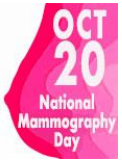


Mammograms



A **mammogram** is a low-dose x-ray picture of the breast. **Why should I have one? Mammograms can help save lives.** They are still the best way to screen for breast cancer. They can find breast lumps when they are too small for a woman or her doctor to feel.

Mammograms cannot find all problems. So, every woman should work with her doctor to check her breasts. *Call your doctor or clinic if you notice any change in your breasts like:*

- a lump
- thickening
- liquid leaking from the nipple or changes in how the nipple looks

What else should I know before I get a mammogram?

- ✓ Do not wear deodorant, perfume, lotion or powder under your arm or on your breasts on the day of your exam. It might show up on the x-ray.
- ✓ Tell the clinic if you have breast implants when you make your appointment. They may need to take more pictures than a regular mammogram.
- ✓ Tell the clinic if you have physical disabilities that may make it hard for you to sit up, lift your arms or dress yourself. Also, let them know if you use a wheelchair or scooter.
- ✓ Talk with the staff about how they will handle issues of modesty that you may have due to your religion.

SOURCE: FDA (Food & Drug Administration) | Office of Women's Health



What Does It Mean to Have Dense Breasts?

A **mammogram** shows how dense your breasts are. When you get the results of your mammogram, you may also be told if your breasts have low or high density. Women with dense breasts have a higher risk of getting breast cancer.

What Is Breast Density? Breast density reflects the amount of fibrous and glandular tissue in a woman's breasts compared with the amount of fatty tissue in the breasts, as seen on a mammogram.

Who Is More Likely to Have Dense Breasts? The density of your breasts can change over time. Generally, you're more likely to have dense breasts if you—

- Are younger.
- Are pregnant or breastfeeding.
- Are taking hormone replacement therapy.
- Have a lower body weight.

What Should I Do If I Have Dense Breasts? Talk to your doctor about your personal risk of getting breast cancer. Dense breasts are just one of several risk factors for breast cancer. Your doctor will also think about other factors, like your age and family history of cancer. *Your doctor may suggest one of these tests—*

- **Breast ultrasound.** A machine that uses sound waves to make pictures, called sonograms, of areas inside the breast.
- **Breast magnetic resonance imaging (MRI).** A kind of body scan that uses a magnet linked to a computer. The MRI scan makes detailed pictures of areas inside the breast.
- ✓ Talk with your doctor about how often you should be screened for breast cancer and which tests your doctor recommends.

SOURCE: Centers for Disease Control and Prevention

ON INNER STRENGTH—IT IS NOT THE LOAD THAT BREAKS YOU DOWN. IT'S THE WAY YOU CARRY IT.

—Lena Horne

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



A Strong Defense Against Flu: Get Vaccinated!

The best way to protect yourself and your loved ones against influenza (flu) is to **get a flu vaccine every flu season.** Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death.

- ✓ CDC recommends everyone six months and older get an annual flu vaccine.

WHEN should I get vaccinated? For most people who need only one dose of flu vaccine for the season, **September and October are generally good times to be vaccinated against flu.** Ideally, everyone should be vaccinated by the end of October.

WHY is it important to get a flu vaccine EVERY YEAR?

- ✓ Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- ✓ Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

SOURCE: Centers for Disease Control and Prevention



Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

Call **800.799.SAFE (7233)** or text **"START"** to **88788**

FREE. CONFIDENTIAL. 24/7



Take Care of Your Liver

- ✓ Eat a healthy diet and maintain a healthy weight.
- ✓ Take steps to prevent hepatitis infections. Get vaccinated against hepatitis A and B.
- ✓ Always wash your hands after using the toilet, changing diapers, and before and after handling or preparing food.
- ✓ Limit alcohol use. Drinking too much alcohol harms the liver.
- ✓ Quit smoking. You can get free help quitting at 1-800-QUIT-NOW or smokefree.gov.
- ✓ Take medications only as directed.
- ✓ Tell your provider about all the medicines you take, including over-the-counter drugs and supplements.

SOURCE: News in Health | National Institutes of Health

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.**

People 65 Years and Older Need a Flu Shot

FIGHT FLU



Information for adults 65 years and older

Influenza (flu) can be a serious illness, especially for older adults.

FACT: People 65 years and older are at higher risk of developing serious complications from flu, compared with young, healthy adults.

This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.

FACT: While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

For people 65 years and older, there are three flu vaccines that are preferentially recommended over other flu vaccines: Fluzone High-Dose Quadrivalent inactivated flu vaccine, FluBlok Quadrivalent recombinant flu vaccine, and Fluad Quadrivalent adjuvanted inactivated flu vaccine. These vaccines are preferred for people 65 and older because a review of available studies suggests that, in this age group, these vaccines are potentially more effective than standard dose, unadjuvanted flu vaccines.

1. Fluzone® High-Dose Quadrivalent vaccine contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. FLUAD™ Quadrivalent vaccine is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.
3. Flublok® Quadrivalent vaccine is a recombinant protein flu vaccine approved for use in people 18 years and older. It contains three times the amount of antigen compared with a regular flu shot.



For more information, visit:
www.cdc.gov/flu
or call **1-800-CDC-INFO**



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Flu shots have an excellent safety record and do not cause flu.

FACT: *The side effects of flu shots are mild when compared with potentially serious consequences of flu virus infection.*

After getting your flu shot, you may experience some side effects. The most common side effects are mild and include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. Some of these symptoms might be more likely to occur with the high-dose and adjuvanted flu vaccines.

Underlying medical conditions can also put you at higher risk of serious flu complications.

FACT: *Flu can make underlying health problems worse, even if they are well managed.*

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common underlying medical conditions that place people at higher risk of developing serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu shot every year.

FACT: *There are prescription drugs that can treat flu illness. People 65 years and older should be treated with flu antiviral drugs if they get sick with flu.*

If you have flu symptoms—even if you had a flu shot—call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at higher risk of developing serious flu complications, like people 65 years and older.



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Take control of your health and fight flu this season with an annual flu vaccine.

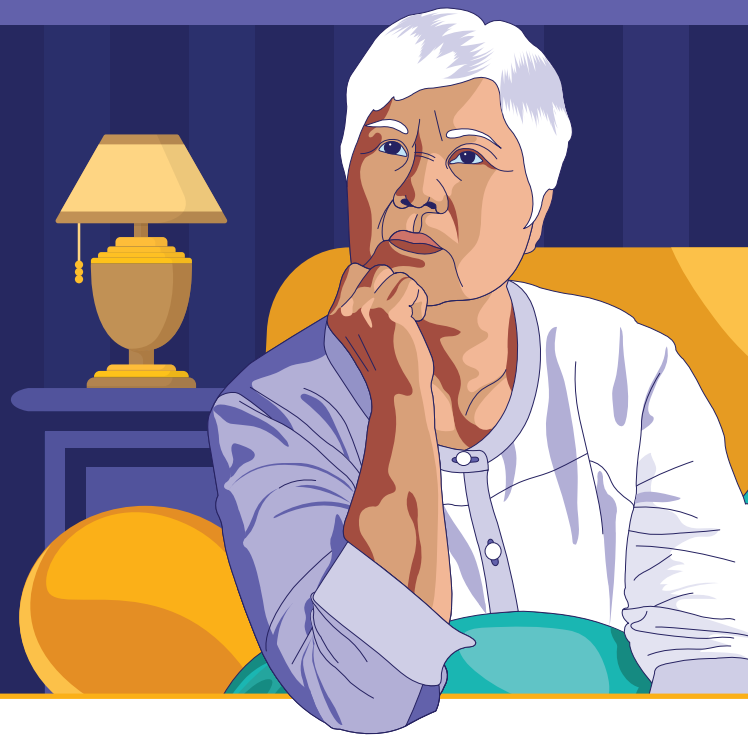
**For more information about the flu or the vaccine,
call 1-800-CDC-INFO or visit <http://www.cdc.gov/flu/>.**

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Four Things To Know About Depression and Older Adults

Everyone has feelings of uneasiness, stress, and sadness at some point during their life.

However, clinical depression is more than just feeling sad or blue. It's a serious condition that affects many older adults and requires treatment.



Signs and symptoms of depression vary from person to person. Look for changes in your mood or your interest in participating in activities.



Depression can be treated. If you have symptoms of depression that last for more than two weeks, talk with your doctor. There are many effective treatment options, so it's important to seek help early on.



Get support from family and friends. Though they cannot provide treatment, loved ones can help someone with depression by listening, watching for symptoms, participating in activities the person enjoys, and encouraging them to seek treatment.



A healthy lifestyle can help feelings of depression. Staying active, eating a healthy diet, getting enough sleep, and connecting with friends and family can benefit your mental health.



Apple Crisp Yogurt cups

2 servings
20 minutes

Ingredients

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	437
Fat	8g
Fiber	7g
Sugar	28g
Protein	28g
Cholesterol	34mg
Sodium	146mg
Potassium	292mg
Vitamin A	1303IU
Vitamin C	19mg
Calcium	559mg
Iron	3mg
Vitamin D	99IU
Magnesium	65mg
Zinc	2mg

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Leftovers, Refrigerate separately in an airtight container for up to three days.

Serving Size, One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings, Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



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.

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