

Beyond Basic Blood Tests: A Window Into Your Health



Blood courses through your body with every heartbeat. It carries life-giving oxygen to every organ. Blood also helps remove the waste products your body makes. Because it flows to and from every part of the body, blood can provide an important window into what's happening under the skin.

Blood tests can help your health care provider diagnose diseases. They can also help them choose the best treatments for many health conditions. Commonly used blood tests look for compounds that signal an increased risk of heart disease. Other tests help diagnose diabetes, vitamin deficiencies, and many types of infections.

What Blood Tests Do I Need? *Depending on your age and other factors, your health care provider may order tests that measure:*

- Blood glucose (sugar):** To help diagnose diabetes or see whether you're at risk for diabetes.
- Blood lipids (fats):** To assess your risk for heart disease and related conditions. These tests measure levels of lipids called cholesterol and triglycerides.
- Blood cell counts:** To help diagnose many diseases, including infections, cancer, and bleeding disorders. These tests measure the types of cells that carry oxygen and fight diseases.
- Organ function:** To make sure organs like your liver, kidneys, and heart are working properly.
- Specific blood-borne diseases:** To look for diseases like HIV and hepatitis C, which may not cause symptoms until after they've started to damage the body.
- Vitamin deficiencies:** To measure levels of vitamins in the body. These aren't usually recommended for healthy people. But if you have symptoms of some health conditions, your doctor may order tests to look for low levels of some vitamins.

SOURCE: National Institutes of Health (NIH)



To Heal a Wound: Helping the Skin Fix Itself

You've likely had countless cuts and scrapes in your life. Normally, when you get a small skin wound, your body can repair it quickly. But sometimes, the repair process doesn't work properly. If this happens, even a tiny tear in the skin can have trouble healing. That can lead to pain and distress and pose a risk for dangerous—or even deadly—infections. Wounds that don't heal for three months or more are called chronic wounds. Your risk for getting a chronic wound increases with age. But there are ways you can help your body to heal.

Take Care of Injured Skin:

- ✓ **Keep open wounds clean.** Washing thoroughly with soap and clean water reduces the potential for infection.
- ✓ **Remove jewelry or clothing that could further irritate the wound.**
- ✓ **Apply a bandage.** Keeping the wound clean and protected reduces the chance of infection. Don't cover wounds that can't be cleaned, like bites or deep punctures, and see a health care provider.
- ✓ **Check the wound every 24 hours for signs of infection.** These include redness, swelling, or oozing. See a health care provider if your wound becomes infected.
- ✓ **Seek immediate medical care if you have fever, increasing pain, shortness of breath, fast heart rate, confusion, or disorientation.**

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



Beware of Scams!

Older adults are often the target of scams. Scammers are savvy and convincing, and their scams are designed to catch people off guard. *Don't be ashamed if you think you or someone you're caring for has been a victim of a scam — it can happen to anyone.*

Common scams aimed at older adults include:

- Government impersonator scams**, such as someone posing as a Medicare representative asking for account information.
- Fake prize, sweepstakes, and lottery scams**, in which you are asked to pay money or provide account information to claim winnings.
- Computer tech support scams**, in which a scammer tells you that your computer has a problem and wants you to pay for support services to fix it.
- The grandparent scam**, in which a caller pretends to be a grandchild or other relative in distress.

There are steps you can take to help protect yourself and your loved ones from scams.

- ✓ **Remind your family and friends that they should not give out sensitive personal information over the phone or in response to an email, social media post, or text message.** Sensitive information includes Social Security, bank account, and credit card numbers, PINs, and passwords.
- ✓ **Always check incoming bills, including utility bills and credit card statements, for charges that were not authorized.**

One reason that scammers target older adults is that they are less likely to report suspected fraud. *If you think that an older adult in your life has been the target of a scam, contact:*

National Elder Fraud Hotline at 833-372-8311

SOURCE: National Institutes of Health (NIH)

YOUR LACK OF PLANNING IS NOT MY EMERGENCY.



HAPPY FOURTH OF JULY.

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@ehmchealth.org



What's your move?

Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks, like chores and shopping



Keep up with the grandkids



Stay independent as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

What types of activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Activities that make your muscles work harder than usual count.



And mix in activities to improve your balance!

Aim for a mix of aerobic, muscle-strengthening, and balance activities.



Try activities that count as more than 1 activity type — like dancing, sports, or tai chi — to help keep your body strong and lower your risk of falls.

Physical activity can help manage many health problems.

✓ Reduce symptoms of arthritis, anxiety, and depression

✓ Help keep diabetes and high blood pressure under control

Just getting started?

No problem — start slow and do what you can. Even a 5-minute walk has real health benefits. Build up to more activity over time.

And all sorts of activities count.



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter your age, you can find a way that works for you.



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner



The Benefits: Lowers blood pressure & LDL “bad” cholesterol.



Eat This



Limit This

| | | | |
|---|---------------------------|--|---------------------------|
|  | Vegetables |  | Fatty meats |
|  | Fruits | | |
|  | Whole grains |  | Full-fat dairy |
|  | Fat-free or low-fat dairy | | |
|  | Fish |  | Sugar sweetened beverages |
|  | Poultry | | |
|  | Beans |  | Sweets |
|  | Nuts & seeds | | |
|  | Vegetable oils |  | Sodium intake |

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away—heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



Salmon Cake Lettuce Wraps with Lemon-Yogurt Sauce



Contributors: Karman Meyer, RD | Published: June 21, 2021

This light and flavorful meal comes together easily thanks to canned salmon.

Prep Time: 15 minutes

Cooking Time: 10 minutes

Ingredients

| | |
|--|--|
| ¼ cup plain nonfat Greek yogurt | 2 cups canned wild Alaska salmon, bones and skin removed |
| 2 tablespoons mayonnaise | 1 medium egg |
| 1 tablespoon (4 milliliters) fresh lemon juice | ¼ cup panko breadcrumbs |
| 1 teaspoon lemon zest | ¼ teaspoon ground mustard seed |
| ½ teaspoon smoked paprika | ⅛ teaspoon ground cayenne pepper |
| 1 tablespoon fresh dill, chopped | ½ tablespoon (3 milliliters) olive oil |
| ¾ teaspoon garlic powder, divided | 12 butter lettuce leaves or sweet gem lettuce |
| ¼ teaspoon salt | |

Directions

- Before you begin: Wash your hands.
- Combine yogurt, mayonnaise, lemon juice, lemon zest, paprika, dill, ¼ teaspoon garlic powder and salt in a small bowl.
- Mix together and set aside. In a medium bowl, combine salmon, egg, breadcrumbs, ½ teaspoon garlic powder, mustard seed, cayenne pepper and mix well.
- Evenly divide the salmon mixture and form 6 salmon cakes, placing them on a plate. Heat olive oil in a large skillet over medium heat. Once oil is hot, add salmon cakes and cook for 5 minutes.
- Flip salmon cakes over and cook for an additional 4 minutes or until they reach a minimum internal temperature of 160°F (71°C).
- Wash lettuce leaves and pat dry with paper towel. To serve, stack two lettuce leaves and top with one salmon cake.
- Add 1 teaspoon lemon-yogurt sauce on top of each salmon cake.

Nutrition Information

Serves 3 | Serving Size: 2 salmon cakes, 4 lettuce leaves and 2 teaspoons sauce (150 grams)
Calories: 295; Total Fat: 15g; Saturated Fat: 3g; Cholesterol: 125mg; Sodium: 686mg; Carbohydrate: 7g;
Fiber: 1g; Sugar: 1g; Protein: 33g; Potassium: 519mg; Phosphorus: N/A.

This recipe originally appeared in Food & Nutrition Magazine®, published by the Academy of Nutrition and Dietetics.
Photography by David Raine | Food styling by Breana Moeller | Prop styling by Michelle Wilkinson

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