



Kenneth W. Jenkins
Westchester County Executive

News Release

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FOR IMMEDIATE RELEASE

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Westchester County Executive Ken Jenkins Gives Westchester Weekly Update

Watch the News Conference Here:

<https://www.youtube.com/watch?v=diIT5cCfYUI>

During the Weekly Westchester Briefing:

- **Commissioner of Emergency Services Susan Spear** joined to discuss a dangerous TikTok trend that involves students inserting metal objects like lead, paper clips and push pins into the electric ports of chromebooks, causing lithium-ion batteries to short circuit and potentially catch fire.
- **Commissioner of Health Dr. Sherlita Amler** joined to discuss National Women's Health Week, encouraging women and girls to prioritize their own health and schedule annual visits with their doctors.

WESTCHESTER MARKS NATIONAL WOMEN'S HEALTH WEEK MAY 12-18

County Health Department Encourages Women and Girls to Schedule Checkups

(White Plains, NY) – From May 12 through May 18, the week that follows Mother's Day, Westchester County is marking **National Women's Health Week** by encouraging women and girls to prioritize their own health. The County Health Department recommends women schedule an annual checkup, stay current on health screenings and set aside time in their daily routine to exercise, eat healthier foods and get enough sleep.

Health Commissioner Dr. Sherlita Amler said: "Adopting a healthier lifestyle today and staying the course can help you avoid chronic diseases that can shorten or limit your life. Many chronic diseases such as heart disease, diabetes and hypertension are linked to unhealthy behaviors such as the use of tobacco and alcohol, and the

consumption of fatty, salty and sugary foods. As parents, we lead by example, so showing your daughters and sons that you care about your own health can help the next generation develop healthy habits, too.”

Amler also stressed the importance of staying up-to-date with breast, cervical and colorectal cancer screenings. Medical experts recommend cervical cancer screening start at age 21, and for women of average risk, breast cancer screening should begin at age 40, while colorectal cancer screenings should start at age 45. Depending on family history and individual risks, a physician may advise breast and colorectal screenings start sooner and occur more frequently.

For those who are sexually active, it is important to get tested for sexually transmitted infections to maintain good health, and to treat any infections that arise. The County Health Department can help. County clinics at 134 Court Street in White Plains and 20 S. Broadway, 2nd Floor, in Yonkers, offer STI testing with no out-of-pocket cost. Call 914-995-5800 for an appointment, or walk into the White Plains clinic on Fridays from 9 a.m. to 12 p.m.

The County Health Department also offers immunizations for uninsured and underinsured adults and children, covered through the Vaccines for Adults and Vaccines for Children programs. Call 914-995-5800 weekdays to discuss eligibility.

For healthier living tips, visit these Health Department website pages:

- [Move More](#)
- [Diabetes](#)
- [Prenatal Care](#)

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