



Decrease Sodium Intake

Sodium and Blood Pressure

Sodium attracts water, and a high-sodium diet draws water into the bloodstream, which can increase the volume of blood and subsequently your blood pressure.

High blood pressure (also known as **hypertension**) is a condition in which blood pressure remains elevated over time. Hypertension makes the heart work too hard, and the high force of the blood flow can harm arteries and organs (such as the heart, kidneys, brain, and eyes). Uncontrolled high blood pressure can raise the risk of heart attack, heart failure, stroke, kidney disease, and blindness. In addition, blood pressure generally rises as you get older, so limiting your sodium intake becomes even more important each year.

SOURCE: US Food and Drug Administration (FDA)



Manage your ABCs

Manage Your ABCs of Diabetes

Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol and stop smoking—also known as the ABCs of diabetes.

***A1C (a measure of your average blood sugar over 3 months):** The goal set for many

people is less than 7% for this blood test, but your doctor might set a different goal for you.

- **Blood pressure:** High blood pressure causes heart disease. The goal is less than 140/90 mmHg for most people, but check with your doctor what your goal should be.
- **Cholesterol:** **LDL** or “**bad**” **cholesterol** builds up and clogs your blood vessels. **HDL** or “**good**” **cholesterol** helps remove the “**bad**” **cholesterol** from your blood vessels. Ask your doctor what your cholesterol numbers should be.
- **Smoking:** If you smoke or use other tobacco products, take steps to quit. Call **1-800-QUIT-NOW (1-800-784-8669)** for support.

SOURCE: Centers for Disease Control and Prevention (CDC)



Earth Day 2024: Planet vs Plastics

Earth Day 2024 on April 22nd, EARTHDAY.ORG is unwavering in their commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040.

Reduce Plastic Use

- ✓ Experts recommend that we reduce, reuse, and recycle plastics.
- ✓ Pack lunch in reusable containers.
- ✓ Use glass or metal containers for food and drinks when possible.
- ✓ Choose reusable shopping bags.
- ✓ Bring old plastic bags to recycling bins at grocery stores.
- ✓ Recycle or reuse plastic packaging materials, like bubble wrap.
- ✓ Reuse plastic items that cannot be recycled in creative ways.
- ✓ Contact your local recycling office to learn what can be recycled.
- ✓ Never throw plastics into lakes, oceans, or other waterways.
- ✓ Participate in local litter clean-ups.

SOURCE: National Institutes of Health (NIH) | News in Health

NOBODY WHO EVER GAVE THEIR BEST REGRETTED IT. —George Halas

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.

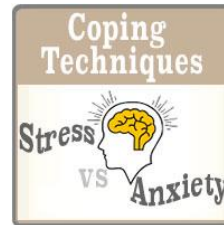
Newsletter Comments and Contributions: Please contact harveygrossmd@ehmhealth.org

DEA's National Prescription Drug Take Back Day

April 27, 2024 - 10AM to 2PM



The **National Prescription Drug Take Back Day** aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



Coping Techniques

Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. **Here are some activities you can try when you start to feel overwhelmed:**

- ✓ Keep a journal.
- ✓ Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- ✓ Exercise, and make sure you are eating healthy, regular meals.
- ✓ Stick to a sleep routine, and make sure you are getting enough sleep.
- ✓ Avoid drinking excess caffeine such as soft drinks or coffee.
- ✓ Identify and challenge your negative and unhelpful thoughts.
- ✓ Reach out to your friends or family members who help you cope in a positive way.

SOURCE: National Institutes of Health (NIH) | News in Health



Soothing a Sore Throat

- ✓ Warm liquids can help. Try hot tea with lemon or gargling with warm salt water.
- ✓ Keep your throat moist with lozenges or hard candies. Do not give these to young kids.
- ✓ Ice chips or popsicles may help numb the pain.
- ✓ Painkillers like acetaminophen or ibuprofen can reduce throat pain. Read the label to make sure products are safe for children. Never give aspirin to kids.
- ✓ Keep the air in your bedroom moist with a clean humidifier or vaporizer.

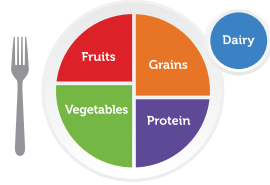
SOURCE: National Institutes of Health (NIH) | News in Health

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.**



Start *simple*
with MyPlate



Be Salt Smart

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Read the label

The **Nutrition Facts** label shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease.



Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”



Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.



Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.



Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you’re using. The sodium from these can add up quickly.



Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.



Dining Out with Food Allergies



When you are dining out with food allergies, planning ahead is important. Follow these tips on what to do before you go out and when you are at the restaurant to have a better dining experience.

Before You Go

Restaurant Selection

- **Ask around.** Your Allergist and other individuals and families who manage food allergies may have recommendations. To see if a particular restaurant may be a good choice, check out the website and review the menu in advance.
- **Pick a restaurant that best fits what you can eat.** Avoid riskier choices, which could include:
 - **Buffets.** With a wide variety of foods so close to one another, the risk for accidental exposure and cross-contact is high.
 - **Bakeries.** There is a high risk of cross-contact, since many items are made with common allergens and many are not packaged.
 - **Restaurants that serve pre-made foods.** The staff may not have an accurate list of the ingredients in a pre-made item. Since the dishes are not prepared from scratch, you can't ask the chef to remove the problem ingredient from an item that would otherwise be safe to eat.
 - **Restaurants that are known to use allergens in many dishes.** For instance, peanuts and other nuts are used frequently in Asian cuisines. In ice cream shops, shared scoops increase the risk of cross-contact. If you have a fish or shellfish allergy, it's a good idea to avoid seafood restaurants.
- **Consider chain restaurants,** especially when you're traveling. Each restaurant is likely to use the same ingredients and prepare foods the same way, and a growing number are allergy-aware.
- **Know your options.** If you plan to attend a catered event where the food will be prepared in advance, ask if it's possible to provide an allergy-friendly option.

Prepare for Your Dining Out Experience

- **Call ahead and ask to speak to a manager.** You can find tips and sample questions to use when calling restaurants on our website at foodallergy.org/diningout.
- **Timing is everything.** Choose a day and time when restaurant kitchens are not as busy. The best time to dine at any restaurant is during the first hour of a service period. The staff is more alert and attentive, and the kitchen is much cleaner. If possible, plan for an early meal.

- **Bring a chef card.** This wallet-sized card lists your food allergies and states that your food must be cooked in a clean and safe area to avoid cross-contact. You can find online sources for cards in multiple languages, make your own, or download a template on our website.
- **Be prepared.** No matter how carefully you've planned or how safe you feel at a particular restaurant, never leave home without your epinephrine auto-injector and any additional medications, and be sure to wear your medical identification (e.g., bracelet, other jewelry).

At the Restaurant

Communicating with Restaurant Employees

Communication between restaurants and customers with food allergies is essential to a safe dining experience.

- **Talk to everyone.** The restaurant manager and wait staff should know about your food allergy. Remind a manager or the head waiter about your allergies before you are seated. Present your chef card and ask that it be shown to the chef.
- **Ask what is in your dish and how it is prepared.** Make sure your server understands what you are allergic to, and explain that cross-contact must be avoided. Consider speaking to the manager and the chef, just to be sure. Know what procedures a restaurant should follow to keep your food safe.
- **Never be embarrassed if you feel you're not communicating well.** If the wait staff doesn't seem to understand your situation, always trust your gut and seek out another staff member or manager. Sometimes, the safest choice is to avoid eating, enjoy the company of your friends, and find a safe meal somewhere else afterwards.
- **Reward excellent service and build a relationship.** If you have a good experience at a restaurant, tell the staff about it and go back.

Meal Selection

- **Keep it simple.** If you have to ask a lot of complicated questions about the items on a menu, ordering more simple fare—like a baked potato, broiled chicken or steamed vegetables—may be the safest way to go.
- **Avoid fried foods.** Both the grill and the frying oil are ripe for cross-contact; it's best to avoid fried foods unless you know for sure that they are prepared safely.
- **Be very careful when ordering desserts.** Desserts are often a source of unexpected allergens. Since many restaurants order their desserts from specialty shops, the staff may not be able to provide a complete list of ingredients. If in doubt, wait and have a safe dessert at home.



Dispose of unused opioid medicines.

You can help keep your family and community safe. Get rid of any unused or expired prescription opioid pills, patches, or syrups to help save lives.

What you should know:

- ✓ Don't share your opioid prescription with others.
- ✓ Store opioids out of sight and out of reach.
- ✓ Dispose of unused opioids safely when there is no longer a medical need for them.



PRESCRIPTION OPIOIDS are powerful, pain-reducing medicines that include oxycodone, hydrocodone, and morphine.



TAKE-BACK LOCATIONS may include your local pharmacy or police station.



Remove
the
RISK



Learn more about safe drug disposal. Visit www.FDA.gov/DrugDisposal

pita pizzas

Ingredients

1 cup Super Quick Chunky Tomato Sauce (See separate recipe card for details.)

1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)

1 cup broccoli, rinsed, chopped, and cooked

2 tablespoons grated parmesan cheese

1 tablespoon fresh basil, rinsed, dried, and chopped (or 1 teaspoon dried)

4 (6½-inch) whole-wheat pitas



1. Preheat oven or toaster oven to 450°F.
2. For each pizza, spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.

Yield 4 servings, **Serving Size** 1 pita pizza, **Calories** 275, **Total Fat** 5 g, **Saturated Fat** 1 g, **Cholesterol** 32 mg, **Sodium** 486 mg, **Total Fiber** 7 g, **Protein** 20 g, **Carbohydrates** 41 g, **Potassium** 362 mg



National Heart, Lung,
and Blood Institute



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