



February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Heart disease—and the conditions that lead to it—can happen at any age.

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- ♥ **High blood pressure.** Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.
- ♥ **High blood cholesterol.** High cholesterol can increase the risk for heart disease.
- ♥ **Smoking.** Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

- ♥ **Obesity.** Carrying extra weight puts stress on the heart.
- ♥ **Diabetes.** Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle.
- ♥ **Physical inactivity.** Staying physically active helps keep the heart and blood vessels healthy.
- ♥ **Unhealthy eating patterns.** Diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

4 Ways to Control Your Heart Health

- 1 **Don't smoke.** Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start.
- 2 **Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol.
- 3 **Make heart-healthy eating changes.** Eat food low in trans-fat, saturated fat, added sugar and sodium.
- 4 **Stay active.** Get moving for at least 150 minutes per week.

SOURCE: cdc.gov



Shared Decision Making

High Blood Pressure - "Should I Take Medicine?"

Discuss this important shared decision making option with your doctor during your visit.

B · Y · O · B

Bring Your Own Medicine Bottles each and every time you come to our office. This is **IMPORTANT** so we can update your chart.



Q · U · O · T · E · S · t · o · L · I · V · E · b · y



Gratitude is the *memory* of the **heart.** ♥



Newsletter Comments and Contributions: Please contact harveygrossmd@ehmhealth.org



AMD/Low Vision Awareness Month

What is Low Vision? When you have low vision, eyeglasses, contact lenses, medicine, or surgery may not help. Activities like reading, shopping, cooking, writing, and watching TV may be hard to do.

Low vision is usually caused by eye diseases or health conditions. Some of these include **age-related macular degeneration (AMD)**, cataract, diabetes, and glaucoma. Eye injuries and birth defects are some other causes. Whatever the cause, lost vision cannot be restored. However, it can be managed with proper treatment and vision rehabilitation.

How Do I Know if I Have Low Vision?

Below are some signs of low vision. *Even when wearing your glasses or contact lenses, do you still have difficulty with—*

- Recognizing the faces of family and friends?
- Reading, cooking, sewing, or fixing things around the house?
- Selecting and matching the color of your clothes?
- Seeing clearly with the lights on or feeling like they are dimmer than normal?
- Reading traffic signs or the names of stores?

These could all be early warning signs of vision loss or eye disease. The sooner vision loss or eye disease is detected by an eye care professional, the greater your chances of keeping your remaining vision.

How Do I Know When to Get an Eye Exam?

Visit your eye care professional regularly for a comprehensive dilated eye exam. However, if you notice changes to your eyes or eyesight, visit your eye care professional right away!

What Can I do if I Have Low Vision?

To cope with vision loss, you must first have a support team. This team should include you, your primary care professional, and an optometrist or ophthalmologist specializing in low vision. Together, the low vision team can help you make the most of your remaining vision and you can maintain your independence.

SOURCE: nei.nih.gov

♥ 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.**

Support Groups @ Englewood Hospital

Englewood Hospital Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at <https://www.engagewoodhealth.org/calendar-events-classes>

Bariatric/Weight Loss Surgery Support Group

A free program for patients who have experienced the surgical solution to weight loss. If you are considering surgery, you are also welcome to join the group. The support group meets on the first Tuesday of each month at 6pm.

Bereavement Support Group

VNA of Englewood: Bereavement Support Group runs on Thursdays from 12pm – 1:30 pm at Englewood Hospital. Please check with the hospital main desk for the location on each Thursday. For additional information, please call Erica DiFrancisco at 201-894-333, group facilitator.

Cancer Support:

Breast Cancer Support Group

Relax your mind as you connect with other women living with breast cancer. Open to all women experiencing any stage of breast cancer. First timers should call Cathy Verhulst at 201-608-2162 prior to attending. The support group meets the first and third Friday of every month at 10:30 am.

Oral, Head and Neck Cancer Support Group

SPOHNC (Support for People with Oral, Head and Neck Cancer), a patient directed, self-help organization founded in 1991 by an oral cancer survivor. It is non-profit organization dedicated to meeting the emotional, physical and humanistic needs of oral head and neck cancer patients and their care givers. Bergen County Chapter meets from 7pm – 8:30pm at Englewood Hospital on the fourth Wednesday of the month in conference room "A". For inquiries, please contact Patrick Taaffee at 201-931-6394.

Cardiac – Visiting Hearts: A Support Program for Cardiac Patients

New patients are informed of the "Visiting Hearts" program prior to their day of Pre-Admission Testing. For more information, please call Robyn Giaccone at 201-894-3950.

Diabetes Education

A free program is open to individuals and their families. This group allows participants to share their experiences, learn from others and discuss how they live with diabetes. Guest speakers are often featured. This group meets on the fourth Tuesday of every month from 7pm – 8:30pm. (No meetings in July and August). An Insulin Pump Support Group is held quarterly for those using an insulin pump, those interested in pump therapy, and those using multiple daily injections. To schedule an appointment or for additional information, please call 201-894-3335.

Support Groups @ Englewood Hospital

Families Anonymous

Families Anonymous is a group of concerned relatives and friends whose lives have been adversely affected by a loved one's addiction to alcohol, drugs or related behavioral problems. All who have experienced the effects of a loved one's addiction are welcome.

The group meets at Englewood Hospital every Friday at 7:30pm. Call 917-836-3672 or email gerilam@msn.com for more information.

Neuropathy Support Group

This group meets on the third Thursday of March, April, May September, October and November at 7pm. Call Rich Booz at 201-587-1250, Mary Robertson at 973-226-1535, Tom McCullum at 201-692-9313 or Dean Lewis at 631-223-8416 for additional information.

Post Partum Services / Wellness Wednesdays

You and your newborn child are invited to attend our group, focused on adjustment to motherhood, coping with stress, and adapting to new family dynamics. A licensed clinical social worker facilitates the sessions, which provide comfort, emotional support, information, and referrals to resources for new moms who are adjusting to parenthood. The group meets every Wednesday at 1pm. Registration is required. Call 201-894-3092.

Support Groups @ Holy Name Medical Center

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

Location: Conference Room "1", Marian Hall Holy Name Medical Center. For additional information, please call 201-833-3336

Bereavement Support

Call 201-833-3000 ext 7580 for more information.

Breast Cancer Support and Discussion Group

The Breast Cancer Support and Discussion Group is a vehicle for information, encouragement and support that is facilitated by two clinical psychologists. The support group meets on the first and third Wednesday of every month at 5:30pm – 6:30pm.

Call 201-227-6008 for additional information. Registration is encouraged, but not required. Walk-ins are welcome.

Support Groups @ Holy Name Medical Center

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. The support group meets on the second and fourth Tuesday at 4:00pm – 5:00pm. The meetings take place in the Marian Hall Conference Center, Holy Name Medical Center. For additional information, please call 201-227-6008.

Men Living with Cancer Support Group

The Men Living with Cancer Support Group is open to men with the diagnosis of cancer at any time during treatment or post-therapy. For additional information, please call 201-833-3392.

Support for Korean Cancer Patients

The Support group meets at Medical Affairs Conference Room, Holy Name Medical Center on the first Friday of every month at 10am – 12pm. For additional information, please call Hei Young Yoon at 201-833-3332.

Pregnancy and Newborn Loss Support Group

The support group meets on the first Tuesday of each month at 8:00pm. For additional information, please call 201-724-4093.

Blood Drive at Holy Name Medical Center

You can sign up for the blood drives online: <http://holyname.org/BloodDrive/>

Local Support Group - Miscellaneous

Dental Care at Southeast for Independent Living (SESCIL)

The Southeast Senior Center for Independent Living has fully equipped dental facility with a certified licensed dentist, a dental coordinator, and two dental hygienists, excellent equipment and a clean environment. Call the Center for an appointment. There is an annual membership fee which entitles the member not only to receive dental care at cost but includes participation in all other class offerings. The Center, 228 Grand Avenue, Englewood, is handicapped accessible with ample parking. For more information, call 201-569-4080 or [visit www.SESCIL.org](http://www.SESCIL.org)

Local Support Group - Miscellaneous

Library Offers Continuing Education Courses Online

Teaneck Public Library is offering Universal Class, an online resource of more than 500 continuing education courses, to all Teaneck Public card holders. A wide range of subjects are offered including art, photography, office skills, test preparation, career training, as well as home schooling, self-help and science. Courses are accessible online 24/7 with real instructors, assignments and grades.

Up to five courses may be taken at a time. Participants who successfully complete a course will be issued a "Certified of Course" Completion.

To access the program, go to the library's website at www.teaneck.org and click on "universal class" button on the right side.

For more information, call the Reference Department 201-837-4171.

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
- Friendly Visitor, Adopt a Bubbe and Telephone Reassurance – Volunteer programs
- Joy Lunch Club
- Elder Care Workshop Series

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.

The Gallen Adult Day Care Center at the Jewish Home at Rockleigh will hold a

Caregiver support group every first Wednesday of the month, 10am – 11:30 am at 10 Link Drive, Rockleigh, NJ – Social Hall 1. FREE.

For additional information, please call Social Worker Shelley at 201-784-1414 ext. 5340. Share concerns in an informative group discussion and learn about available resources for you and your loved one.

Local Support Group - Miscellaneous

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

Healthy Recipe

Dark Chocolate Chip Oat Bars

(Gluten-free, gout-friendly)

You don't have to tell anyone these are homemade, healthy granola bars.

Just let your guests enjoy the chewiness of the oats and dense chocolate flavor from the highest-quality dark chocolate you can find.



Ingredients

- 1 large egg
- 1/2 cup fat-free yogurt (plain or vanilla)
- 1/2 cup artificial sweetener brown sugar blend
- 1-1/2 cups gluten-free quick oats
- 2 tablespoons milled flaxseed
- 1/4 cup bittersweet chocolate chips or bittersweet baking bar broken into small chunks
- Cooking spray

Directions

Whisk egg with yogurt and brown sugar. Blend in oats and flaxseed.

Add chocolate chips.

Spread mixture in an 8-inch-square pan coated with cooking spray.

Bake at 350°F for 30 minutes. Cut into bars.

Makes 12 bars

Each bar contains about 125 calories, 4 g protein, 3 g fat, 18 mg cholesterol, 20 g carbohydrates, 2 g fiber, and 12 mg sodium.

To make this recipe gluten-free, use only quick oats that are certified gluten-free. Read food labels of ingredients carefully and contact the company if you have any questions.

This recipe is gout-friendly because it contains food moderate in purines.

You should limit the amount of oatmeal you eat to less than 2/3 of a cup (uncooked) per day.