

## Understanding the Link Between Chronic Disease and Depression

**What is a Chronic Disease?** A chronic disease is a condition that lasts at least one year and requires ongoing medical attention or limits activities of daily living or both. Examples of chronic diseases include autoimmune diseases, diabetes, cancer, epilepsy, heart disease, HIV/AIDS, hypothyroidism, multiple sclerosis, and pain.

**People who have a chronic disease are at a higher risk of developing depression.** *Depression can be triggered by:*

- Anxiety, stress, or other challenges caused by a chronic disease
  - Brain changes from a chronic disease (such as Parkinson's disease or stroke)
  - Medication used to treat a chronic disease
  - A personal or family history of depression or suicide
- Research suggests that people who have a chronic disease and depression tend to have more severe symptoms of both illnesses.

If you or someone you know is struggling or having thoughts of suicide, call or **text the 988 Suicide and Crisis Lifeline at 988** or **chat at 988lifeline.org**. In **life-threatening situations, call 911**.

SOURCE: National Institute of Mental Health (NIMH)

## Cold Weather Safety for Older Adults



Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

### Medical Conditions and Cold Weather

**Older adults are more likely to have certain chronic medical conditions that make it harder to stay warm:**

- ✦ **Diabetes** can prevent blood from flowing normally to provide warmth.
  - ✦ **Thyroid Problems** can affect the body's ability to maintain a normal body temperature.
  - ✦ **Parkinson's disease** and **arthritis** can make it challenging to put on more clothes, use a blanket, or get out of the cold.
  - ✦ **Memory problems** can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire.
  - ✦ **Some medications** can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines.
- ✓ **Ask your doctor if medications you take may affect body heat and what you can do.**

SOURCE: National Institute on Aging (NIA)

MAY THE BLESSINGS OF PEACE,  
THE BEAUTY OF HOPE,  
THE SPIRIT OF LOVE AND  
THE COMFORT OF FAITH  
BE WITH YOU THIS HOLIDAY SEASON.



**National Influenza Vaccination Week**  
**National Influenza Vaccination Week (NIVW):** December 2-6 is an annual observance in December to *remind everyone 6 months and older that there's still time to get vaccinated against flu.*

**Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to reduce your risk from flu.** A flu vaccine is the only vaccine that protects against flu and has been shown to reduce the risk of flu illness, hospitalization, and death.

SOURCE: CDC (Centers for Disease Control and Prevention)



### Healthy Eating and the Holidays for Diabetics

'Tis the season for family, festivity, and food—lots of food.

**Try these tips to help you stick to your diabetes meal plan this holiday season.**

You may not be able to control what food you're served, and you're going to see other people eating tempting treats.

**Meet the challenges armed with a plan:**

- ✓ **Eat close to your usual times to keep your blood sugar steady.** Eat a small snack at your usual mealtime if needed, and have a little less when dinner is served.
- ✓ **Invited to a party? Offer to bring a healthy dish along.**
- ✓ **Plan your carb choices in advance.** For example, if you're going to have a sweet treat, cut back on other carbs like potatoes, bread, or pasta dishes.
- ✓ **Don't skip meals to save up for a feast.** When you're really hungry you might be more likely to overeat.
- ✓ **Avoid or limit alcohol.** If you do have an alcoholic drink, avoid sugary mixers like juice or soda and eat food.
- ✓ **Don't forget to check your blood sugar,** even in the middle of holiday festivities.

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.

**DECEMBER 2-6 IS NATIONAL INFLUENZA VACCINATION WEEK**  
**TAKE THE TIME TO SCHEDULE YOUR FLU VACCINATION.**

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](mailto:harveygrossmd@ehmhealth.org)**

# Medications can be linked to injuries as we age

## Take action to stay safe and independent

Injuries from falls and car crashes are more common as we age. Adults ages 65 and older can be at greater risk of a fall or car crash if they use a medication that has side effects such as dizziness, blurry vision, or slowed reaction time.

As we age, our bodies process medications differently. A prescription or over-the-counter (OTC) medication that worked well in the past could start causing side effects now or in the future. Older adults are also more likely to take multiple medications.

**Taking five or more medications further increases the chances of side effects.**

Talk with your health care provider (such as a doctor, pharmacist, nurse, nurse practitioner, or physician assistant) about any medications you take that may increase your risk of falling or having a car crash. Your health care provider can help you make any changes needed to stay safe and independent.

**Do not stop taking your medications without first talking to your health care provider.**



**3 out of every 4 older adults take at least one medication commonly linked to falls or car crashes.**



Below are some examples of medication categories that can increase the risk of falls or car crashes. Also listed are some examples of medications\* within those categories. ***This is not a complete list of all medications that may increase risk.***

**Opioid or narcotic pain medications:**

- Oxycodone (OxyContin, Percocet)
- Hydrocodone (Vicodin)
- Tramadol (Ultram)

**Medications for depression or mood:**

- Paroxetine (Paxil)
- Amitriptyline (Elavil)

**Anti-anxiety medications:**

- Diazepam (Valium)
- Alprazolam (Xanax)
- Lorazepam (Ativan)

**Prescription and OTC sleep aids:**

- Zolpidem (Ambien)
- Eszopiclone (Lunesta)
- Doxylamine (Unisom)
- Diphenhydramine (ZzzQuil, Tylenol PM)

**Muscle-relaxing medications:**

- Methocarbamol (Robaxin)
- Cyclobenzaprine (Flexeril)

**OTC allergy and motion sickness medications:**

- Diphenhydramine (Benadryl)
- Dimenhydrinate (Dramamine)
- Meclizine (Bonine)
- Hydroxyzine (Vistaril)

**Medications for bladder control:**

- Oxybutynin (Ditropan)
- Tolterodine (Detrol)

**Anti-psychosis or mood stabilizing medications:**

- Haloperidol (Haldol)
- Risperidone (Risperdal)
- Quetiapine (Seroquel)
- Gabapentin (Neurontin)

**High blood pressure/heart medications:**

- Metoprolol (Toprol)
- Clonidine (Catapres)
- Furosemide (Lasix)
- Lisinopril (Zestril)

Effects of alcohol or illicit drugs can increase the risk of falls and car crashes at any age. These effects may be even more dangerous for older adults. Alcohol and illicit drugs may also interact with medications we take.

**What are some side effects to look for?**

- Blurry vision
- Daytime fatigue
- Drowsiness
- Fainting or passing out
- Lightheadedness
- Loss of balance
- Muscle weakness
- Slowed reaction time
- Trouble concentrating or problem solving

**\*NOTE:** Common, *but not all*, brand names are listed in parentheses after the generic name. For example, Valium is one brand name version of the generic medication diazepam.

## How can I reduce my risk of falling or having a car crash?

- Use the **MyMedications List** to make a list of the medications you take. Include all prescription medications, OTC medications, vitamins, supplements, and herbal products.
- Update your completed **MyMedications List** with your health care provider at least once a year or whenever you change medications.
- Use the **MyMedications Action Plan** with your health care provider to identify medications linked to falls or car crashes and make a plan to adjust medications if necessary.

**Download** the Fact Sheet, MyMedications List, and MyMedications Action Plan at [bit.ly/Medicines-Risk](https://bit.ly/Medicines-Risk)

**For more information visit:** [bit.ly/MyMobilityPlan](https://bit.ly/MyMobilityPlan)



# Treating Influenza (Flu)



## Information for People at High Risk for Serious Flu Complications



### Do you have Asthma, Chronic Obstructive Pulmonary Disease, Diabetes, or Heart Disease?

If so, you are at high risk of serious illness if you get flu. Treatment with an influenza antiviral drug can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. This fact sheet provides information about using prescription antiviral drugs to treat influenza in people at high risk for serious flu complications.

### Why am I at greater risk of serious flu complications?

Your medical condition makes it more likely that you will get complications from flu, like pneumonia. Flu also can make long-term health problems worse, even if they are well-managed. People with asthma, chronic obstructive pulmonary disease, or heart failure may experience worsening of their conditions and have difficulty breathing. Diabetes (type 1 and 2) can make the immune system less able to fight flu. Also, flu illness can raise blood sugar levels.

### Can flu be treated?

Yes. There are prescription medications called “antiviral drugs” that can be used to treat influenza illness. Antiviral drugs fight influenza viruses in your respiratory tract. They are different from antibiotics, which fight against bacterial infections.

### What should I do if I think I have flu?

Check with your doctor promptly if you are in a group at high risk for serious complications and you get flu symptoms. Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. If you get flu, antiviral drugs are a treatment option. Your doctor may prescribe antiviral drugs to treat your flu illness.

### Should I still get a flu vaccine?

Yes. Antiviral drugs are not a substitute for getting a flu vaccine. While flu vaccines can vary in how they work, flu vaccination is the first and best way to prevent influenza. You should receive flu vaccine every year. Antiviral drugs are a second line of defense to treat flu if you get sick.

### What are the benefits of antiviral drugs?

Antiviral treatment works best when started within two days of getting symptoms. Antiviral drugs can lessen fever and other symptoms and shorten the time you are sick by about one day. They also can prevent serious flu complications, like pneumonia when treatment is started early.

For people at high risk of serious flu complications, early treatment with an antiviral drug can mean the difference between having a milder illness instead of a more serious illness that could result in a hospital stay. For adults hospitalized with flu illness, some studies have reported that early antiviral treatment can reduce the risk of death.

### What antiviral drugs are recommended?

There are four FDA-approved influenza antiviral drugs recommended by CDC: oseltamivir (available as a generic version or under the trade name Tamiflu®), zanamivir (trade name Relenza®), peramivir (trade name Rapivab®), and baloxavir marboxil (trade name Xofluza®). Oseltamivir is available as a pill or liquid, and zanamivir is a powder that is inhaled. Peramivir is administered intravenously by a health care provider. Baloxavir is a pill given as a single dose by mouth.



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

Health and age factors known to increase a person's risk for developing flu-related complications:

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- People who are obese with a body mass index [BMI] of 40 or higher
- People younger than 19 years of age on long-term aspirin- or salicylate-containing medications
- People with a weakened immune system due to disease or medication (such as people with HIV or AIDS, or some cancers such as leukemia) or medications (such as those receiving chemotherapy or radiation treatment for cancer, or persons with chronic conditions requiring chronic corticosteroids or other drugs that suppress the immune system)

Other people at high risk from the flu:

- Adults 65 years and older
- Children younger than 2 years old<sup>1</sup>
- Pregnant women and women up to 2 weeks after the end of pregnancy
- American Indians and Alaska Natives
- People who live in nursing homes and other long-term-care facilities

<sup>1</sup> Although all children younger than 5 years old are considered at high risk for serious flu complications, the highest risk is for those younger than 2 years old, with the highest hospitalization and death rates among infants younger than 6 months old, younger than 6 months old.

## What are the possible side effects of antiviral drugs?

Side effects vary for each medication. For example, the most common side effects for oseltamivir are nausea and vomiting, zanamivir can cause wheezing and difficulty breathing (bronchospasm), and peramivir can cause diarrhea.

Other less common side effects also have been reported. Your health care provider can give you more information about these drugs, or you can check the Food and Drug Administration (FDA) website for specific information about antiviral drugs, including the manufacturer's package insert.

## When should antiviral drugs be taken for treatment?

Studies show that flu antiviral drugs work best for treatment when started within two days of getting sick. However, starting them later can still be helpful, especially if the sick person is in a group at high risk for serious complications (see list in sidebar) or is very sick from flu (for example, hospitalized from flu). Follow your health care provider's instructions for taking these drugs. These antiviral drugs are given in different ways and are approved for different ages.

## How long should antiviral drugs be taken?

To treat flu, oseltamivir and zanamivir are usually taken for 5 days, although people hospitalized with flu may need the medicine for longer than 5 days. Peramivir is given once intravenously. Baloxavir is given as a single dose.

## Can children take antiviral drugs?

Yes. Oseltamivir is recommended by CDC and the American Academy of Pediatrics (AAP) for early treatment of flu in people of any age, and is approved for the prevention of flu (i.e., prophylaxis) in people 3 months and older. Zanamivir is recommended for early treatment of flu in people 7 years and older. Peramivir is recommended for early treatment of flu in people 6 months and older. Baloxavir is recommended for early treatment of flu in children aged 5 to less than 12 years without chronic medical conditions and in all persons aged 12 years and older.

## Can pregnant and breastfeeding women take antiviral drugs?

Oral oseltamivir is recommended for treatment of pregnant women it has the most studies available to suggest that it is safe and beneficial during pregnancy. Baloxavir is not recommended for pregnant women or breastfeeding mothers.

## Who should take antiviral drugs?

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).

People who are sick with flu and have a high-risk factor related to a health condition like asthma, diabetes or chronic heart disease or their age. (See the full list of high-risk factors).

For more information, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call 1-800-CDC-INFO

# Tips for Eating Out

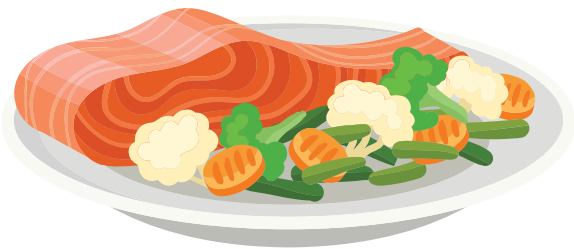
You don't have to give up eating out to eat right. Here are some heart-healthy choices.

## Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or low-fat mayonnaise. Ask for vegetables on your sandwich.
- ♥ Order small, plain hamburgers instead of "deluxe" ones.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled instead of breaded chicken or fish sandwiches.

## Main dishes

- ♥ Go for rotisserie-style chicken rather than fried. Always remove the skin.
- ♥ Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- ♥ Choose grilled, steamed, or baked fish instead of deep-fried.
- ♥ Leave off all butter, gravy, and sauces.



## Side dishes

- ♥ Ask for any high-fat toppings, including salad dressing, on the side. Use less than the amount they give you.
- ♥ Ask the server not to add salt to your serving.
- ♥ Order a baked potato instead of fries.
  - ▶ Try salsa or vegetables as a potato topping.
  - ▶ If you really want fries, order the small size to share instead of having a large order by yourself.
- ♥ Use low-calorie, low-fat salad dressing. Bring your own if the restaurant doesn't offer a low-fat dressing. You can buy small packets at some stores.
- ♥ Try to create a balanced meal by making half your meal vegetables, one-quarter a whole grain, and one-quarter a protein.
- ♥ Ask for low-fat cheese and low-fat sour cream.

## Beverages

- ♥ Choose water, 100 percent fruit juice, unsweetened iced tea, or fat-free or low-fat (1 percent) milk rather than a soft drink or a milkshake.
- ♥ If you really want to have a soft drink, order a small one.

## Desserts

- ♥ Buy a small fat-free frozen yogurt, low-fat ice cream, or sherbet instead of cakes or pies.

# turkey and beef meatballs with whole-wheat spaghetti

## Ingredients

8 ounces dry whole-wheat spaghetti

2 cups Super Quick Chunky Tomato Sauce (See separate recipe card for details.)

1 tablespoon chopped fresh basil

4 teaspoons grated parmesan cheese

### For turkey meatballs:

6 ounces 99 percent lean ground turkey

1/4 cup whole-wheat breadcrumbs

2 tablespoons fat-free evaporated milk

1 tablespoon grated parmesan cheese

1/2 tablespoon chopped fresh chives

1/2 tablespoon chopped fresh parsley

### For beef meatballs:

6 ounces 93 percent lean ground beef

1/4 cup whole-wheat breadcrumbs

2 tablespoons, fat-free evaporated milk

1 tablespoon grated parmesan cheese

1/2 tablespoon chopped fresh chives

1/2 tablespoon chopped fresh parsley



1. Preheat oven to 400°F.
2. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
3. Add pasta, and cook according to package directions. Drain.
4. Meanwhile, combine ingredients for the turkey and beef meatballs in separate bowls, and mix well. Measure 1 1/2 tablespoons of turkey mixture and roll in hand to form a ball; then place the meatball on a nonstick baking sheet. Repeat, and follow same instruction for beef mixture, until eight turkey and eight beef meatballs are made.
5. Bake meatballs on a nonstick baking sheet for 10 minutes (to a minimal internal temperature of 165°F).
6. Warm sauce, if necessary.
7. Serve four meatballs, 3/4 cup hot pasta, 1/2 cup sauce, 1 teaspoon cheese, and a pinch of basil per portion.

**Yield** 4 servings, **Serving Size** 4 meatballs, 3/4 cups pasta, 1/2 cup sauce, 1 teaspoon cheese, pinch of basil, **Calories** 299, **Total Fat** 5 g, **Saturated Fat** 1 g, **Cholesterol** 41 mg, **Sodium** 277 mg, **Total Fiber** 5 g, **Protein** 28 g, **Carbohydrates** 37 g, **Potassium** 194 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 3<sup>rd</sup> 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](http://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](http://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](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515