

Struggling to Hear?



Many people slowly lose their hearing as they get older. Not being able to hear well can make it hard to communicate. That can affect your relationships, emotional well-being, and work performance.

Do You Need Your Hearing Tested?

If you answer yes to several of these questions, you may want to get a hearing test:

- Is it hard to hear or understand others?
- Do you get frustrated trying to hear things?
- Do people get frustrated because they need to repeat what they say to you?
- Do you turn up the TV or radio louder than those around you would like?
- Do you have trouble hearing what people are saying in restaurants or at the movies?
- Is your social life, school, or job limited by your problem with hearing?
- An exam of your ears, nose, and throat might detect a physical reason why you're not hearing as well.
- You may want to start by talking with your primary care provider or an ear, nose, and throat doctor, also known as an ENT or otolaryngologist. SOURCE: National Institutes of Health (NIH)



Mindfulness for Your Health

The Benefits of Living Moment by Moment

It's possible to train yourself to focus on the present moment. You become aware of what's going on inside and around you—your thoughts, feelings, sensations, and environment. You observe these moments without judgment. This is called mindfulness.

Being Mindful

Becoming more mindful requires practice.

Here are some tips to help you get started:

- ✓ **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- ✓ **Enjoy a stroll.** As you walk, pay attention to your breath and the sights and sounds around you. If thoughts and worries enter your mind, note them but then return to the present.
- ✓ **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite. Listen to when your body is hungry and full.
- ✓ **Do a body scan.** Bring your attention to how each part of your body is feeling. This can help you connect with your body.
- ✓ **Find mindfulness resources** including online programs and teacher-guided practices.

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

**IF YOU DEFINE THE PROBLEM CORRECTLY,
YOU ALMOST HAVE THE SOLUTION.**

-STEVE JOBS

SUNDAY, JUNE 16

♥ HAPPY FATHER'S DAY ♥

THANK YOU DAD FOR EVERYTHING YOU DO.

Appendix Pain



The **appendix** is a finger-like pouch that branches off from your large intestine. Some studies suggest that your appendix may help your body's disease defenses, or immune system. But some people get appendicitis, or inflammation of the appendix. This can happen for different reasons. Sometimes the tiny opening that leads from the appendix to the large intestine gets blocked by stool. Other times an infection can be the cause. Swelling from inflammation can lead to pain in your abdomen, the cavity that holds your organs. The most common symptom of appendicitis is pain in your belly.

Appendicitis Symptoms

This pain may:

- Begin near your belly button and move lower and to your right.
- Start suddenly and may even wake you if you're sleeping.
- Get worse when you move around, take deep breaths, cough, or sneeze.
- Be severe and may feel different than any pain you've ever felt.
- Happen before other symptoms, and worsen in a matter of hours.
- Other symptoms may include loss of appetite, nausea or vomiting, or a fever.

SOURCE: National Institutes of Health (NIH)



Should I Get Tested for HIV?

CDC recommends everyone between the ages of 13 and 64 get tested for HIV at least once. People with certain risk factors should get tested more often. You should get tested at least once a year if:

- You're a man who has had sex with another man.
- You've had anal or vaginal sex with someone who has HIV.
- You've had more than one sex partner since your last HIV test.
- You've shared needles, syringes, or other drug injection equipment.
- You've exchanged sex for drugs or money.
- You've been diagnosed with or treated for another sexually transmitted disease.
- You've been diagnosed with or treated for hepatitis or tuberculosis (TB).
- You've had sex with someone who has done anything listed above or with someone whose sexual history you don't know.

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.

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

aphasia

COMMUNICATING
THROUGH THE BARRIERS.

What is Aphasia?

Aphasia is a language disorder that affects the ability to communicate. It's most often caused by injury to parts of the brain that control speech and language resulting from a stroke.

I need to communicate with someone who has aphasia.



Keep It Simple

Speak in short, simple sentences.



Be Patient

Allow plenty of time for a response. Talk *with* him/her not *for* him/her.



Remove Distractions

Turn off radios and TVs.



Be Creative

Try writing, gesturing, pictures and communication tools like an iPad.

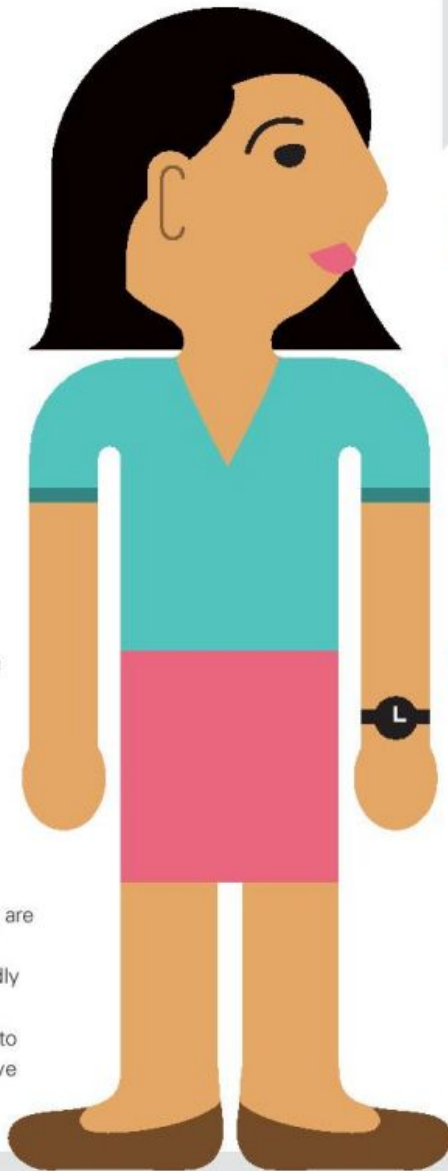


Confirm

Repeat back what you think he/she is saying.

People With Aphasia

1. Communicate differently, but they are as smart as they were before.
2. Their hearing is fine; speaking loudly does not help.
3. Aphasia is not contagious! To talk to people with aphasia, you'll just have to communicate differently.



I have aphasia.



Take Your Time

Remember it may take a while to get the words out.



Let People Know What Works Best For You

Do you want a question asked in multiple ways? Let them know.



Use Assistive Devices

Bring photos, diagrams, pen and paper, etc.



Getting Frustrated Is Okay

Don't blame yourself if you get stuck or stumble on your words. Be patient with yourself as you find what works.

If You Get Stuck, You Can

1. Admit you're struggling.
2. Recap what you have discussed so far.
3. Decide whether to carry on or come back to it later.

Don't lose sight of Cataracts

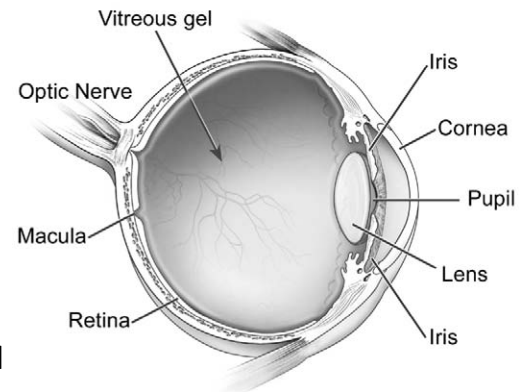


Information for people at risk

1

What is cataract?

When the lens of your eye gets cloudy, it is called a cataract. It can cause vision loss in one or both eyes. It cannot spread from one eye to the other.



2

What causes a cataract?

The lenses of the eyes are made mostly of water and protein. As we age, some of this protein may clump together and cloud the lenses of our eyes. Over time, this “cloud” may grow and cover more of the lens. This makes it harder to see. Smoking, alcohol use, diabetes, and prolonged exposure to the sun can also cause cataract.

3

When are you most likely to have a cataract?

Older people mostly get cataracts. But people in their 40s and 50s may get them, especially if the eye has been injured. The risk of having a cataract increases after age 60, and by age 80, more than half of all Americans will have a cataract or will have had cataract surgery.



Normal vision.



A scene as it might be viewed by a person with a cataract.

4

What are the symptoms of a cataract?

When you first get a cataract, you may not notice much change. Your vision may become blurry, as if looking through a foggy window. Or colors may not appear as bright as they once did. As the “cloud” over the lens of your eye grows, it may be harder for you to read. You may also see more glare from a lamp or car headlights at night. You may need more changes to your eyeglasses.

5

How do I know if I have a cataract?

An eye care professional can tell if you have cataract by giving you a comprehensive dilated eye exam. During the exam, drops are placed in your eyes to widen, or dilate, the pupils. Then a special lens is used to look inside the eye. This exam may help find cataracts as well as other eye problems. After the exam, your vision may be blurry for a period of hours.

6

When should a cataract be treated?

You should treat a cataract when it makes it hard for you to do daily tasks, like reading or driving. But first, you and your eye care professional should talk about what is best for you. You should never feel rushed to make a decision.

7

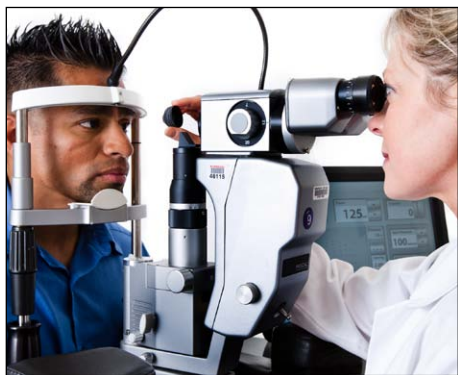
How is a cataract treated?

When a cataract first starts, an eye care professional may give you eyeglasses, and suggest brighter lighting, antiglare sunglasses, or magnifying lenses. If these don't help, the doctor may perform surgery. Doctors numb the area around the eye, take out the cloudy lens, and replace it with a new one.

8

What can you do to protect your vision?

To delay a cataract, wear sunglasses and a hat with a brim to block ultraviolet rays from the sun. Also, stop smoking and eat more leafy green vegetables, fruits, and foods with a lot of antioxidants. If you are age 60 or older, you should have a comprehensive dilated eye exam at least once a year. In addition to cataract, your eye care professional can check for signs of other age-related eye problems such as glaucoma and age-related macular degeneration. Early treatment for these other eye diseases may save your vision.



For more information, visit

http://www.nei.nih.gov/health/ataract/ataract_facts.asp

National Eye Institute

National Institutes of Health



A program of the National
Institutes of Health



NIH . . . Turning Discovery Into Health®

NIH Publication No. 12-3251 (revised 2012)

summer breeze smoothie

Ingredients

- 1 cup plain, nonfat yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed,
canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes



1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Yield 3 servings, **Serving Size** 1 cup, **Calories** 121, **Total Fat** 0g,
Saturated Fat 0g, **Cholesterol** 1mg, **Sodium** 64mg, **Total Fiber** 2g,
Protein 6g, **Carbohydrates** 24g, **Potassium** 483mg



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