



Prostate Predicaments: When Bladder Problems are Pressing

Many men develop urinary problems as they get older. They might find it hard to urinate, have a strong and sudden urge to “go,” be unable to hold it in, or wake up often at night to urinate. These symptoms may signal a bladder issue. But they can also be signs of a prostate problem. Identifying the right condition is key for treatment and symptom control.

See your doctor if you have any of these symptoms:

- Urinate 8 or more times a day
- Blood in your urine
- Dribbling at the end of urination
- Trouble emptying your bladder completely
- Unable to delay urination
- Wake up often to urinate at night
- Trouble starting or keeping a urine stream
- A weak urine stream
- Can't urinate
- Urine with unusual color or odor
- Pain in your belly or groin area when urinating

If you can't urinate at all, seek medical care right away. Your doctor can help you determine whether treatment is right for you.

- ✓ Don't let prostate issues take over your life. Talk with your doctor if you have problems urinating or feel discomfort in your pelvic area. Getting the right treatment can help improve your quality of life.

SOURCE: National Institutes of Health (NIH)



About Cholesterol

Cholesterol is a waxy, fat-like substance in your cells. Our bodies generally make all the cholesterol needed for good health. Cholesterol helps make hormones, vitamin D, and substances to help you digest foods.

Small packages, called lipoproteins, carry cholesterol through your bloodstream. Two kinds of lipoproteins carry the cholesterol. You may have heard about “good” and “bad” cholesterol.

- ✦ **High-density lipoprotein (HDL) is the “good” cholesterol.**
 - ✦ **Low-density lipoprotein (LDL) is the “bad” cholesterol.**
- Unhealthy cholesterol levels can harm your heart health. Undiagnosed or untreated high LDL or “bad” cholesterol can lead to serious problems, such as heart attack and stroke. That’s why it’s important to take steps to get and keep your cholesterol in a healthy range.

Questions to ask your healthcare provider about your cholesterol:

- What are my cholesterol levels? What should they be?*
- How often should I have mine checked?*
- What other lifestyle factors should I consider to improve my cholesterol and overall heart health?*

Making lasting changes:

- Do I need cholesterol medicine? Will it have side effects?*
- Are there any foods, other medicines, vitamins, or herbal supplements that may change how well my cholesterol medicine works?*

SOURCE: NIH (National Institutes of Health)

How Medications & Supplements Can Interact



It's important to tell all your health care providers about all dietary supplements and medications you take. That way, they can help you avoid harmful interactions.

When you visit a health care provider for the first time, you will often be asked what medications and supplements you take. Be sure to update this information each time you visit the provider’s office. **You can bring a written list of:**

- ✓ All the prescription and over-the-counter medications you take, including supplements
- ✓ How often you take them
- ✓ The doses
- ✓ You could also bring the bottles of the products to the health care provider’s office. This can help your provider answer any questions about the ingredients in your dietary supplements.

Interactions With Cancer or HIV Treatments

There is growing concern that dietary and herbal supplements may interfere with the effectiveness of cancer and HIV treatments. If you are being treated for cancer or HIV, you should discuss your use of all supplements with your health care provider. SOURCE: NIH


If you or someone you know needs support now, **call or text 988 or chat 988lifeline.org**. It provides 24/7, free and confidential support for people in distress, prevention and crises resources for you and your loved ones.

MAY YOUR CHARACTER PREACH MORE LOUDLY THAN YOUR WORDS.

♥ HAPPY GRANDPARENTS DAY — SEPTEMBER 8 ♥

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



MIND YOUR RISKS:

Help Prevent Stroke & Dementia Tomorrow

Keep blood pressure in the normal range — this is the single most important way to mind your risks.

- ✓ Keep cholesterol in a healthy range
- ✓ If you have diabetes, control your blood sugar
- ✓ If you smoke — quit
- ✓ Keep a healthy weight
- ✓ Eat healthy foods
- ✓ Exercise regularly

SOURCE: National Institutes of Health (NIH)

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**.

Cholesterol

A risk factor for heart attack and stroke



Cholesterol is a type of fat that circulates in your blood and performs a number of important functions

≈75%

is produced by your liver

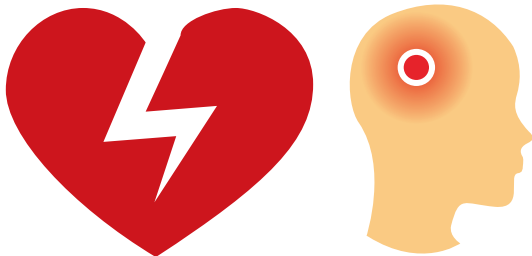


≈25%

comes from what you eat

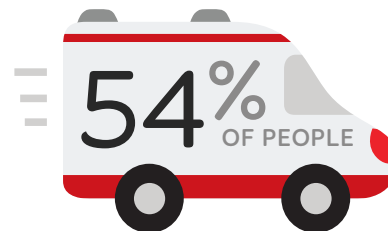
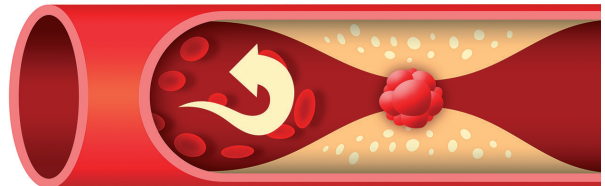
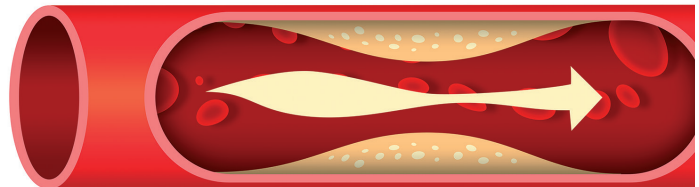
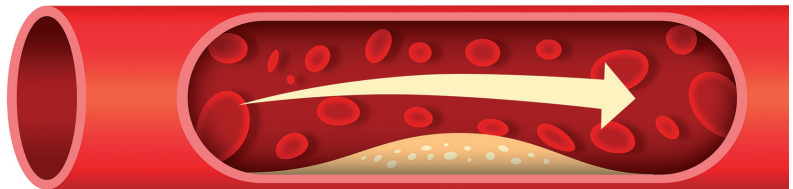
HIGH Cholesterol

Extra cholesterol can build up in your body. Having too much in your bloodstream can increase your risk of a heart attack or stroke



Cholesterol can build up and narrow your arteries

A clot in a narrowed artery can cause a heart attack or stroke



admitted to hospital with a heart attack have high cholesterol

Many people are unaware they have high cholesterol. The only way to find out is to have a blood test

CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE



Stop smoking



Make heart healthy eating and drinking choices



Move more



Lose weight



Take medications

No More Excuses: You Need a Flu Vaccine

Get the Facts

- Flu vaccines have an excellent safety record, do not cause flu, and can protect the ones you love.
- Spread the word and GET VACCINATED!



Even healthy people need a flu vaccine.

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. Flu vaccines are recommended for everyone 6 months of age and older. Pregnant people, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

Yes. Flu vaccines have an excellent safety record. They have been given to hundreds of millions of people for more than 50 years and have a very good safety track record. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA), and other partners to ensure the highest safety standards for flu vaccines.

The most common side effects of flu vaccines are mild.

Flu vaccines cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. For example, people vaccinated with the flu shot may feel achy and may have a sore arm where the shot was given. People vaccinated with the nasal spray flu vaccine may have a stuffy nose and sore throat. These side effects are NOT flu. If experienced at all, these effects are usually mild and last only 1-2 days.

Even if I get sick, won't I recover quickly?

Not necessarily. Influenza can be serious and anyone can become sick with flu and experience serious complications. But even if you bounce back quickly, others around you might not be so lucky. Older people, young children, pregnant people and people with medical conditions like asthma, diabetes, heart disease and lung disease are at especially higher risk from the flu. Kids, teens and adults who are active and healthy also can get very sick from flu and spread it to others. Some people can be infected with the flu virus but have no symptoms. During this time, you can still spread the virus to others. Don't be the one spreading flu to those you care about.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Can't I wait and get vaccinated when/if flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu.

Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.

- You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness.
- Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.
- Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated.

Don't avoid getting a flu vaccine because you don't like shots.

The very minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. The flu can make you very sick for several days; send you to the hospital, or worse. For most healthy, non-pregnant people ages 2 through 49 years old, the nasal spray flu vaccine is a great choice for those who don't like shots. Also, there is an intradermal shot that uses a much smaller needle than the regular flu shot. Either way, getting the shot or nasal spray can help to protect you from catching the flu. So, whatever little discomfort you feel from the minor side effects of the flu vaccine is worthwhile to avoid the flu.

You need to get a flu vaccine every year.

You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu vaccine every year:

- a) The first reason is that because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses research indicates may be most common during the upcoming flu season.
- b) The second reason that annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.



Get a Flu Vaccine

- Flu vaccines are offered in many locations. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else including: doctor's offices, clinics, health departments, retail stores, pharmacies, health centers, as well as by many employers and schools.



For more information, visit <http://www.cdc.gov/flu> or call 1-800-CDC-INFO (800-232-4636).



cocoa-spiced beef tenderloin with pineapple salsa

Prep time: 20 minutes
Cook time: 20 minutes

Latin American flavors come alive in this festive beef dish with fruity salsa

½ Tbsp vegetable oil
1 beef tenderloin roast (16 oz)

For salsa:

½ C canned diced pineapple, in fruit juice, chopped into small pieces
¼ C red onion, minced
2 tsp fresh cilantro, rinsed, dried, and chopped (or substitute ¼ tsp dried coriander)
1 Tbsp lemon juice

For seasoning:

1 tsp ground black pepper
1 tsp ground coriander
1 Tbsp ground cinnamon
¼ tsp ground allspice
1 Tbsp cocoa powder (unsweetened)
2 tsp chili powder
¼ tsp salt

- 1 Preheat oven to 375 °F.
- 2 For the salsa, combine all ingredients and toss well. Let sit for 10–15 minutes to marinate while preparing the seasoning and cooking the meat.
- 3 For the beef tenderloin seasoning, combine all ingredients. Lightly oil the tenderloin and spread an even layer of the dry seasoning over the entire roast.
- 4 Place the seasoned roast on a roasting or broiling pan and roast for 10–15 minutes (to a minimum internal temperature of 145 °F). Let cool for 5 minutes before carving into 16 slices (1 ounce each).
- 5 Serve four slices of the tenderloin with ¼ cup salsa on the side.



yield:
4 servings

serving size:
4 oz tenderloin roast, ¼ C salsa

each serving provides:

calories	215	total fiber	2 g
total fat	9 g	protein	25 g
saturated fat	3 g	carbohydrates	9 g
cholesterol	67 mg	potassium	451 mg
sodium	226 mg		



ENGLEWOOD
HEALTH

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