

Eye Wise – Contact Lens 101

CONTACT LENS Health Week



AUGUST 19-23

CDC and its partners have organized **Contact Lens Health Week** as a strategy to increase public awareness and promote healthy contact lens wear and care. This year's theme is **"Healthy Habits Mean Healthy Eyes"**.

Practice Proper Contact Lens Wear and Care Habits:

- ✓ **Don't Be a Stranger—Visit Your Eye Doctor Every Year**
Schedule a visit with your eye doctor at least once a year. Take out your contacts and call your eye doctor if you have eye pain, discomfort, redness, or blurry vision.
- ✓ **Wash Your Hands Before Touching Your Contacts**
Wash your hands with soap and water and dry them with a clean towel before touching your contacts.
- ✓ **Replace Your Contact Lenses Regularly**
Remember to keep supplies on hand and replace your contacts as often as your eye doctor tells you.
- ✓ **Clean and Replace That Grimy Case**
Rinse your case with solution, rub to clean it, and store it upside down every day. Get a new case at least every three months.
- ✓ **Sleeping in Contacts is Risky Business**
Take out your contact lenses before sleeping, unless your doctor specifically tells you otherwise.
- ✓ **No H2O – Keep Water Away From Contacts**
Don't rinse or store contacts in water, and avoid showering or swimming while wearing contacts.
- ✓ **Only Use New Solution**
Dump all the solution out of your contact case every time you use it, and only store your contacts in fresh solution.
- ✓ **Be Prepared**
Carry a backup pair of glasses with a current prescription – just in case you have to take out your contact lenses.

SOURCE: CDC.GOV/CONTACTLENSES

Did you Know?

aphasia [uh-fey-zuh] is a communication disorder that impairs the expression and understanding of spoken language, reading and writing. It occurs most often from a stroke or other brain injury. It affects a person's ability to communicate, but not his or her intellect. This communication disorder affects 40% of all stroke/brain trauma survivors.



Shared Decision Making:
High Blood Pressure – Should I Take Medicine?"
Discuss this shared decision making option with your doctor during your visit.

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

“Broken Crayons still color.”



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



Vaccines are our Best Protection

Every year, the Centers for Disease Control and Prevention (CDC) and other medical experts update vaccine recommendations for children, teens, and adults based on the latest research and evidence-based science on vaccine safety, effectiveness, and patterns of vaccine-preventable diseases.

Here's Why You Shouldn't Wait:

- ✓ Many vaccine-preventable diseases are still common in the U.S.
- ✓ Those that are not common here are still found in other parts of the world, and can still be a threat.
- ✓ Some of these diseases are very contagious.
- ✓ Any of these diseases could be serious – even for healthy people.
- ✓ Certain people may be at higher risk for getting some diseases or having more serious illness if they were to get sick, like young children, older adults, and those with health conditions.

Measles – It Isn't Just A Little Rash

Measles is a serious respiratory disease (in the lungs and breathing tubes) that causes a rash and fever. It is very contagious. In rare cases, it can be deadly. From January 1 to May 24, 2019, 940** individual cases of measles have been confirmed in 26 states. This is the greatest number of cases reported in the US since 1994 and since measles was declared eliminated in 2000.

What are the Symptoms of Measles? Measles start with a fever that can get very high. Some of the other symptoms that may occur are:

- ☐ Cough, runny nose, and red eyes
- ☐ Rash of tiny, red spots that start at the head and spread to the rest of the body
- ☐ Diarrhea
- ☐ Ear infection



Talk to your MD about which vaccines are right for you and your family.

** (as of May 2019)

SOURCE: CDC.GOV/MEASLES

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.inglewoodhealth.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

Teriyaki Salmon with Cauliflower Rice

Servings: 4

Ingredients:

2 Tbsp low-sodium soy sauce
1 Tbsp water
1 Tbsp. dry sherry or balsamic vinegar
1 Tbsp sesame oil
1 teaspoon white vinegar
1/2 teaspoon no-calorie sweetener (approx. 2 packets)
1 teaspoon fresh minced garlic (1 large clove)
1 teaspoon fresh, minced ginger (about a 2-inch piece)
4 (6-ounce) wild salmon fillets, skin removed
1 head cauliflower (roughly chopped)
1/2 white onion, peeled and roughly chopped
1 teaspoon canola oil
1/8 teaspoon salt
1 cup chopped, fresh cilantro leaves
1 teaspoon sesame seeds
2 scallions (finely chopped)



Directions:

- In a heatproof 8-inch by 8-inch baking pan, add the marinade ingredients: soy sauce, water, sherry, sesame oil, white vinegar, Splenda, garlic, and ginger. Use a fork to gently combine ingredients. Add salmon fillets on their side. Cover with foil and marinate in the refrigerator at least 1 hour and up to 24 hours.
- When ready to cook the salmon, remove the fish from the fridge and preheat oven to 450 degrees F.
- Meanwhile, trim and discard the leaves from the cauliflower. Roughly chop the cauliflower florets and the peeled onion. Add to the bowl of a food processor in batches, pulsing until the mixture resembles couscous. (The key to getting the correct consistency is to not overload the food processor.) Transfer mixture to a medium bowl until all the cauliflower rice has been made.
- Place the baking pan with the salmon in the preheated oven and bake until salmon is almost fully cooked, about 10 to 12 minutes, depending on thickness. Increase the heat to broil (or turn on broiler) and broil the salmon another 2 to 4 minutes to brown. Fish is done when easily flaked with a fork.
- Meanwhile, warm canola oil in a large nonstick pan over medium-high heat. Add cauliflower. Season with salt and, stirring frequently, cook until cauliflower mixture is tender, about 5 to 6 minutes. Remove from heat and stir in cilantro. Transfer cauliflower to a platter.
- Use a spatula to transfer the salmon fillets onto cauliflower. Pour teriyaki sauce from the pan over the salmon. Garnish salmon with sesame seeds and scallions. Serve.

Quick Tips:

Cooking Tip:

Using a Microplane is one of the quickest ways to take peeled garlic and ginger and grate it into a mince.

Keep it Healthy:

Confused by the salmon choices at the seafood counter? Remember that wild salmon not only has less calories than farm-raised salmon but also has almost half the amount of saturated fat.

Tip:

This teriyaki marinade can be used for other protein, like chicken breasts. Add marinade and 1 1/4 pounds thinly sliced skinless, boneless chicken breasts into a Ziploc bag. Marinate in the refrigerator for a few hours. Warm a large nonstick pan over medium-high heat, adding chicken, marinade, and 1/3 cup water. Saute chicken, turning frequently, until fully-cooked, about 6 to 7 minutes.