# NOVEMBER 2024

CHOOSE WISELY

### **Control the ABCs of Diabetes**



#### ABCs and keep track of your progress for each one. A for A1C TEST

□ The A1C test is short for hemoglobin A1C.

If you have diabetes, three key steps-the

ABCs—can help you better manage it and lower

your risk of heart attack and stroke. Learn about the

□ It measures your average blood sugar (glucose) over the last 3 months.

It lets you know if your blood sugar level is under control.

□ Controlling your blood sugar level will help prevent complications.

Get this test at least twice a year.
 Number to aim for: below 7

#### **B** for **BLOOD PRESSURE**

- The higher your blood pressure, the harder your heart has to work.
- □ Get your blood pressure measured at every visit to your healthcare provider.
- Work with your provider to set a blood pressure goal that is right for you.

#### C for CHOLESTEROL

- □ Maintain a normal cholesterol level (under 200 mg/dL).
- □ HDL should be 60 mg/dL or higher.
- Triglyceride level should be below 150 mg/dL.
- □ LDL should be below 100 mg/dL. LDL or "bad" cholesterol builds up and clogs your arteries.
- Get your cholesterol tested once per year.
- □ Number to aim for: LDL below 100 mg/dL.

SOURCE: National Heart, Lung and Blood Institute



#### Do I Really Need Antibiotics?

**SAY YES TO ANTIBIOTICS** when needed for certain infections caused by **bacteria**.

SAY NO TO ANTIBIOTICS for viruses, such as colds and

flu, or runny noses, even if the mucus is thick, yellow or green. Antibiotics also won't help for some common bacterial infections including most cases of bronchitis, many sinus infections, and some ear infections.

# + Antibiotics are only needed for treating certain infections caused by bacteria.

+ Antibiotics do NOT work on viruses.

SOURCE: CDC (Centers for Disease Control and Prevention)

#### **Supporting Care Givers**



Caregivers are family members or friends who typically provide unpaid, long-term, community-based care and assistance to older adults and people with

chronic health conditions or disabilities. Caregivers help with a variety of routine tasks such as shopping, paying bills, bathing, dressing, and managing medicines. They are often a source of emotional support and companionship for care recipients.

#### **How to Support Caregivers?**

- ✓ Help them with errands, chores, and other tasks.
- ✓ Provide emotional and social support.
- ✓ Negotiate times to check in on them.
- ✓ Make sure they are managing their own health care needs.
- Help them create and manage a care plan for the person they care for.
- Encourage them to seek mental health services if necessary.
  SOURCE: CDC (Centers for Disease Control and Prevention)

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## What is Seasonal Affective Disorder (SAD)?



Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and

feel better in the spring when longer daylight hours return. Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

- In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression.
- Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.
- If you or someone you know is showing symptoms of SAD, talk to a health care provider or a mental health specialist about your concerns.
- 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.
- ✓ The Substance Abuse and Mental Health Services Administration has an online treatment locator to help you find mental health services in your area.

SOURCE: National Institute of Mental Health

HAPPY THANKSGIVING BOUNTIFUL, BLESSED, GRATEFUL

#### **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@ehmchealth.org







Linking Diabetes and Cardiovascular Disease Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke.

Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.

The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

Manage your A1C, blood pressure, and cholesterol levels. Ask your health care team what your goals should be.
<b>Develop or maintain healthy lifestyle habits.</b> Follow your healthy eating plan and make physical activity part of your routine.
<b>Learn ways to manage stress.</b> Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.
<b>Stay on top of your medications.</b> Take medicines as prescribed by your doctor.
<b>Stop smoking or using other tobacco products.</b> You can start by calling 1-800-QUITNOW or visiting smokefree.gov.

# Visit <u>niddk.nih.gov</u> for more information on diabetes.

- 1-800-860-8747
- 🐱 <u>healthinfo@niddk.nih.gov</u>
- MIDDKgov
- <u>@NIDDKgov</u>

# Visit <u>nhlbi.nih.gov</u> for more information on cardiovascular disease.

- 1-877-645-2448
- 🔀 nhlbiinfo@nhlbi.nih.gov
- Mail The Heart Truth
- f <u>@TheHeartTruth</u>

# **Tips to Quit Smoking**

# Smoking increases your chances of developing heart disease or having a stroke.

# **Get ready**

- Set a quit date.
- Write down your reasons for quitting and your triggers.
- Plan how you'll respond to urges to smoke.
- **Talk** to your healthcare provider about using a nicotine patch or other medications to help you quit.
- **Don't let** people smoke in your home.
- **Don't try** to cut back by buying just one cigarette at a time instead of buying the pack. This costs more money, and you can lose count and end up smoking more cigarettes.
- **Review** your past attempts to quit. Think about what worked and what didn't.
- Once you quit, don't smoke—NOT EVEN A PUFF! One cigarette can cause you to start smoking again.

# Line up support

- **Tell** your family, friends, and coworkers that you're going to quit and want their help. Ask them not to smoke around you.
- **Connect** with others who have quit. Hearing about other people's success can be a great motivator.
- **Get** individual, group, phone, or online counseling. The more counseling you have, the better your chances are of quitting.
- **Try** meditation, yoga, or other relaxation techniques (such as guided imagery). It might help you quit.
- **Find out** whether any local organizations sponsor quit-smoking clinics or other activities that will support you.

# **Find ways to relax**

- **Try to distract** yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- **Change** your routine. Use a different route to work.
- Try warm milk to help you relax at night.
- **Reduce** stress by listening to music, doing yoga, watching a show, or dancing to your favorite music—whatever works for you.
- **Plan** something enjoyable to do every day.
- **Drink** a lot of water when you feel the urge to smoke.

# **Contact**

- Call the National Cancer Institute Smoking Quitline at 1-877-448-7848, or visit **cancer.gov/contact**.
- States also have quit lines with trained counselors. Call 800-QUIT-NOW (1-800-784-8669) to connect to your state's quit line.
- The websites <u>smokefree.gov</u> and <u>betobaccofree.hhs.gov</u> have many free resources to help you quit, including apps, a chat line, a motivational text service, and more.







# Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

# Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

## These activities can make you feel better:

- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

# Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

## Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit **nimh.nih.gov/findhelp**.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at **988lifeline.org**.





nimh.nih.gov/sad

# scrumptious meat loaf

## Ingredients

- 1 pound ground beef, extra lean
- $^{1}/_{2}$  cup tomato paste
- $^{1}/_{4}$  cup onion, chopped
- $^{1}/_{4}$  cup green pepper

 $^{1}/_{4}$  cup red pepper

1 cup fresh tomatoes, blanched, chopped

 $\frac{1}{2}$  teaspoon mustard, low sodium

 $^{1}/_{4}$  teaspoon ground black pepper

 $^{1}/_{2}$  teaspoon hot pepper, chopped

2 cloves garlic, chopped

2 scallions, chopped

 $^{1}/_{2}$  teaspoon ginger, ground

 $^{1}/_{8}$  teaspoon nutmeg, ground

1 teaspoon orange rind, grated

 $1/_2$  teaspoon thyme, crushed

 $^{1}\!/_{4}$  cup bread crumbs, finely grated



- 1. Preheat oven to 350°F.
- 2. Mix all ingredients together.
- **3.** Place in 1-pound loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
- 4. Uncover pan and continue baking for 12 minutes.

**Yield** 6 servings, **Serving Size** One 1<sup>1</sup>/<sub>4</sub>-inch thick slice, **Calories** 193, **Total Fat** 9g, **Saturated Fat** 3g, **Cholesterol** 45mg, **Sodium** 91mg, **Total Fiber** 2g, **Protein** 17g, **Carbohydrates** 11g, **Potassium** 513mg



http://wecan.nhlbi.nih.gov

# ENGLEWOOD HEALTH

# **Support Groups**

## **Englewood Health Events Calendar**

Please check Englewood Hospital's Calendar of Events link for upcoming events at

https://www.englewoodhealth.org/calendar-events-classes

## **Graf Center for Integrative Medicine**

#### https://www.englewoodhealth.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:
  - o Aroma Touch
  - Manual Lymphatic Drainage (MLD)
  - Therapeutic Massage
  - o 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.

HolyName

# **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 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 <u>holyname.org/CancerSupport</u> 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 <u>www.Seabrookhouse.org</u> or call 800-761-7575 ext. 1515