

Cervical Cancer is Preventable!



Every visit to a doctor or nurse is an opportunity to prevent cervical cancer. Even though screening works, over 8 million women in the U.S. weren't screened in the past five years, as recommended. **Are you one of them?**

The **Pap test** screens for abnormal cells and the HPV test screens for the human papillomavirus that can cause these cell changes. **HPV vaccination** helps prevent infection with the human papillomavirus types that cause most cervical cancers. Both boys and girls need the HPV vaccination series.

- ✓ **Ask your doctor or nurse what cervical cancer screening tests are best for you. Also, get your adolescent sons and daughters vaccinated against HPV to help prevent cervical and other cancers. No woman should die of cervical cancer.**

SOURCE: CDC (Centers for Disease Control and Prevention)

Thyroid Problems?



Your **thyroid** is a small gland in the front of your neck. It releases hormones that control how your body uses energy. These keep your organs running properly. **But some people's thyroids can be underactive or overactive and cause health problems.**

When your thyroid doesn't produce enough hormones to meet your body's needs, it's called **hypothyroidism**. This condition affects about 5 in 100 people age 12 and older. Most cases are mild or have few obvious symptoms. **But hypothyroidism can cause you to feel tired and gain weight. You may also feel cold and have a slowed heart rate.**

An **overactive thyroid**, or **hyperthyroidism**, is less common. It affects about 1 in 100 people age 12 and older. **This condition can cause weight loss despite an increased appetite and a rapid or irregular heartbeat. Hyperthyroidism can cause you to be nervous or irritable. You may have trouble sleeping. Left untreated, it can lead to heart problems.**

Your doctor can diagnose a thyroid problem based on your symptoms and on blood tests. These tests measure levels of **thyroid stimulating hormone**, or TSH, and may include **thyroid antibody tests**.

Antibody tests can reveal whether your thyroid problem is caused by an autoimmune condition, in which your immune system attacks the thyroid.

- ✓ **Thyroid problems are more common in women and people older than 60. Talk with your doctor if you think you may have thyroid problems.**

SOURCE: News in Health | National Institutes of Health

Reduce the Spread of Airborne Viruses



- ❑ Maintain a healthy lifestyle to help your body fight germs.
- ❑ Stay up to date with all CDC recommended vaccines @ <https://www.cdc.gov/vaccines/>
- ❑ Stay home when you're sick so you won't spread viruses. Reduce close contact with people who are sick to avoid getting and spreading illnesses.
- ❑ Improve indoor ventilation and air filtration. Open windows, use portable air purifiers with a HEPA filter, and turn on fans. Change your HVAC system filters frequently.
- ❑ Wear masks or respirators when in high-risk settings, such as in health care facilities, or if you are at high risk of getting very sick.

SOURCE: News in Health | National Institutes of Health

Points to Discuss with your Pharmacist



Your pharmacist can help you learn how to use your prescription and nonprescription (over-the-counter) medicines safely and effectively. **Before you leave the pharmacy after picking up your prescription:**

- ✓ **Look to be sure you have the right medicine.** If you've bought the medicine before, make sure this medicine has the same shape, color, size, markings, and packaging. Anything different? Don't hesitate to ask your pharmacist. If it seems different when you use it, tell your pharmacist, doctor, or other healthcare professional.
- ✓ **Be sure you know the right dose for the medicine and you know how to use it.** Unsure about anything? Ask your pharmacist.
- ✓ **For liquid medicines, make sure there is a measuring spoon, cup, or syringe.** If the medicine doesn't come with a special measuring tool, ask your pharmacist for one. (Spoons used for eating and cooking may give the wrong dose. Don't use them.)
- ✓ **Be sure you have any information the pharmacist can give you about the medicine.** Read it and save it.
- ✓ **Get the pharmacy's phone number and hours**, so you can call back for any questions or refills. SOURCE: US Food & Drug Administration (FDA)

JAN 12 – NATIONAL PHARMACIST DAY

IS A CHANCE TO CELEBRATE THE INCREDIBLE WORK THAT PHARMACISTS DO FOR THEIR PATIENTS.

5 Ways to Protect Your Vision

1. **Get regular eye exams.**
2. **Eat a healthy diet**, including leafy greens such as spinach or kale, **and maintain a healthy weight.**
3. **Know your family's eye health history.**
4. **Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation** (the sun's rays).
5. **Quit Smoking or don't start.**

SOURCE: CDC

**EXCUSES WILL ALWAYS BE THERE FOR YOU;
OPPORTUNITIES WON'T.**

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FOOD FOR THOUGHT: WOULD YOU LIKE YOU IF YOU MET YOU?

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

Five Tips for Exercising Safely During Cold Weather

Don't let falling temperatures stop your outdoor exercise plans! You can walk, ski, ice skate, shovel snow, and more.



Take a few extra steps to stay safe:

1

Warm up and cool down, such as stretching or walking in place, to prepare and restore your muscles before and after a workout.



2

Pick the right clothes. Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.



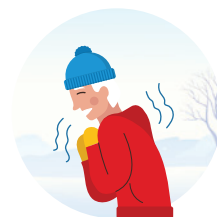
3

Be extra careful around snow and icy sidewalks so you won't slip and fall. Wear sturdy shoes to give you proper footing.



4

Learn about the signs of hypothermia, a drop in body temperature that can cause serious health problems.



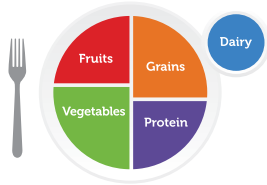
5

Check the forecast. If it's too windy, cold, or wet outside, consider an indoor workout instead using an online video or your own routine.



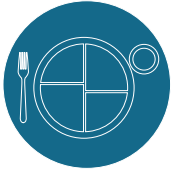


Start *simple*
with **MyPlate**



Celebrations and Gatherings

Healthy eating is important at every stage of life, including celebrations and gatherings. 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:



Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.



Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.



Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.



Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.



Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.



Try a twist on your favorite dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.



A Poison Proof Home is a Happy Home!

More than 90% of poison accidents happen in the home, but many poison risks are hidden in plain sight. Learn how to identify poison risks in your home and take simple steps to keep your family safe and healthy.

KITCHEN

- **Never** use commercial cleaning products on food or packaging.
- **Turn off gas ranges** when not in use.
- Store food at the proper temperature.

BATHROOM

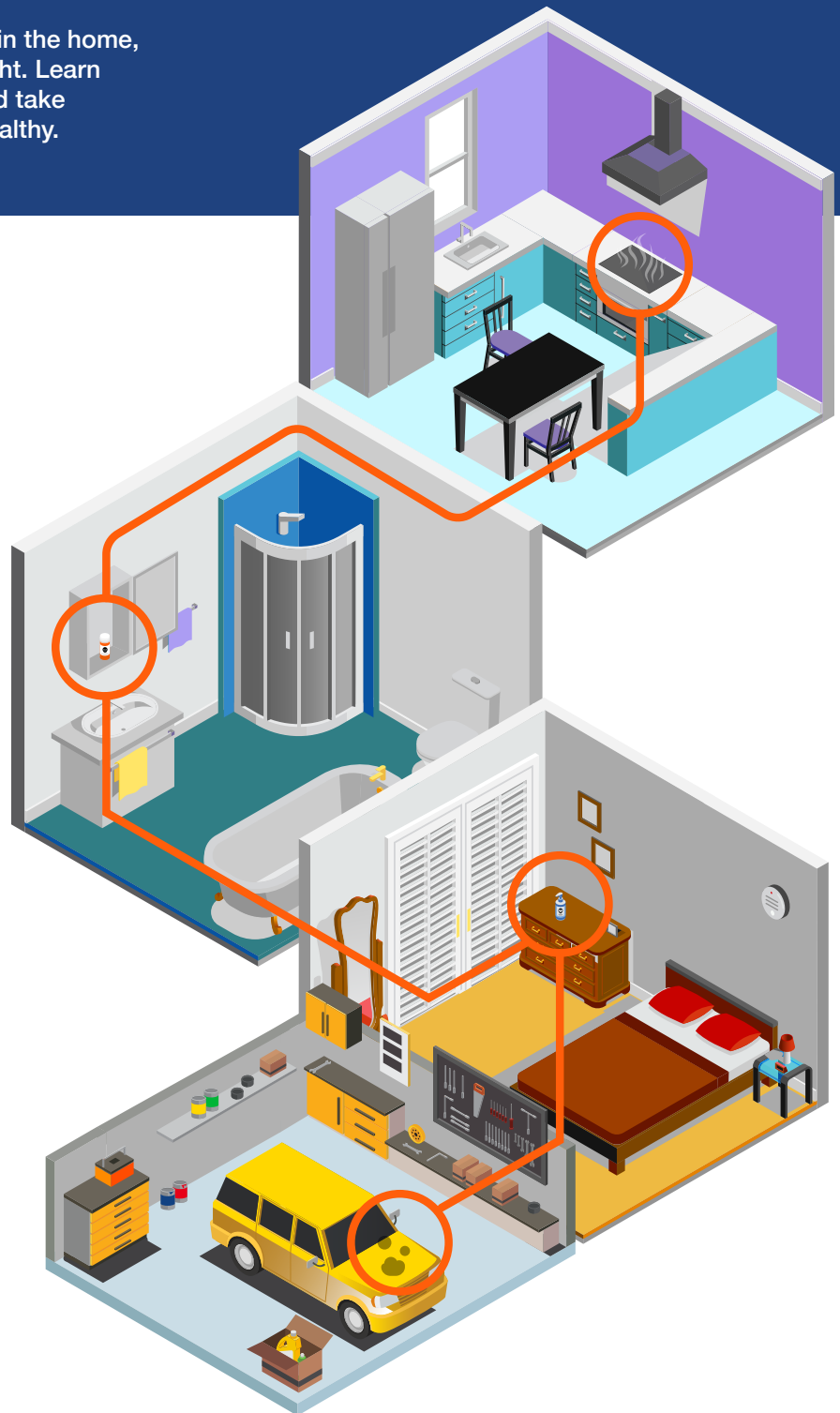
- Keep medicines **locked up and away** from children.
- Store all medicines in their original, properly labeled containers.
- Avoid using household cleaners and disinfectants **on hands or skin improperly**.

BEDROOM

- Install carbon monoxide detectors near bedrooms and furnaces.
- Keep hand sanitizer **locked up and out** of reach of children.
- Ensure houseplants are **pet safe**.

GARAGE

- **Do not** keep the car running in a closed garage.
- Store paint, antifreeze, gasoline, and other chemicals in **locked cabinets**.
- Keep detergents and other laundry products up, away, and out of reach of children.



For more information about potential poisons, or if you're experiencing a poison emergency...

**Don't Guess.
Make the Call.**

- 1 Call 9-1-1 if the person is unconscious or has trouble breathing.
- 2 Call Poison Help (1-800-222-1222) to connect to your local poison center.
- 3 Stay calm—most poisoning emergencies can be resolved quickly.



asian-style steamed salmon

enjoy this simple, fast dish any weeknight

Prep time: 15 minutes

Cook time: 10 minutes

- 1 C low-sodium chicken broth
- ½ C shiitake mushroom caps, rinsed and sliced (or substitute dried shiitake mushrooms)
- 2 Tbsp fresh ginger, minced (or 2 tsp ground)
- ¼ C scallions (green onions), rinsed and chopped
- 1 Tbsp lite soy sauce
- 1 Tbsp sesame oil (optional)
- 12 oz salmon fillet, cut into 4 portions (3 oz each)

- 1 Combine chicken broth, mushroom caps, ginger, scallions, soy sauce, and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower heat and simmer for 2–3 minutes.
- 2 Add salmon fillets, and cover with a tight-fitting lid. Cook gently over low heat for 4–5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
- 3 Serve one piece of salmon with ¼ cup of broth.



yield:

4 servings

serving size:

3 oz salmon, ¼ C broth

each serving provides:

calories	175	total fiber	1 g
total fat	9 g	protein	19 g
saturated fat	2 g	carbohydrates	4 g
cholesterol	48 mg	potassium	487 mg
sodium	208 mg		

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