

Cardiovascular Disease:

How to Talk to your Healthcare Professional



Protect your future, and the ones you love, by continuing a conversation with your healthcare professional about cardiovascular disease and asking questions. Delaying a conversation about your blood pressure and cholesterol is easy. But facing the consequences—such as heart attack or stroke—isn't.

TIPS FOR COMMUNICATING WITH YOUR HEALTHCARE PROFESSIONAL:

Remember to *communicate early, often, and honestly* to get the most of your medical visit.

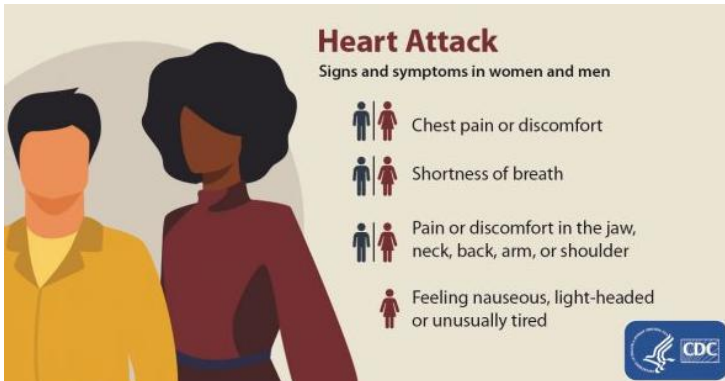
- ♥ **GIVE INFORMATION** | Don't wait to be asked. You are the owner of your health history. Tell your healthcare professional about your health, including a list of medications that you take.
- ♥ **GET INFORMATION** | Ask questions of your healthcare professional when at the office, and ask for information to take home with you. Remember to write a list of your questions and use it to jog your memory during your visit.
- ♥ **BE HONEST** | Honesty is always the best policy. Communicate honestly with your healthcare provider in order to receive the best care possible.
- ♥ **FOLLOW-UP** | After you leave the office, call if you have questions. Always remember to make a follow-up appointment if your healthcare professional recommends one.

SOURCE: Centers for Disease Control and Prevention (CDC) | Million Hearts Program

Can You Recognize a Heart Attack or Stroke?

What To Do When Every Moment Counts

When it comes to life-threatening conditions like heart attack or stroke, every minute counts. If you think you or someone else might be having a heart attack or stroke, get medical help right away.



SOURCE: Centers for Disease Control and Prevention



What You Can Do to Protect Yourself from Cardiovascular Diseases?

- ♥ Ask your doctor about your blood pressure, cholesterol, and A1C.
- ♥ Reduce the sodium, and increase the fruits, vegetables, and whole grains in your diet.
- ♥ Be physically active.
- ♥ Maintain a healthy weight.
- ♥ Don't smoke.
- ♥ Manage stress.
- ♥ Keep your diabetes under control.

SOURCE: National Heart, Lung and Blood Institute



Keeping Your Gut in Check: Healthy Options to Stay on Tract

When you eat something, your food takes a twisty trip that starts with being chewed up and ends with you going to the bathroom. A lot happens in between. **The health of your gut plays a key role in your overall health and well-being.**

FOR BETTER GUT HEALTH:

- ✓ **Eat slower.** Chew your food well before swallowing. It may help you swallow less air and better sense when you're full.
- ✓ **Enjoy smaller meals.** Eat in moderation to avoid overfilling your stomach and encourage digestion. A packed stomach may also cause reflux, or your food to come back up.
- ✓ **Set a bedtime for your gut.** Try to limit how much you eat after dark. Your GI tract is most active in the morning and daytime.
- ✓ **Manage stress.** Learn healthy ways to reduce stress like relaxation breathing, mindfulness, and exercise. Stress makes it harder to digest your food well.
- ✓ **Create a routine.** Try to eat around the same times each day. Your GI system may do best on a schedule.
- ✓ **Consider probiotics.** Talk with your doctor about taking probiotics (supplemental healthful bacteria). They may ease constipation and IBS symptoms.

SOURCE: National Institutes of Health



Before You Try Fasting

Fasting may bring health benefits, but not eating can be dangerous for some people. Talk with your health care provider first, especially if you:

- Are under the age of 25.
- Are pregnant or breastfeeding.
- Take insulin or other medications to control diabetes.
- Have been prescribed any medication that must be taken with food.
- Have a seizure disorder.
- Work the night shift.
- Operate heavy machinery at your job.

SOURCE: National Institutes of Health

♥ LOVE IS A **TWO-WAY STREET** CONSTANTLY UNDER CONSTRUCTION. ♥ -Carroll Bryant

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.**

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

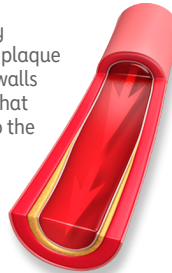


What are Heart Disease and Stroke?

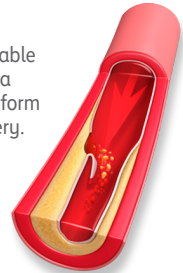
There are various types of heart and blood vessel diseases. Many of them can be prevented when you take these key steps:

- Don't smoke and avoid second-hand smoke.
- Lower your blood pressure if it's high.
- Eat a heart-healthy diet low in saturated fat, sodium (salt) and added sugars. Avoid trans fats.
- Be physically active.
- Reach and maintain a healthy weight.
- Control your blood sugar if you have diabetes.
- Get regular medical checkups.
- Take your medications as prescribed.

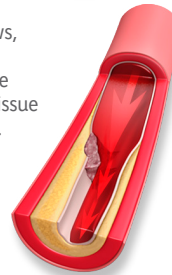
Over time, fatty deposits called plaque develop in the walls of the arteries that supply blood to the heart or brain.



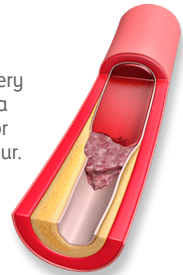
If the plaque becomes unstable and ruptures, a clot begins to form inside the artery.



As the clot grows, blood flow is reduced and the heart or brain tissue can start to die.



If the clot completely blocks the artery or breaks off, a heart attack or stroke can occur.



What are some types of heart and blood vessel diseases?

Hardening of the arteries, or atherosclerosis, is when the inner walls of arteries become narrower due to a buildup of plaque (usually caused by high levels of cholesterol and triglycerides in the blood, cigarette smoking, diabetes or high blood pressure). This limits the flow of blood to the heart and brain. Sometimes, this plaque can break open. When this happens, a blood clot forms and blocks blood flow in the artery. This can cause a heart attack or stroke.

High blood pressure, also called hypertension, means the pressure in your arteries is consistently above the normal range. Blood pressure is the force of blood pushing against blood vessel walls. It's recorded as two numbers, such as 122/78 mm Hg. The top number (systolic) is the pressure when the heart beats. The bottom number (diastolic) is the pressure when the heart rests between beats. Normal blood pressure is below 120/80 mm Hg. High blood pressure is a systolic pressure of 130 or higher or a diastolic pressure of 80 or higher that stays high over time. HBP can lead to hardened arteries, heart attack, heart failure and stroke.

You can have high blood pressure and not know it. HBP usually has no symptoms. That's why it's called the "silent killer." The only way to find out if you have HBP is to have your blood pressure measured. Your health care professional can check it for you.

Heart attacks occur when the blood flow to a part of the heart is blocked, usually by a blood clot. If this clot cuts off blood flow completely, the part of the heart muscle supplied by that artery begins to die.

Here are some of the signs of a heart attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes or goes away and returns
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Breaking out in a cold sweat, nausea or lightheadedness

As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Call 911 immediately if you have one or more of these signs. This is almost always the fastest way to get treatment.

Heart failure means that your heart isn't pumping blood as well as it should. As a result, your body isn't getting all

(continued)



What are Heart Disease and Stroke?

the blood and oxygen it needs to function properly. See a doctor if you notice any of these symptoms:

- Swelling in feet, ankles and legs, called “edema”
- Fluid buildup in the lungs, called “pulmonary edema”

Stroke occurs when a blood vessel that feeds the brain gets blocked or bursts. When that happens, part of the brain can’t get the blood (and oxygen) it needs. Brain tissue then begins to die.

A transient ischemic attack (**TIA**) is often called a mini-stroke but it’s really a warning stroke. Most TIA symptoms only last a few minutes and the symptoms generally resolve within an hour (but may last up to 24 hours).

Major risk factors for stroke include:

- High blood pressure
- Smoking or exposure to secondhand smoke
- Diabetes
- High cholesterol
- Heart disease
- Atrial fibrillation (abnormal heart rhythm)

Call 911 to get help fast if you have any of these warning signs of stroke and TIA:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

F.A.S.T. is an easy way to remember how to recognize a stroke and what to do: **F**ace drooping. **A**rm weakness. **S**peech Difficulty. **T**ime to call 911.

HOW CAN I LEARN MORE?

- 1** Call **1-800-AHA-USA1** (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
- 2** Sign up for our monthly *Heart Insight* e-news for heart patients and their families at HeartInsight.org.
- 3** Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

How can I reduce my risk of heart disease and stroke?

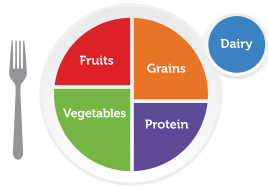
What medicines may help me?

MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit heart.org/AnswersByHeart to learn more.



Start simple with MyPlate



Dine Out/Take Out

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:



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.



strawberry banana yogurt parfait

Ingredients

4 cups light (no-sugar-added)
fat-free vanilla yogurt

2 large bananas (about 2 cups),
sliced

2 cups fresh strawberries, sliced
(or use thawed frozen fruit)

2 cups graham crackers,
crumbled

$\frac{1}{2}$ cup fat-free whipped topping
(optional)



1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each wine or parfait glass. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, and $\frac{1}{4}$ cup graham crackers.
2. Repeat the yogurt, banana, strawberry, and graham cracker layers.
3. Top with a rounded tablespoon of fat-free whipped topping, if desired. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Yield 8 servings, **Serving Size** 1 parfait (1 cup), **Calories** 179, **Total Fat** 2g, **Saturated Fat** 1g, **Cholesterol** 3mg, **Sodium** 190mg, **Total Fiber** 2g, **Protein** 6g, **Carbohydrates** 36g, **Potassium** 438mg



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