



February is Heart Month, which means it's all about learning how to keep your heart healthy and prevent heart disease. When people talk about heart disease, they are usually talking about **coronary heart disease (CHD)**. It's

also called **coronary artery disease (CAD)**. This is the most common type of heart disease. When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Plaque is caused by:

- ♥ Too much fat and cholesterol in the blood
- ♥ High blood pressure
- ♥ Smoking
- ♥ Too much sugar in the blood (diabetes)

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

What is a heart attack?

A **heart attack** happens when blood flow to the heart is suddenly blocked. Don't ignore changes in how you feel. Talk to your doctor if you feel unusually tired for several days, or if you develop any new health problems (like pain or trouble breathing). It's also important to talk to your doctor if existing health issues (like pain) are bothering you more than usual.

SOURCE: health.gov

Benefits of Quitting Smoking



One of the best ways to **reduce your risk of coronary heart disease** is to avoid tobacco smoke. **Don't ever start smoking. If you already smoke, QUIT.** No matter how much or how long you've smoked, quitting will benefit you. Also, **try to avoid**

secondhand smoke. Don't go to places where smoking is allowed. Ask friends and family members to not smoke in the house and car. Quitting smoking will benefit your heart and blood vessels, and it can lower your risk of heart disease.

SOURCE: nhbi.nih.gov

B.Y.O.B.



Bring Your Own Medicine Bottles

each and every time you come to our office. This is **IMPORTANT** so that we can update your chart.

Have Unused Prescription Medicines?



Dispose of your unused and/or expired medications anonymously in secured drug drop boxes 7 days/week, 365 days/year via **Project Medicine Drop** program.

To learn more, call **800-242-5846** or visit

<https://www.NJConsumerAffairs.gov/meddrop>

Q-U-O-T-E-S · t-o · L-I-V-E · b-y ·

“Life takes you to unexpected places.

L♥ve brings you **h♥me**.

Low Vision Awareness Month



Low Vision is a visual impairment, not corrected by standard eyeglasses, contact lenses, medication, or surgery, which interferes with the ability to perform everyday activities. An important part of any doctor–patient relationship is effective communication.

What questions should I ask my eye care team?

- What changes can I expect in my vision?
- Will my vision loss get worse? How much of my vision will I lose?
- Will regular eyeglasses improve my vision?
- What medical/surgical treatments are available for my condition?
- What can I do to protect or prolong my vision?
- Will diet, exercise, or other lifestyle changes help?
- If my vision can't be corrected, can you refer me to a specialist in low vision?
- Where can I get vision rehabilitation services?

Questions to ask your specialist in low vision:

- How can I continue my normal, routine activities?
- Are there resources to help me in my job?
- Will any special devices help me with daily activities like reading, sewing, cooking, or fixing things around the house?
- What training and services are available to help me live better and more safely with low vision?
- Where can I find individual or group support to cope with my vision loss?

The sooner vision loss or eye disease is detected by an eye care professional, the greater your chances of keeping your remaining vision.

SOURCE: nei.nih.gov



Shared Decision Making

High Blood Pressure - "Should I Take Medicine?"

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

REMINDER: **Did you schedule your annual check-up?**

♥ **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 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

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

♥ A Healthy Valentine's Day Treat

Chocolate Avocado Chia Pudding

Creamy avocado and chia seeds add a healthy boost to this delicious pudding dessert.

Ingredients

2 medium ripe **avocados** (peeled, pitted)
1/2 cup unsweetened **almond milk**
1/4 cup unsweetened **Dutch-process cocoa powder**
1/4 cup fat-free, plain **Greek yogurt**
3 **Medjool dates** (pitted)
1 teaspoon **vanilla extract**
2 Tbsp **chia seeds**
1/4 cup plus 2 tablespoons unsalted chopped almonds or walnuts (optional)

Directions

In a food processor or blender, process all the ingredients except the almonds until smooth. Transfer the pudding to serving dishes. Cover and refrigerate for at least 1 hour to allow the chia seeds to thicken. Just before serving, sprinkle with the almonds if desired.



Nutrition Facts

Calories 129 Per Serving
Protein 3g Per Serving
Fiber 5g Per Serving

Nutrition Facts	
Calories	129
Total Fat	6.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.5 g
Cholesterol	0 mg
Sodium	22 mg
Total Carbohydrate	16 g
Dietary Fiber	5 g
Sugars	9 g
Protein	3 g

Dietary Exchanges

1 fruit, 1 vegetable, 1 fat