JANUARY 2025

RENEWED HOPE

Are You Up to Date on Your Preventive Care?



Getting routine preventive care can help you stay well and catch problems early. ✓ Get Regular Medical and Dental Checkups

Regular checkups are separate from any other doctor's visit for sickness or injury. In addition to physical exams, these visits focus

on preventive care, such as:

- Screening tests, which are medical tests to check for diseases early, when they may be easier to treat
- Services, like vaccines (shots), that improve your health by preventing diseases and other health problems
- Dental cleanings
- □ Education and counseling to help you make informed health decisions

✓ **Know your Family Health History** | Family health history is a record of the diseases and health conditions in your family. You and your family members share genes. You may also have behaviors in common, like what you do for physical activity and what you like to eat. Family history includes all of these factors, any of which can affect your health.

✓ Stay Up to Date on Cancer Screenings | Cancer screening means checking your body for cancer before you have symptoms. Getting screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best. Lung cancer screening is recommended for some people who are at high risk.
✓ Get Vaccinated | Vaccination is one of the safest and most convenient ways to protect your health. It typically takes a few weeks after vaccination for the body to build up that protection. Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You're also at risk of different diseases as an adult.
□ COVID-19 vaccination can reduce your risk of severe illness,

hospitalization, and death from COVID-19.

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□ Flu vaccination is the best way to reduce your risk from seasonal flu and its potentially serious complications is to get vaccinated every year.



Thyroid Diseases

Your thyroid is a small, butterfly-shaped gland in the front of your neck. It makes hormones that control the way the body uses energy. These hormones affect nearly every organ in your body and control many of your body's most

important functions. For example, they affect your breathing, heart rate, weight, digestion, and moods.

Thyroid diseases cause your thyroid to make either too much or too little of the hormones. Some of the different thyroid diseases include:

- + Goiter, an enlargement of the thyroid gland
- Hyperthyroidism, which happens when your thyroid gland makes more thyroid hormones than your body needs
- Hypothyroidism, which happens when your thyroid gland does not make enough thyroid hormones
- Thyroid cancer
- Thyroid nodules, lumps in the thyroid gland
- Thyroiditis, swelling of the thyroid

To diagnose thyroid diseases, your health care provider may use a medical history, physical exam, and thyroid tests. In some cases, your provider may also do a biopsy.

SOURCE: Dept. of Health and Human Services Office on Women's Health

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Feeling Overwhelmed? Ways to Manage Stress:



- ✓ Be observant. Recognize signs of excessive stress stress. These include difficulty sleeping, being easily angered or irritable, feeling depressed, and low energy.
- Exercise regularly. Just 30 minutes per day of walking can help boost your mood and reduce stress.
- Schedule regular times for a relaxing activity. Activities that use mindfulness or breathing exercises, such as meditation, yoga, or tai chi, may help.
- ✓ Get enough sleep. Adults need about 7 or more hours of sleep per night.
- ✓ Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much.
- ✓ Build a social support network. Stay connected with people who can provide emotional support.
- ✓ Show compassion for yourself. Note what you've accomplished at the end of the day, not what you've failed to do.
- ✓ Seek help. Talk to a health care provider if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Or text "HOME" to the Crisis Text Line at 741741. SOURCE: National Institutes of Health | News in Health

Living with Balance Disorder: Tips to Prevent Falls

- Avoid walking in the dark, either inside or outside.
- ✓ Wear low-heeled shoes or walking shoes.
 - ✓ Use a cane or walker, if necessary.
- Add handrails to stairwells and bathrooms in your home.
- ✓ Stay physically active to improve your balance and strength.
- A physical therapist can help you learn to exercise safely.
- ✓ Talk with your health care provider about whether it's safe to drive. 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.
- Do you need to make a Follow-up appointment? Please stop at Check-out and make an appointment before you leave.

THE PAST IS YOUR LESSON. THE PRESENT IS YOUR GIFT. THE FUTURE IS YOUR MOTIVATION.

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

CERVICAL CANCER

There are five main types of cancer that affect a woman's reproductive organs: cervical, ovarian, uterine, vaginal, and vulvar. As a group, they are referred to as gynecologic (GY-neh-kuh-LAH-jik) cancer. (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)

This fact sheet about cervical cancer is part of the Centers for Disease Control and Prevention's (CDC) Inside Knowledge: About Gynecologic Cancer campaign. The campaign helps women get the facts about gynecologic cancer, providing important "inside knowledge" about their bodies and health.

What is cervical cancer?

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.

When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (the birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is the easiest gynecologic cancer to prevent with regular screening tests and follow-up. It also is highly curable when found and treated early.



There are two tests that can either help prevent cervical cancer or find it early:

- Depending on your age, your doctor may recommend you have a Pap test, or an HPV test, or both tests together.
- The Pap test (or Pap smear) looks for precancers, cell changes, on the cervix that can be treated, so that cervical cancer is prevented. The Pap test also can find cervical cancer early, when treatment is most effective.

The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.

• The HPV test looks for HPV—the virus that can cause precancerous cell changes and cervical cancer.

Who gets cervical cancer?

All women are at risk for cervical cancer. It occurs most often in women over age 30. Each year, approximately 12,000 women in the United States get cervical cancer.

The human papillomavirus (HPV)

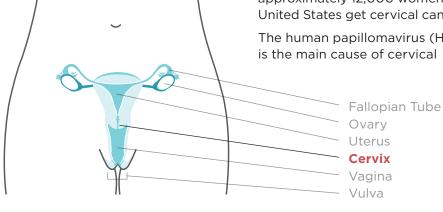
active people will have HPV at some point in their lives, but few women will get cervical cancer. What are the symptoms?

> Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal for you, such as bleeding after sex. If you have any of these signs, see your doctor. They may be caused by something other than cancer, but the only way to know is to see your doctor.

cancer. HPV is a common virus

that is passed from one person to

another during sex. Most sexually



cdc.gov/cancer/knowledge

800-CDC-INFO



When should I get tested for cervical cancer?

The Pap test is one of the most reliable and effective cancer screening tests available. The Pap test is recommended for all women between the ages of 21 and 29 years old. If your Pap test results are normal, your doctor may say that you will not need another Pap test for three years.

If you are 30 years old or older, you may choose to have a Pap test, or an HPV test, or both tests together. If the results are normal, your chance of getting cervical cancer in the next few years is very low. Your doctor may then say that you can wait up to five years for your next screening.

The HPV test is also used to provide more information when women aged 21 years or older have unclear Pap test results.

For women aged 21-65, it is important to continue getting a Pap and/or HPV test as directed by your doctor—even if you think you are too old to have a child or are not having sex anymore. However, your doctor may tell you that you do not need to have a Pap or HPV test if either of these is true for you:

- You are older than 65 and have had a normal Pap or HPV test for several years.
- You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.

What raises a woman's chance of getting cervical cancer?

Almost all cervical cancers are caused by HPV. You are more likely to get HPV if you started having sex at an early age, or if you or your partner have had sex with several others. However, any woman who has ever had sex is at risk for HPV.

There are many types of HPV. Usually HPV will go away on its own, but if it does not, it may cause cervical cancer over time.

In addition to having HPV, these things also can increase your risk of cervical cancer:

- Smoking.
- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems.
- Using birth control pills for a long time (five or more years).
- Having given birth to three or more children.

How can I prevent cervical cancer?

- See your doctor regularly for a Pap and/or HPV test.
- Follow up with your doctor if your cervical cancer screening test results are not normal.
- Get the HPV vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers. It is recommended for preteens (both boys and girls) aged 11 to 12 years, but can be given as early as age 9 and until age 26. The vaccine is given in a series of either two or three shots, depending on age. It is important to note that even

women who are vaccinated against HPV need to have regular Pap tests to screen for cervical cancer. To learn more about the HPV vaccine visit **www.cdc.gov/hpv**.

- Don't smoke.
- Use condoms during sex.*
- Limit your number of sexual partners.
- * HPV infection can occur in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. While the effect of condoms in preventing HPV infection is unknown, condom use has been associated with a lower rate of cervical cancer.

What should I do if my doctor says I have cervical cancer?

If your doctor says that you have cervical cancer, ask to be referred to a gynecologic oncologist—a doctor who has been trained to treat cancers like this. This doctor will work with you to create a treatment plan.

Where can I find free or low-cost cervical cancer screening tests?

If you have a low income or do not have insurance, you may be able to get a free or low-cost cervical cancer screening test through the National Breast and Cervical Cancer Early Detection Program. To learn more, call **800-CDC-INFO** or visit **www.cdc.gov/cancer/nbccedp.**

Where can I find more information about cervical and other gynecologic cancers?

Centers for Disease Control and Prevention: 800-CDC-INFO or www.cdc.gov/cancer/gynecologic

National Cancer Institute: 800-4-CANCER or www.cancer.gov



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

cdc.gov/cancer/knowledge 800-CDC-INFO



Start simple

Be Salt Smart



Healthy eating is important at every age. 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:



Read the label

The Nutrition Facts label shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease.



Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled "no added salt."



Look for cue words

Items that are "pickled," "brined," or "cured" tend to be high in sodium. Include these foods in your meals sparingly.



Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.



Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using. The sodium from these can add up quickly.



Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.



Go to MyPlate.gov for more information. USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating add up over time, bite by bite.

FNS-905-10 March 2022

baked pork chops

Ingredients

- 6 lean center-cut pork chops, $\frac{1}{2}$ -inch thick
- 1 egg white
- 1 cup fat-free evaporated milk
- $^{3}/_{4}$ cup cornflake crumbs
- $\frac{1}{4}$ cup fine, dry breadcrumbs
- 4 teaspoons paprika
- 2 teaspoons oregano
- $^{3}/_{4}$ teaspoon chili powder
- 2 teaspoons garlic powder
- 2 teaspoons black pepper
- $^{1}/_{8}$ teaspoon cayenne pepper
- $^{1}/_{8}$ teaspoon dry mustard
- 2 teaspoons salt

nonstick cooking spray, as needed



http://wecan.nhlbi.nih.gov



- 1. Preheat oven to 375°F.
- 2. Trim fat from pork chops.
- **3.** Beat egg white with fat-free evaporated milk. Place pork chops in milk mixture and let stand for 5 minutes, turning once.
- **4.** Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt in small bowl.
- 5. Use nonstick cooking spray on 13 x 9-inch baking pan.
- 6. Remove pork chops from milk mixture and coat thoroughly with crumb mixture.
- 7. Place pork chops in pan and bake for 20 minutes. Turn pork chops and bake for an additional 15 minutes or until the meat reaches an internal temperature of 145°F. Let the meat rest 3 minutes before serving.

Note: Try the recipe with skinless, boneless chicken or turkey parts or fish-bake for just 20 minutes.

Yield 6 servings, Serving Size 1 pork chop, Calories 216, Total Fat 10g, Saturated Fat 8g, Cholesterol 62mg, Sodium 346mg, Total Fiber 1g, Protein 25g, Carbohydrates 10g, Potassium 414 mg

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 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 <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