



Healthy Living with Diabetes: Getting the Vaccines You Need

Each year, thousands of adults in the United States get sick from diseases that could have been prevented by vaccines. Because diabetes can make it harder for your immune system to fight some infections, you may be at higher risk of getting certain diseases if you are living with diabetes. Additionally, people with diabetes are also at higher risk of serious problems from some vaccine-preventable diseases.

What Vaccines do People with Diabetes Need?

- ✓ **Influenza vaccine** | Flu is a contagious respiratory illness caused by influenza viruses. *A flu shot every year is the single best way to protect yourself from the flu.*
- ✓ **Tdap vaccine** | The Tdap vaccine protects against three serious diseases caused by bacteria: Tetanus, Diphtheria and Pertussis (whooping cough). *CDC recommends all adults get the Tdap vaccine once, and a Td vaccine booster dose every 10 years, to protect against tetanus, diphtheria, and pertussis.*
- ✓ **Zoster vaccine** | Shingles is a painful rash caused by the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. Years later, it may cause shingles. *Herpes zoster vaccine is approved for people age 50 years and older. CDC recommends vaccination. People with very weak immune systems should not get the zoster vaccine.*
- ✓ **Pneumococcal vaccine** | Pneumococcal disease is an infection caused by pneumococcus bacteria. *CDC recommends people with diabetes get pneumococcal vaccines once as an adult before 65 years of age and then two more doses at 65 years or older.*
- ✓ **Hepatitis B vaccine series** | Hepatitis B is a liver infection caused by the hepatitis B virus (HBV) and transmitted through blood or other body fluid. Chronic hepatitis B can lead to serious health issues, such as cirrhosis or liver cancer. *CDC recommends Hepatitis B vaccination for all unvaccinated adults with diabetes who are younger than 60 years of age. Many people have had the hepatitis B vaccine as a child, so check with your doctor to see if you have been vaccinated already. If you are 60 years or older, talk to your doctor to see if you should get the hepatitis B vaccine.*

SOURCE: CDC (Centers for Disease Control and Prevention)



Living with a Balance Disorder

To help prevent falls and other accidents:

- ✓ Avoid walking in the dark, either inside or outside.
- ✓ Wear low-heeled shoes or walking shoes.
- ✓ Use a cane or walker, if necessary.
- ✓ Add handrails to stairwells and bathrooms in your home.
- ✓ Stay physically active to improve your balance and strength. A physical therapist can help you learn to exercise safely.
- ✓ Talk with your health care provider whether it's safe to drive.

SOURCE: News in Health | National Institutes of Health



THANKFUL FOR WHAT WE HAVE,
FOR THE FAMILY WE LOVE,
THE FRIENDS WE CHERISH, AND FOR
THE BLESSINGS THAT WILL COME.

“Vegetables are a must on Thanksgiving. I suggest carrot cake, zucchini bread and pumpkin pie.” —Jim Davis

HAPPY THANKSGIVING!

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



Do You Need Antibiotics?

When antibiotics aren't needed, they won't help you, and the side effects could still hurt you.

8 WAYS to be Antibiotic Aware:

- 1 Antibiotics save lives, but they aren't always the answer when you're sick.
- 2 Antibiotics do not work on viruses.
- 3 Antibiotics are only needed for treating certain infections caused by bacteria.
- 4 An antibiotic will NOT make you feel better if you have a virus.
- 5 Any time antibiotics are used, they can cause side effects.
- 6 Taking antibiotics creates resistant bacteria.
- 7 If you need antibiotics, take them exactly as prescribed.
- 8 Stay healthy: clean hands, cover coughs, and get vaccinated, for the flu, for example. SOURCE: Centers for Disease Control and Prevention

TIPS FOR CAREGIVERS:

HOW TO Communicate with your Care Recipient's Doctor



- 1 **BEFORE the visit**
 - Write down questions or concerns about their health or care plan
 - Create a current medications list
 - Note any changes with their routine, behavior, and health
- 2 **DURING the visit**
 - Get answers and ask clarifying questions
 - Take notes to refer to later
 - Review or develop a care plan and update the list of current medications
 - Discuss behavioral and health changes, include care recipient
 - Allow care recipient to openly express their opinions
- 3 **AFTER the visit**
 - Review appointment notes
 - Call the doctor to clear up any questions
 - Update care plan
 - Discuss the doctor's visit and changes to the care plan with your care recipient

SOURCE: CDC (Centers for Disease Control and Prevention)

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**.

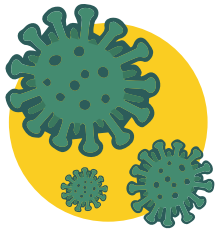
FLU VACCINE: GET THE FACTS

YOUR BEST PROTECTION AGAINST FLU

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die.

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death.^{1,2} **A flu vaccine is the best way to help prevent flu and its potentially serious complications.** Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDUCES YOUR RISK OF FLU



CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020.³

40-
60%

Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.



Since 2004, when pediatric flu deaths became nationally notifiable, the number of pediatric flu deaths reported to CDC each year prior to the COVID-19 pandemic ranged from 37 (2011-2012 season) to 199 deaths (2019-2020 season.)

While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.⁶

Remember that a flu vaccine not only protects you, but it also can help protect those around you, **including people who are at higher risk for serious flu illness**, like babies, young children, older adults, pregnant people, and people with certain chronic health conditions.

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, **including children younger than 5, pregnant people, adults 65 and older**, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

PROVEN SAFETY RECORD

For more than 50 years, **hundreds of millions of Americans have safely received seasonal flu vaccines** and there has been extensive research supporting its safety.⁷ **Side effects from flu vaccination are generally mild**, especially when compared to symptoms of flu.⁷

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Visit WWW.CDC.GOV/FLU for more information.

1. <https://www.cdc.gov/flu/spotlights/vaccine-reduces-severe-outcomes.htm>
2. <https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html>
3. <https://www.cdc.gov/flu/about/burden-averted/2018-2019.htm>
4. <https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm>
5. <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>
6. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>
7. <https://www.cdc.gov/flu/prevent/general.htm>



SMOKING AND DIABETES



This fact sheet is for public health officials and others who are interested in learning about the impact of smoking on diabetes. People who want to lower their risk for diabetes, and people who already have diabetes, should not smoke.

WHAT YOU NEED TO KNOW ABOUT SMOKING AND DIABETES

The 2014 Surgeon General's Report has found that smoking is a cause of type 2 diabetes, which is also known as adult-onset diabetes. Smokers have a greater risk of developing type 2 diabetes than do nonsmokers. The risk of developing diabetes increases with the number of cigarettes smoked per day.

Diabetes is a disease that causes blood sugar levels in the body to be too high and puts the body at risk for many serious health conditions. More than 25 million adults suffer from diabetes in the United States, where the disease is the seventh leading cause of death. It is also a growing health crisis around the world.

HOW SMOKING CAUSES TYPE 2 DIABETES

Smoking increases inflammation in the body. Inflammation occurs when chemicals in cigarette smoke injure cells, causing swelling and interfering with proper cell function. Smoking also causes oxidative stress, a condition that occurs as chemicals from cigarette smoke combine with oxygen in the body. This causes damage to cells. Evidence strongly suggests that both inflammation and oxidative stress may be related to an increased risk of diabetes.

The evidence also shows that smoking is associated with a higher risk of abdominal obesity, or belly fat. Abdominal obesity is a known risk factor for diabetes because it encourages the production of cortisol, a hormone that increases blood sugar. Smokers tend to have higher concentrations of cortisol than nonsmokers.

WHAT SMOKING MEANS TO PEOPLE WITH DIABETES

Studies have confirmed that when people with type 2 diabetes are exposed to high levels of nicotine, insulin (the hormone that lowers blood sugar levels) is less effective. People with diabetes who smoke need larger doses of insulin to control their blood sugar.

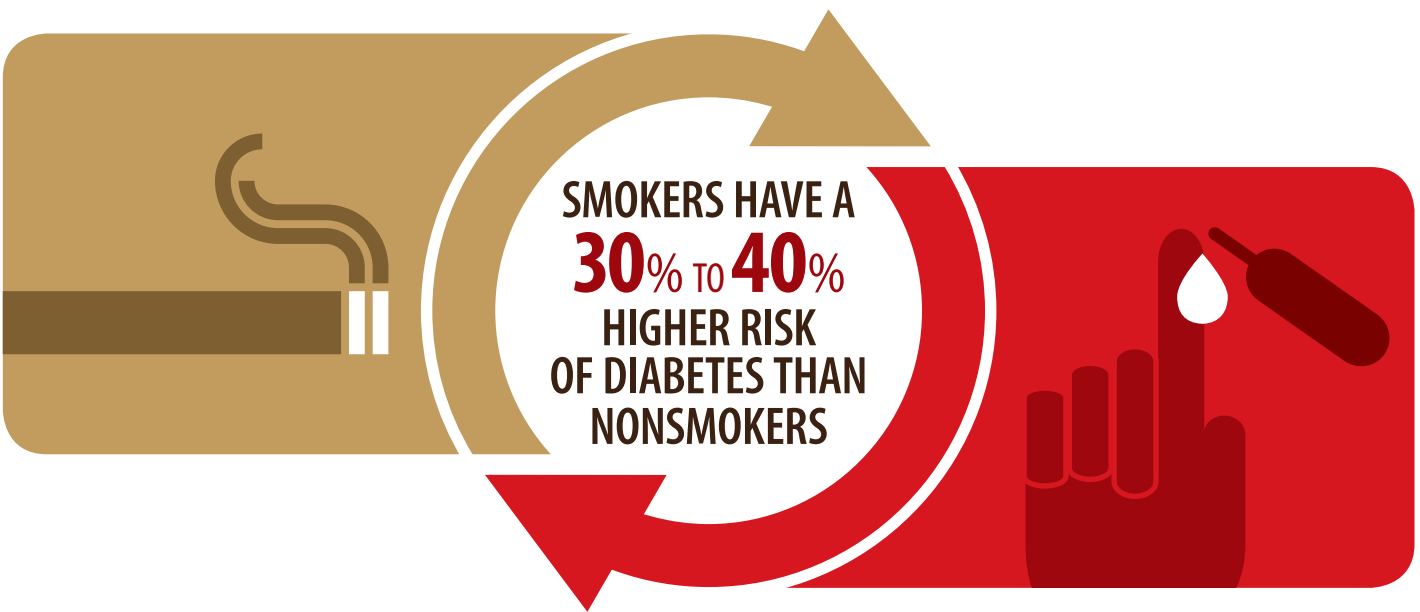
Smokers who have diabetes are more likely to have serious health problems, including:

- heart and kidney disease;
- poor blood flow in the legs and feet that can lead to foot infections, ulcers, and possible amputation of toes or feet;
- retinopathy (an eye disease that can cause blindness); and
- peripheral neuropathy (damaged nerves to the arms and legs that cause numbness, pain, weakness, and poor coordination).



Even though we don't know exactly which smokers will develop type 2 diabetes, we do know that all diabetic smokers should quit smoking or using any type of tobacco product immediately. The health benefits of quitting begin right away. People with diabetes who quit have better control of their blood sugar. Studies have shown that insulin can start to become more effective at lowering blood sugar levels eight weeks after a smoker quits.

People who want to quit smoking can get help from their doctors. Free help is also available at 1-800-QUIT-NOW and at smokefree.gov and cdc.gov/tips.



Most people find a combination of resources works best. Many smokers do not quit on their first attempt. Many need several tries to successfully quit. But the benefits are well worth it. Keep trying.

RESOURCES FOR QUITTING

- Call 1-800-QUIT-NOW.
- www.smokefree.gov
- www.cdc.gov/tips



Centers for Disease
Control and Prevention
Office on Smoking
and Health



Halloween

Treats

- Check all treats before your child eats them. Tell your child why doing this is important.
- Make sure your child eats treats ONLY if they are in their wrapper from the store. Throw away candy if wrappers are faded, have holes or tears, or if the candy has been unwrapped.
- Check fruit and homemade treats to make sure they are safe to eat. Allow your child to eat such items only if someone you know and trust offered them.
- Some treats (for example, chocolate) can be poisonous to pets.

Glow Sticks or Light Sticks

- Glow sticks, light sticks and other objects that glow sometimes break. Children can chew them open. While these chemicals are not very poisonous, the chemicals can irritate the skin and eyes. If swallowed, the chemicals can cause a burning feeling. Contact Poison Help (1-800-222- 1222) with any questions.

Makeup

- Some makeup products can cause mild to serious problems. When choosing Halloween makeup, look for makeup that is not poisonous (non-toxic).
- Wash skin with soap and water right away if a rash or other changes in the skin develop. Symptoms that could be expected from an allergy or sensitivity to a makeup product commonly include: swollen skin, small bumps on the skin, and itching.
- If any makeup is swallowed, treatment depends on the amount ingested, ingredients, and symptoms.



Thanksgiving

- Thaw turkey in the refrigerator. Allow 1–3 days for thawing. If there is less time, put the turkey in a plastic bag. Cover it with cold water. Keep ice in the water so it stays cold.
- Wash hands AFTER handling turkey or any meat.
- Stuffing should always be cooked and stored separately from turkey.
- Follow cooking directions for turkey on the label.
- Use a meat thermometer to test for doneness. Place the thermometer inside the thigh. Or place it in the thickest part of the breast. The turkey is done when the thermometer reads 165 degrees F at the minimum.
- Refrigerate turkey, gravy, and stuffing after your meal. They will quickly spoil if left out.



Holiday Decorations

- Most modern ornaments are made with non-poisonous materials. But ornaments more than 25 years old may contain lead.
- Make sure children don't put small ornaments in their mouths. Children can choke on them.
- Bulbs and tree lights may be poisonous if swallowed.
- Mistletoe berries can be poisonous if eaten in large numbers. If mistletoe is used in decorating, make sure children and pets can't reach it.
- Use fake snow only in a well-vented space. The fumes from this product can be dangerous.
- After the snow has dried, small amounts are not harmful if swallowed.



Slow Cooker Lentil Chili

6 servings

5 hours

Ingredients

1 cup Dry Red Lentils (rinsed, uncooked)
 1 Yellow Onion (medium, diced)
 1 Red Bell Pepper (chopped)
 1 Carrot (chopped)
 3 Garlic (cloves, minced)
 1 tbsp Chili Powder
 1 tsp Cumin
 1 tsp Smoked Paprika
 3 1/2 cups Diced Tomatoes (from the can with juices)
 2 tbsps Tomato Paste
 2 cups Organic Vegetable Broth
 Sea Salt & Black Pepper (to taste)
 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
 1 Avocado (optional, sliced)
 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size, One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy, Add one chopped jalapeno pepper.

More Flavor, Add the juice of one lime to the slow cooker just before serving.

No Beans, Use lentils only.

Leftovers, Store leftovers in the fridge for up to five days, or freeze for longer.

Nutrition

Amount per serving	
Calories	307
Fat	6g
Fiber	15g
Sugar	8g
Protein	16g
Cholesterol	0mg
Sodium	298mg
Potassium	945mg
Vitamin A	3843IU



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.

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.



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.

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