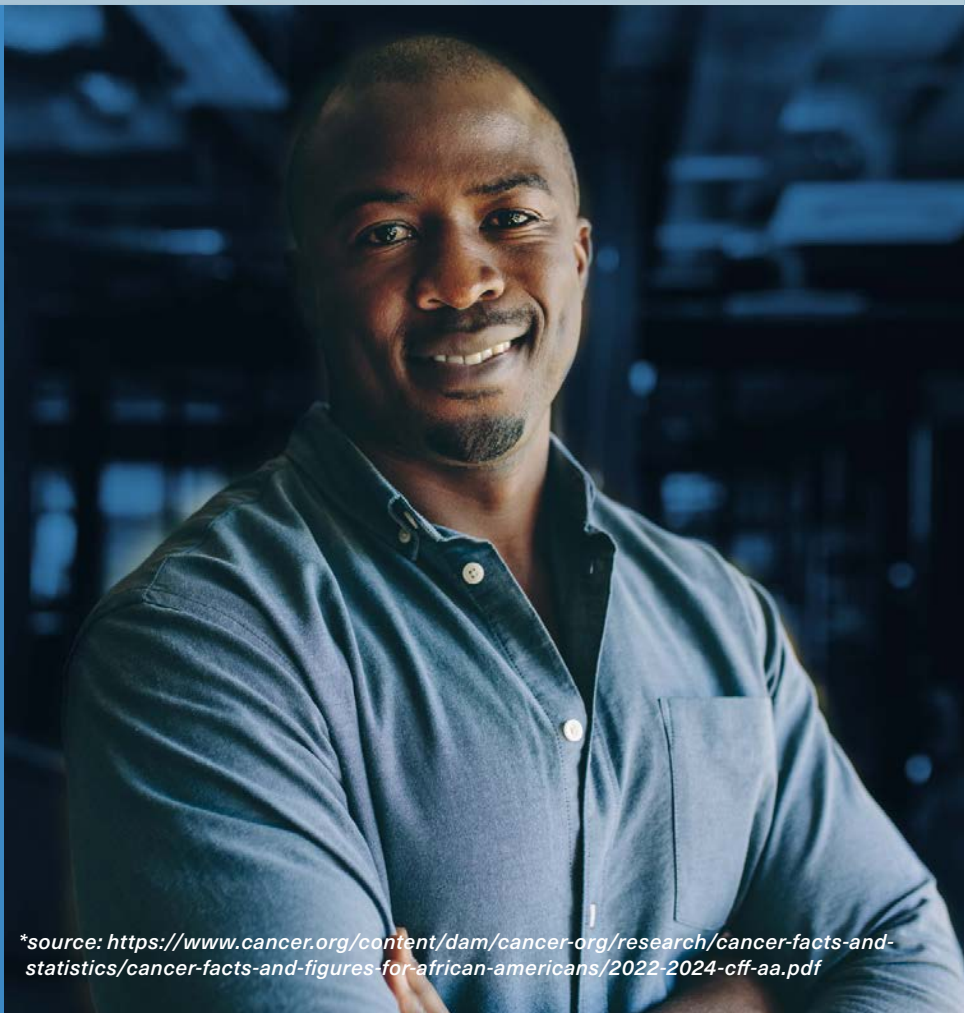
## 1 in 6

Black men will be diagnosed with prostate cancer during their lifetime.\*

**STAY INFORMED.  
GET SCREENED.**



<https://go.rutgers.edu/OneInSix>



\*source: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/cancer-facts-and-figures-for-african-americans/2022-2024-cff-aa.pdf>

# LifeSaver

## Mobile Health Unit

#ScreenNJ  
#LifeSaver  
#GetScreened



### What is the ScreenNJ Mobile Health Unit?

The ScreenNJ Mobile Health Unit is a mobile medical office designed to provide easy access to preventative cancer screenings, vaccinations and more. The self-contained unit travels throughout New Jersey providing state-of-the-art services to the medically underserved.

### What kind of care can I receive?

We provide health services to help prevent and detect cancer. This includes checking one's risk for lung, breast, family history (genetic services) as well as providing HPV-cervical, colorectal and prostate screenings.

### Do I need medical insurance to use the services provided on the mobile health unit?

No medical insurance is required. Cancer screenings are provided to those who fall within the screening guidelines and are considered uninsured or medically underserved. There are no costs for preventive screening services offered on the mobile health unit.

### Do I need to make an appointment to receive services?

No appointments are needed to receive services but pre-registration may be required.

### How long does a visit typically last?

The length of the visit will vary depending on the nature of the care received. In general, each medical visit is approximately 20 to 30 minutes, not including wait time depending on the queue.

### What staff will be on the mobile health unit?

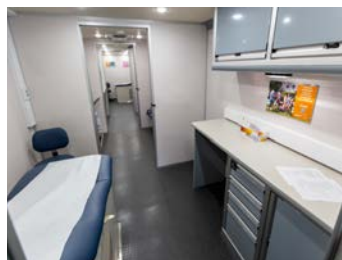
Our Mobile Health Team includes an Advanced Practice Nurse (Clinical lead), Patient Navigator/Medical Assistant, Community Services Coordinator, Patient Navigation Team and the Mobile Health Unit Driver. On occasion our outreach team may be available to share education and health literacy information to the community.

### Is the Mobile Unit wheelchair accessible?

Yes, the ScreenNJ Mobile Unit is wheelchair accessible.

### If I need follow-up care, who do I contact?

Patients will be referred to their local provider and healthcare facilities for further evaluation.



**Early Detection Saves Lives**

**Click here** for our monthly calendar and see when LifeSaver will be near you!

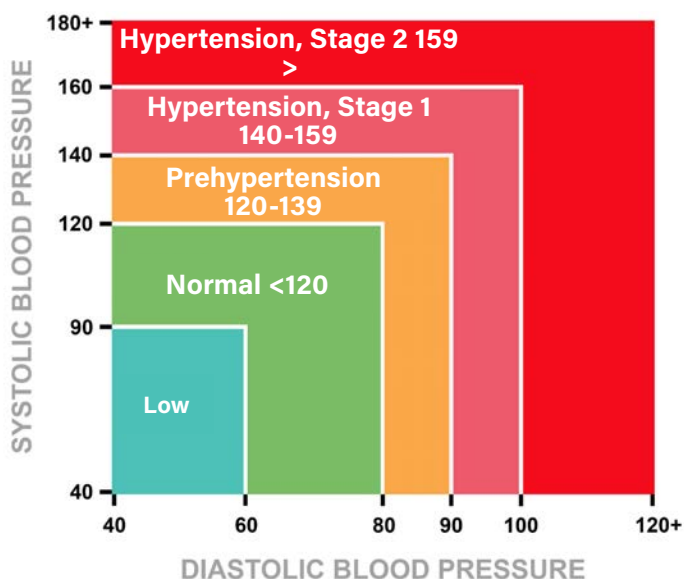
# Hypertension

(High Blood Pressure)

## What's your risk?

Know your numbers:

Blood Pressure Chart



### Know your risks:

#### Major Risk Factors

- Smoking
- Obesity (body mass index [BMI]  $\geq 30$  kg/m<sup>2</sup>)
- Dyslipidemia (**LDL** or total cholesterol and **HDL** or low cholesterol)
- Diabetes Mellitus
- Physical inactivity
- Age (Older than 55 years for men, 65 years for women)
- Family history of cardiovascular disease

### Know your diet



Food Group	Daily Servings
Grains	6-8
Meats, poultry, and fish	6 or less
Vegetables	4-5
Fruit	4-5
Low-fat or fat-free dairy products	2-3
Fats and oils	2-3
Sodium	2,300 mg*
	Weekly Servings
Nuts, seeds, dry beans, and peas	4-5
Sweets	5 or less

Source: <https://www.nhlbi.nih.gov/files/docs/guidelines/express.pdf>



Scan our QR Code or visit  
[screennj.org](http://screennj.org)  
for more information



# DASH

Dietary Approach to STOP Hypertension

# YOUR DIET

Food Group	Daily Servings	Serving Sizes	Examples and Notes	Significance of each food group to the DASH diet Pattern
Grains and grain products	7-8	1 slice of bread ½ cup of dry cereal ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal	Major sources of energy and fiber
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 oz vegetable juice	Tomatoes, potatoes, carrots, peas, squash, broccoli, turnip, greens, collards, kale, spinach, artichokes, beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4-5	6 oz of fruit juice 1 medium fruit ¼ dried fruit ¼ fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, orange juice, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Low-fat or nonfat dairy foods	2-3	8 oz milk 1 cup yogurt 1.5 oz cheese	Skim or 1% milk, skim or low-fat buttermilk, nonfat or low-fat yogurt, part-skim mozzarella cheese, nonfat cheese	Rich sources of protein and magnesium
Meats, poultry, and fish	2 or less	3 oz cooked meats, poultry, or fish	Select only lean; trim away visible fats; broil, roast, or boil instead of frying; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes	4-5 per week	1.5 oz or ⅓ cup nuts ½ oz or 2tbsp seeds ½ cooked legumes	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney, beans, lentils	Rich sources of energy, magnesium, potassium, protein, and fiber.

Source: <https://www.nhlbi.nih.gov/files/docs/guidelines/express.pdf>



Scan our QR Code or visit  
[screennj.org](https://screennj.org)  
for more information



# Cancer Prevention Pantry

## Bean and Veggie Chili Recipe

### Ingredients

2 teaspoons canola oil  
1 pound extra-lean ground beef or extra-lean ground turkey, or  
1 10-ounce package frozen meatless crumbles, thawed  
1 large onion, chopped  
3 cloves garlic, minced  
2 ribs celery, chopped  
1 medium-size green bell pepper, chopped  
1 medium-size red bell pepper, chopped  
1 carrot, scrubbed and sliced thinly  
1 15½-ounce can dark or light kidney beans, drained and rinsed  
2 14½-ounce cans diced tomatoes  
1 6-ounce can no-salt-added tomato paste  
2 tablespoons chili powder  
1 teaspoon ground oregano  
1 teaspoon ground cumin  
1 teaspoon paprika

½ teaspoon black pepper  
3 green onions, sliced thin (optional)  
½ cup chopped fresh cilantro (optional)  
½ cup fat-free sour cream

### Directions

1. Combine the oil, meat or meatless crumbles, onion and garlic in a large pot over medium heat.
2. Cook and stir until the onion is wilted and the meat is lightly browned. About 6 to 8 minutes.
3. Add the remaining ingredients except the optional ones and the sour cream. Stir well, cover and reduce heat; simmer gently for 20 minutes. Adjust the chili powder, oregano and black pepper to taste.
4. Serve with green onions, cilantro and/or sour cream.



<https://www.eatright.org/food/planning-and-prep/recipes/bean-and-veggie-chili-recipe>

## Mike's Sicilian Cauliflower Recipe

### Ingredients

2 tablespoons of extra virgin olive oil  
2 garlic cloves, minced  
2 cups Vidalia onions, diced  
1 pound can, low sodium crushed tomatoes  
1 cup low sodium vegetable broth, or water  
1 large head of cauliflower, broken into florets  
1 pound ground beef, 85% lean  
1 tablespoon fresh thyme  
1 tablespoon fresh basil  
¼ cup Parmesan cheese

### Directions

1. In large saucepan over medium heat, cook olive oil and garlic for about 1-2 minutes.
2. Add onions and cook until translucent.
3. Add crushed tomatoes, vegetable broth and cauliflower florets. Stir thoroughly and bring to a boil then simmer for 20-30 minutes.
4. In a separate pan, brown ground beef, drain fat and set aside.
5. Once cauliflower is ready (if you can place a fork through it you know it is done), add browned ground beef, and fresh herbs. Stir and simmer for another 15 minutes.
6. Scoop one serving into individual bowls and top with fresh Parmesan cheese.



<https://www.eatright.org/food/planning-and-prep/recipes/mikes-sicilian-cauliflower-recipe>

## Sweet Potato Kwanzaa Bread Recipe

### Ingredients

Vegetable cooking spray  
1 ⅓ cups all-purpose flour  
1 cup wheat germ  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 teaspoons cinnamon  
1 cup oats (not instant)  
1 cup packed brown sugar  
1 ¾ cup cooked, mashed sweet potato  
3 eggs, lightly beaten  
⅓ cup extra-virgin olive oil  
⅓ cup orange juice  
1 carrot, grated  
1 cup raisins, packed

### Directions

1. Preheat oven to 350°F. Spray two 9x5x3-inch loaf pans with cooking spray.
2. Combine the flour, wheat germ, baking powder, baking soda, cinnamon, oats and brown sugar in a large bowl; set aside.
3. In a medium bowl, mix the remaining ingredients, then add the wet mixture to the dry ingredients and stir just until combined.
4. Spoon the batter evenly into the pans. Bake 45 to 50 minutes or until a toothpick inserted in the middle comes out clean.

**Substitution:** Instead of cooked sweet potato, you can use one 15-ounce can yams, drained and mashed; 1 pound fresh yams, peeled, boiled and mashed or one 15-ounce can pure pumpkin.

**Variation:** Add some crunch by stirring in ½ to 1 cup walnut pieces before baking.

**Variation:** Spoon the batter into 24 muffin cups coated with cooking spray. Bake 30-35 minutes, or until the toothpick inserted in the middle of a muffin comes out clean.

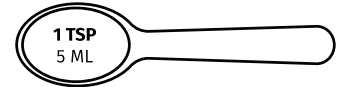
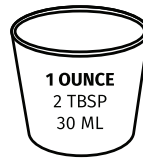
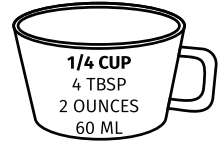
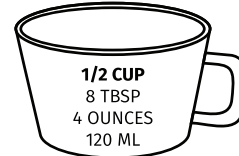
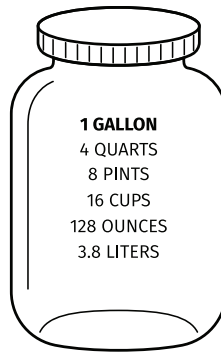


<https://www.eatright.org/food/planning-and-prep/recipes/sweet-potato-kwanzaa-bread-recipe>

# KITCHEN MEASUREMENT CONVERSIONS

## ABBREVIATIONS

t = teaspoon(s)      fl.oz. = fluid ounce(s)  
 T = tablespoon(s)      oz. = ounce(s)  
 qt = quart(s)      mL = milliliters  
 C = cup(s)      L = liter  
 pt = pt      g = grams  
 gal = gallon      Kg = kilogram  
 lb. = pound(s)



### Liquid or Volume Measures (approx.)

1t		1/3 T	5 mL
1 T	1/2fl.oz	3T	15 mL, 15 cc
2 T	1fl.oz	1/8 C, 6T	30 mL, 30 cc
1/4 C	2 fl.oz.	4 T	59 mL
1/3 C	2 2/3fl.oz.	5 T & 1t	79 mL
1/2 C	4 fl.oz.	8 T	118 mL
2/3 C	5 1/3 fl.oz.	10 T & 2 t	158 mL
3/4 C	6 fl.oz.	12 T	177 mL
7/8 C	7 fl.oz.	14 T	207 mL
1 C	8 fl.oz./ 1/2 pt	16 T	237 mL
2 Cs	16fl.oz/ 1 pt	32 T	473 mL
4 Cs	32fl.oz	1 qt	946 mL
1 pt	16fl.oz/ 1 pt	32 T	473 mL
2 pt	32fl.oz	1 qt	946 mL, 0.946 L
8 pt	4 qt	1 gal	3785 mL 3.78 L
4 qt	128fl.oz	1 gal	3785 mL, 3.78 L
1 liter	1.057 qt		1000 mL
1 gal	4 qt	128fl.oz	3785 mL, 3.78 L

### Dry Or Weight Measurement (approx.)

1 oz.		30 g (28.35 g)
2 oz.		55 g
3 oz.		85 g
4 oz.	1/4 lb.	125 g
8 oz.	1/2 lb.	240 g
12 oz.	3/4 lb.	375 g
16 oz.	1 lb.	454 g
32 oz.	2 lb.	907 g
1/4 lb.	4 oz.	125 g
1/2 lb.	8 oz.	240 g
3/4 lb.	12 oz.	375 g
1 lb.	16 oz.	454 g
2 lb.	32 oz.	907 g
2 lb.	32 oz.	907 g
1 Kg	2.2 lb. /	
35.2 oz.	1000 g	

*Here's to happy & healthy cooking!*



## Cigarette Ingredients

- **ACETONE**—found in nail polish remover
- **ACETIC ACID**—an ingredient in hair dye
- **AMMONIA**—a common household cleaner
- **ARSENIC**—used in rat poison
- **BENZENE**—found in rubber cement and gasoline
- **BUTANE**—used in lighter fluid
- **CADMIUM**—active component in battery acid
- **CARBON MONOXIDE**—released in car exhaust
- **FORMALDEHYDE**—embalming fluid
- **HEXAMINE**—found in barbecue lighter fluid
- **LEAD**—used in batteries
- **NAPHTHALENE**—an ingredient in mothballs
- **METHANOL**—a main component in rocket fuel
- **NICOTINE**—used as an insecticide
- **TAR**—material for paving roads
- **TOLUENE**—used to manufacture paint

Quitting smoking can be a challenging journey however it is attainable with the support of friends, family, and healthcare professionals.

Be patient and kind to yourself, your health and wellbeing are worth the effort.

Schedule your lung screening today by visiting: [screennj.org](http://screennj.org) or call 833.727.3665

### Your body's response when you quit smoking for the first year:



By quitting smoking, you protect those around you from harmful secondhand smoke.

Not smoking also reduces the release of harmful chemicals into the atmosphere.

The consequences of smoking are profound and impact various aspects of life. Smoking is the leading cause of preventable death and claims more than 480,000 lives annually in the United States.

## 2<sup>nd</sup> hand Smoke



- Secondhand smoke that has been exhaled or breathed out with tobacco products such as cigarettes or e-cigarettes.
- Known as environmental tobacco smoke, involuntary or passive smoking.
- 2.5 million non-smokers have died from secondhand smoke since 1964.
- There's no safe level of second-hand smoke exposure.

## 3<sup>rd</sup> hand Smoke



- Thirdhand smoke is the leftover cancer-causing chemicals and nicotine that settle indoors on surfaces when tobacco is smoked.
- Poisonous residue like arsenic, formaldehyde and lead.
- Thirdhand smoke can persist for many months.
- Children and pets are the most vulnerable because they're more likely to put objects near their mouths and noses as they crawl.

## 1<sup>st</sup> hand Smoke



- The tobacco product you smoke yourself that is inhaled directly into the lungs.
- The smoke comes from cigarettes, hookahs, cigars, and vaping devices.
- Some of the dangers firsthand smoke are:
  - Lung Cancer
  - Heart Disease
  - Stroke
  - COPD

Sources:  
[fta.gov/tobacco-products/health-effects/tobacco-use/chemicals-tobacco-products-and-your-health](http://fta.gov/tobacco-products/health-effects/tobacco-use/chemicals-tobacco-products-and-your-health)  
[lung.org/quit-smoking/smoking-facts/health-effects/secondhand-smoke](http://lung.org/quit-smoking/smoking-facts/health-effects/secondhand-smoke)  
[cdc.gov/tobacco/data\\_statistics/fact\\_sheets/adult\\_data/tobig\\_smoking/index.htm](http://cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/tobig_smoking/index.htm)

Quit Resources  
 visit: [njquitline.org](http://njquitline.org)  
 or call: 1.800.QUIT.NOW



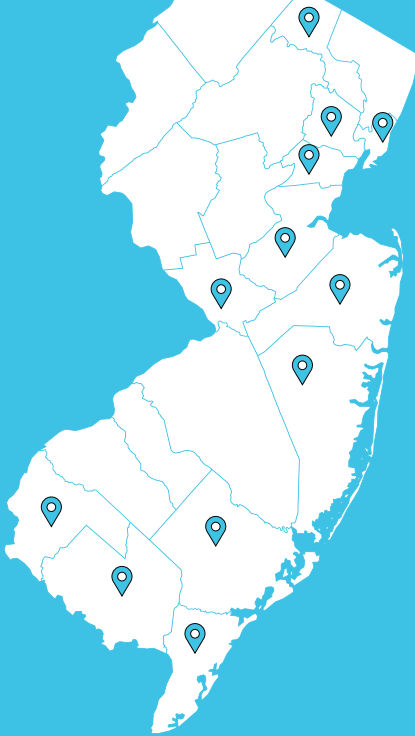
833.727.3665  
[screennj.org](http://screennj.org)





# NJ Tobacco Quit Options

## TOBACCO FREE FOR A HEALTHY NJ QUIT CENTERS



New Jersey residents have access to 11 Quit Centers across the state. Each Quit Center offers individual and group counseling, resources and support to stop or reduce the use of all tobacco products.

**ALL SERVICES ARE CURRENTLY VIRTUAL!**



Enrolled clients of the Quit Center may qualify for **FREE NRT** as part of their treatment plan.

Scan the QR code or visit [tobaccofreenj.com](http://tobaccofreenj.com) to learn more about your quit options!



Free individual smoking cessation sessions for families with children 8 and younger

Visit [momsquit.com](http://momsquit.com) to learn more!



Through Mom's Quit Connection, a statewide texting program is available for pregnant women & partners; parents, family members and caregivers of children under 8.

Text **QUITFORKIDS** to **53016**



Visit [njquitline.org](http://njquitline.org) to use the "web to enroll" option

Call the NJ Quitline at (1-866-657-8677) to talk to a Quit Coach.

**Quit Coach Hours**  
Monday-Friday 8AM-9PM  
Saturday 8AM-7PM  
Sunday 9AM-5PM

FREE patches for qualified callers  
English/Spanish available immediately. Other languages by appointment



TOBACCO FREE FOR A HEALTHY NJ

# QUIT CENTERS

<b>Atlantic County</b>	Atlantic Prevention Resources Quit Center	609-804-QUIT (7848) Quitcenter@atlprev.org
<b>Cape May County</b>	Cape May County Quit Center at Cape Assist	609-522-5960 QuitCenter@CapeAssist.org
<b>Cumberland/ Salem County</b>	Inspira Quit Center	856-641-8633 QuitCenter@ihn.org
<b>Essex County</b>	RWJBH Institute For Prevention and Recovery Quit Center	833-795- QUIT (7848) Quitcenter@rwjbh.org
<b>Hudson County</b>	Hackensack Meridian Health Quit Center	551-996-1632 Quitcenter@hmhn.org
<b>Mercer County</b>	RWJBH Institute For Prevention and Recovery Quit Center	833-795- QUIT (7848) Quitcenter@rwjbh.org
<b>Middlesex County</b>	RWJBH Institute For Prevention and Recovery Quit Center	833-795- QUIT (7848) Quitcenter@rwjbh.org
<b>Monmouth County</b>	RWJBH Institute For Prevention and Recovery Quit Center	833-795- QUIT (7848) Quitcenter@rwjbh.org
<b>Ocean County</b>	RWJBH Institute For Prevention and Recovery Quit Center	833-795- QUIT (7848) Quitcenter@rwjbh.org
<b>Passaic County</b>	Hackensack Meridian Health Quit Center	551-996-1632 Quitcenter@hmhn.org
<b>Union County</b>	RWJBH Institute For Prevention and Recovery Quit Center	833-795- QUIT (7848) Quitcenter@rwjbh.org

**Would you like to learn more?**  
Click the links below to watch videos  
providing more information:

**Maintaining Good Prostate Health**

Rutgers Cancer Institute of New Jersey

**Genetics and Prostate Cancer**

Rutgers Cancer Institute of New Jersey

**Health, Stigma and Disparities in Prostate Cancer**

Rutgers Cancer Institute of New Jersey

**Should I Get Tested for Prostate Cancer?**

Centers for Disease Control and Prevention (CDC)

**Want to stay up to date with  
events in your community?**

Sign up for our weekly  
newsletter by clicking here.



**MAKE IT A POINT.**

**Get screened for prostate cancer.**

Early detection for cancer saves lives.

**Click here to schedule  
your screening now**

ScreenNJ is a statewide program  
coordinated by the  
**Rutgers Cancer Institute of New Jersey**  
in partnership with the  
**New Jersey Department of Health**  
and healthcare and community  
organizations across the state.



**CATCH IT EARLY.**  
**So you don't miss a game.**  
Get screened for **prostate** cancer.

**#StayInformedGetScreened**



**833.727.3665**  
**screennj.org**

