

Thinking About Your Thyroid

The **thyroid** is a small but powerful butterfly-shaped gland located at the front of your neck. It controls many of your body's most important functions. Thyroid trouble can cause a range of seemingly unrelated problems, including drastic changes to your weight, energy, digestion, or mood. **Under-active thyroid**, or **hypothyroidism** is when thyroid glands don't produce enough hormones, many body functions slow down. **Over-active thyroid**, called **hyperthyroidism** is when the thyroids release too much hormone. Learn to recognize signs of thyroid disorder, so you can get treatment if needed.

Symptoms of Thyroid Disorder:

Hypothyroidism (under-active thyroid):

- Fatigue
- Depression
- Joint and muscle pain
- Cold intolerance
- Slowed heart rate
- Constipation
- Weight gain

Hyperthyroidism (over-active thyroid):

- Fatigue
- Nervousness or irritability
- Trouble sleeping
- Muscle weakness
- Heat intolerance or increased sweating
- Rapid and irregular heartbeat
- Frequent bowel movements or diarrhea
- Weight loss

✓ *If you notice signs of thyroid disease, talk with a health professional.*

Based on your family history, symptoms, and medical exam, your provider can help you decide if further testing or treatment is needed. SOURCE/IMAGES: NIH (National Institutes of Health) | News in Health



Lift Your Mood

These "**self-care**" tips might help with seasonal depression. See a mental health professional if sadness doesn't go away or interferes with your daily life:

- Go to a movie, take a walk, go ice-skating or **do other activities you normally enjoy.**
- Get out in the sunlight or brightly lit spaces**, especially early in the day.
- Try to spend time with other people** and confide in a trusted friend or relative. **Eat nutritious foods**, and avoid overloading on carbohydrates like cookies and candies.
- Be patient.** You won't suddenly "snap out of" depression. Your mood will improve gradually.
- If you have thoughts of suicide, get help right away.** Call the new, shorter phone number **988** Suicide & Crisis Lifeline.

SOURCE/IMAGES: News in Health | NIH

THE NEW YEAR STANDS BEFORE US, LIKE A CHAPTER IN A BOOK, WAITING TO BE WRITTEN.

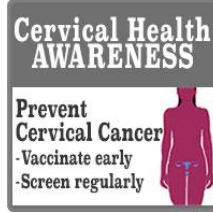
—Melody Beattie

HAPPY NEW YEAR !

The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice.

Newsletter Comments and Contributions: Please contact harveygrossmd@ehmhealth.org

Are You Overdue for a Cervical Cancer Screening?



Cervical cancer starts in the cervix. The cervix is at the lower end of the uterus, where a fetus grows. **Screening for cervical cancer has dramatically reduced new cases and deaths.**

But many women are overdue for getting one. Cervical cancer usually develops slowly over time. At first, it may not cause signs or symptoms. But it can be detected early with regular screenings. Screenings require a visit to your health care provider.

Talk with your health care provider about how often you should be screened. Even if you've had the HPV vaccine, you still should be screened for cervical cancer. The current vaccines greatly reduce your risk for getting cervical cancer. But they do not protect against all cervical cancer. SOURCE: NIH (National Institutes of Health) | News in Health



Don't Let Glaucoma Steal Your Sight!

Anyone can get **glaucoma**, but certain groups are at higher risk. These groups include African Americans over age 40, all people over age 60, people with a family history of glaucoma, and people who have diabetes. African Americans are 6 to 8 times more likely to get glaucoma than whites. People with diabetes are 2 times more likely to get glaucoma than people without diabetes.

- ✓ *If you are in a high-risk group, get a **comprehensive dilated eye exam** to catch glaucoma early and start treatment.* Prescription eye drops can stop glaucoma from progressing. Your eye care specialist will recommend how often to return for follow-up exams.
- ✓ *Even if you are not in a high-risk group, getting a **comprehensive dilated eye exam by the age of 40** can help catch glaucoma and other eye diseases early.*
- 👁️ **Open-angle glaucoma does not have symptoms and is hereditary**, so talk to your family members about their vision health to help protect your eyes—and theirs.
- 👁️ **Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma.** SOURCE: CDC | Vision Health Initiative

REMINDERS for Your Office Visit

- Bring your **prescription bottles** or **list of medication** to your visit.
- Do you need **medication refills**? Tell us at your office visit.
- Did you let us know if you have **any change(s) in your personal information** such as address, phone number and insurance?
- Do you need a **Referral for a Specialist** or do you need **further testing outside of our office**? You may need to call your insurance plan to verify your coverage.
- Did you check if your plan **covers Well care or a Physical**?
- Are you up-to-date on your screenings for **Mammogram** and **Colonoscopy**? **Are you due for one?** Ask your MD.
- Are you being referred by your PCP to get any **radiology test(s)**? If so, please let us know in case you need a **Pre-certification**.
- Is your **Immunization record** up to date? Please update us.
- Are you **Pre-Diabetic**? Have you discussed this with your MD?
- Did you get a **Summary of your Visit** today? If not, please ask for it before leaving.
- Do you need to make a **Follow-up appointment**? **Please stop at Check-out and make an appointment before you leave.**

Make a Resolution for Healthy Vision



National Eye Institute



A program of the National Institutes of Health



January is Glaucoma Awareness Month

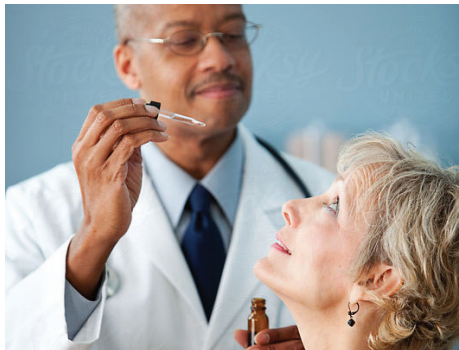
5 things to know about glaucoma

Make a resolution to learn more.

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But, did you realize that *feeling* your best includes *seeing* your best too? January is Glaucoma Awareness Month – the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

1. Glaucoma can cause vision loss and blindness, which can't be reversed.

Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.



2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

- 3. In the United States, half the people who have glaucoma don't know they do.** Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.
- 4. Some people are at higher risk than others.** African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.
- 5. There is only one way to know if you have glaucoma.** Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same.

To learn more about glaucoma, visit www.nei.nih.gov/glaucoma.

To learn more, visit www.nei.nih.gov/glaucoma



YouTube





BE PREPARED FOR A WINTER STORM

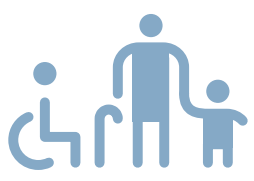
Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



FEMA

FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.



Stay indoors and dress warmly.



Listen for emergency information and alerts.



Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.



HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.



Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.



Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.



FACE THE *facts*



FACE YOUR *Health*

PROTECT *Yourself* FROM CERVICAL CANCER

Studies show that African American women are more likely to die from cervical cancer than other women in the United States.

This doesn't have to happen. Cervical cancer is easy to treat, if you find it early. Here's what you can do.

Know Your Risk

- ▶ Most cervical cancer is caused by a virus called the human papillomavirus, or HPV.
- ▶ You get HPV from sexual contact.
- ▶ Most of the time, HPV doesn't cause any health problems and goes away on its own.
- ▶ But sometimes, HPV causes problems with your cervix. In rare cases, it can turn into cervical cancer.

Get Screened

Regular screening can prevent cervical cancer or help find it early when it's easy to treat.

- ▶ **At age 21**, start getting a Pap test every 3 years to screen for cervical cancer.
- ▶ **From age 30 to 65**, you can get a Pap test every 3 years, OR an HPV test every 5 years, OR a Pap test and an HPV test together every 5 years (co-testing).
- ▶ **After age 65**, you may be able to stop screening OR you may need to get screened if you haven't been screened in awhile and have not had a hysterectomy. Talk with your doctor.

Be the Face of Change

- ▶ Talk with your community health worker. Ask where you can get screened. She can help find a place that's right for you.
- ▶ Make a promise to yourself and make an appointment today!

Remember: One screening is not enough. Regular screening can help prevent cervical cancer or find it early when it's easier to treat. Get a Pap test every 3 years. Or get an HPV test, or an HPV test and a Pap test together, every 5 years.

Community Health Worker's Name: _____

Phone/Email: _____



FACE THE *facts*



FACE YOUR *fears*
FACE YOUR *Health*

A PROMISE to Myself

I can protect myself from cervical cancer by getting screened. I promise to take these steps for screening:

- Make an appointment to get screened.
- Find someone to watch my children, grandchildren, or any other family members I care for.
- Find a way to get to my appointment.
- Go to my appointment.
- Get my test results and make sure I understand them.
- Go for a follow-up appointment if I need to.

For keeping my promises, I'm going to treat myself to:

I promise to take these steps by: _____ (Date)

Sign Here: _____

Remember: One screening is not enough. Regular screening can help prevent cervical cancer or find it early when it's easier to treat. Get a Pap test every 3 years. Or get an HPV test, or an HPV test and a Pap test together, every 5 years. Make this a promise to yourself for life.



Healthy
at Home!



Red Winter Salad

By: Emily Prendergast, MS, RD, RYT200
Oncology Registered Dietitian

Enjoy this winter salad that is full of color, nutrients, and a perfect marriage of flavors. Bitter greens such as radicchio or arugula and rich red beets have great phytochemicals (plant compounds) for anti-inflammation.

Ingredients

- 1 cup of red grapes (optional), washed
- 2 tablespoons hazelnuts
- 3 tablespoons extra virgin olive oil
- 1 tablespoon cider vinegar
- 1 tablespoon water (optional)
- 1 to 2 small cooked and peeled beets, drained and julienned
- 1 large head of radicchio or Treviso or 2 heads of Belgian endive
- 2 cups arugula
- sea salt to taste

Directions

1. Preheat oven to 425 degrees. Line a small sheet pan with parchment. Roast the grapes until they have shriveled, burst and given up their juices, about 10 minutes. Set aside.
2. Toast the hazelnuts in a heavy pan until they just start to color. Turn out onto a cloth, fold to cover the nuts, and roll in the cloth to remove the skins. Roughly chop. Set aside.
3. In a large salad bowl, beat the oil, vinegar, water, and salt until blended. Add the hazelnuts, roasted grapes and beets. Toss together. Let sit for 10–15 minutes so flavors develop.
4. Pull apart the radicchio and stack the leaves in a pile. Slice into a thick julienne length-wise. If using Treviso or endive, quarter them, cut out the cores, and slice into a thick julienne. Toss together with the arugula and pile on top of the beet mixture. When ready to eat, toss together with the beets and hazelnuts.

Nutrition per 8 oz. Serving: Calories: 157 • Dietary Fiber: 2g • Carbohydrates: 12g
Total Fat: 13g • Protein: 2g • Sodium: 270mg • Cholesterol: 0mg



Support Groups

Englewood Health Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at

<https://www.engagewoodhealth.org/calendar-events-classes>

Graf Center for Integrative Medicine

<https://www.engagewoodhealth.org/graf>

Graf Center for Integrative Medicine is a wellness center in Bergen County that offers evidence-based care in a spa-like setting.

Give yourself the break you need and focus on your wellness. Make an appointment today by calling the Graf Center for Integrative Medicine at 201-608-2377.

Services available include:

- Acupuncture (many insurance plans accepted)
- Massage:
 - Aroma Touch
 - Manual Lymphatic Drainage (MLD)
 - Therapeutic Massage
 - Prenatal and Postnatal Massage
- Nutrition Counseling
- Reiki
- Private Yoga, Meditation and Stretch Classes

Bereavement Support Group

Please call Erica Forsyth at 618-1326 or 973- 956- 1538 for information

Cancer Support: Breast Cancer Support Group

For information on breast cancer support services, please call Cathy Verhulst, breast cancer navigator, licensed clinical social worker at 201-608-2162

Diabetes Education

Everything you need to know about diabetes but are afraid to ask. This program may be covered by your insurance plan. To schedule an appointment or for additional information, please call 201-894-3335.



Support Groups

Free Support Groups meet monthly. To register call 1-877-465-9626, unless otherwise noted.

Bariatric Support Group

Support Group for Lap-band or Gastric Bypass patients

Bereavement Support

Call 201-833-3000 ext 7580 for more information.

Breast Cancer Support and Discussion Group

Please call Courtney Lozano 201-833-3392 for information.

Cancer Support Group

The Cancer Support Group provides an opportunity to meet with people who understand how you feel and what you are going through in a way that others cannot.

Men Living with Cancer Support Group

This is open to men diagnosed with Prostate Cancer. This group offers an opportunity to discuss concerns and learn from others coping with similar challenges. Virtual group via Zoom app every 3rd Thursday Monthly at 5:30 PM – 6:30 PM.



Cancer Support Community at Holy Name is excited to announce a new partnership with the Greater Bergen County [YMCA in New Milford](#). Beginning in January, select in-person programs will be offered at this location while virtual classes will remain available to accommodate all schedules.

Cancer Support Community programs include health and wellness sessions, support groups, creative arts workshops and educational presentations on cancer-related topics. Participating in these programs promotes social connections, decreases feelings of isolation and positively impacts emotional well-being. Cancer Support Community programs are open to those in treatment, post-treatment, caregivers, family members, and survivors. We welcome you to join us in-person or virtually!

To view the schedule and register for programs, visit:

holyname.org/CancerSupport or call 201-833-3392 for more information.

In-person classes at YMCA New Milford Center:

Address: [1092 Carnation Drive, New Milford, NJ, 07646](#).

- [Chair Yoga](#): Wednesday, January 11, 2:00 p.m.
- [Essential Oils 101](#): Thursday, January 12, 5:00 p.m.
- [Quilting Club](#): Fridays, January 13 and 27, 11:00 a.m.
- [Yin Yoga and Meditation](#): Wednesday, January 18, 1:00 p.m.
- [Pilates for Strength and Balance](#): Thursday, January 19, 2:00 p.m.
- [Awareness through Movement](#): Tuesday, January 25, 2:00 p.m.

Register for these classes at holyname.org/CancerSupport. Please bring your own mat and water bottle for fitness sessions.

Additional in person programs:

[GYN Cancer Support Group](#): Tuesday, January 3, 5:00 p.m.

Location: Holy Name Cancer Center GYN Office, 2nd floor.

Use Cancer Center entrance in rear of hospital.

- [Not Your Grandmother's Needlepoint](#): Thursdays, January 10, 17, 24 & 31 at 1:00 to 3:00 p.m.
Location: 3 University Plaza, Hackensack - Conference Room, Main Lobby.
- [Knit/Crochet Group](#): Every Thursday, 11:00 a.m. to 1:00 p.m.
Location: Yarndezvous, 495 Cedar Lane, Teaneck (next to movie theater).

Register online at holyname.org/CancerSupport or call 201-833-3392.

New Virtual Presentations this Month:

- [Importance of Exercise in Survivorship](#): Wednesday, January 4, 4:00 p.m.
- [iPhone Photography: A positive creative outlet](#): Thursdays, January 12 & 26, 2:00 p.m.

Register online at holyname.org/CancerSupport or call 201-833-3392.

Ongoing Monthly Classes Include:

- Pilates for Strength and Balance
- Tai Chi and Qi Gong
- Yoga and Chair Yoga
- Morning and Evening Meditation Classes
- Lymphatic Movement
- Beginner and Advanced level Cancer Exercise classes

Register online at holyname.org/CancerSupport or call 201-833-3392.

Local Support Group - Miscellaneous

Teaneck Public Library

201-837-4171

840 Teaneck Road, Teaneck, NJ 07666

Visit the website at <https://teanecklibrary.org>

The Township of Teaneck Provides Free Transportation for Residents who are 65 or older and/or Disabled

This service is for medical appointments, food shopping and small errands (with Teaneck, Hackensack, Englewood, and fringes of Bogota, Bergenfield and River Edge). Call 201-837-7130 ext 7040 for more information.

Jewish Family Services at 201-837-9090 provides the following services:

- Kosher Meals on Wheels (at home delivery of meals)
- Care Management, support and advocacy

The Teaneck Fire Department offers all Teaneck Residents the Free Service of a “Good Morning” Wake-up Call

This service is particularly appropriate for those facing significant illness, frailty/balance issues, and/or are shut-ins.

Call Lt. David Barrett or Lt. Richard Burchell at 201-837-2085 to activate this service. Calls can be pre-empted by the recipient at any time for convenience.

Treatment Services

Seabrook House – Helping Families Find the Courage to Recover

Seabrook House is multi-level premier inpatient and outpatient facility, internationally recognized, and accredited by CARF (Commission on Accreditation of Rehabilitation Services), alcohol and drug rehabilitation center. Each facility offers every level of inpatient and outpatient care from partial through one-on-one counseling.

They offer the following services: Withdrawal Management (Detoxification), Residential Treatment, Partial Hospitalization, and Intensive Outpatient. They also offer Extended Care Programs: Seabrook House West, Changes for Women/Young Adult Program, Recovery Enhancement Program. They offer “The Family Matrix Program”, a three-day, structured experience designed to help families begin to heal and strengthen the bonds strained by addiction. They provide Holistic Approaches to Treatment such as Equin Therapy, Music Therapy, Yoga, Acupuncture, and many more. Please call for details. Seabrook House accepts many health insurance programs.

Treatment is covered by most insurances. For more information, visit www.Seabrookhouse.org or call 800-761-7575 ext. 1515