



The **thyroid gland**, located in the front of the neck just below the Adam's apple, takes iodine from the diet and makes thyroid hormone. Thyroid hormone affects a person's physical energy, temperature, weight and mood. *Thyroid diseases generally*

*fall into two broad groups of disorders: abnormal function and abnormal growth* (nodules) in the gland. Most thyroid problems can be detected and treated. **Functional disorders** are usually related to the gland producing too little thyroid hormone (hypothyroidism) or too much thyroid hormone (hyperthyroidism). **Benign nodules** in the thyroid gland are common and do not usually cause serious health problems. These nodules occur when the cell growth within the nodule is abnormal. **Thyroid cancers** are much less common than benign nodules. With treatment, the cure rate for thyroid cancer is more than 90 percent.

**Checking for Thyroid Disease.** The doctor considers the patient's medical history, examines the thyroid and may order a blood test or other diagnostic tests. A standard physical examination of the thyroid gland is done by palpation – that is, feeling the thyroid gland.

**Testing for Thyroid Function.** There are two standard blood tests of thyroid function: the measurement of thyroid hormone, usually T4, and the measurement of thyrotropin (TSH). TSH is a hormone secreted from the pituitary gland that controls how much thyroid hormone the thyroid makes.

Abnormal blood tests usually reveal thyroid function problems and not the presence of thyroid nodules or cancer.

**If you are concerned or experience thyroid disease symptoms, you should see your doctor for a thyroid evaluation.**

SOURCE: <https://www.cdc.gov>



**This New Year, make your well-woman exam the one resolution you keep.**

Most cervical cancers are caused by human papillomavirus (HPV), a common virus that is passed from person to person during sex.

**Two screening tests can help prevent cervical cancer.** The **Pap test** looks for cell changes on the cervix that might become cervical cancer if they are not treated, and the **HPV test** looks for the virus that can cause these cell changes.

HPV vaccines can protect women against the types of HPV that cause most cervical cancers. The most important thing you can do to help prevent cervical cancer is to get screening tests regularly starting at age 21. Early cervical cancer may not cause symptoms. Advanced cervical cancer may cause abnormal vaginal bleeding or discharge. **If your test results are not normal, talk to your doctor. Cervical cancer is highly curable when found and treated early.**

<https://www.cdc.gov/dotw/cervical-cancer/>



**Glaucoma** is a group of diseases that can damage the optic nerve in the eye. The optic nerve is the part of the eye that sends electrical impulses for sight to the brain. If left untreated, glaucoma can cause permanent vision loss or blindness.

An eye care professional can determine whether a person has glaucoma through a **comprehensive dilated eye exam**. During this exam, drops are put into the eyes to enlarge the pupils. The eye care professional is then able to see more of the inside of the eye to check for signs of damage to the optic nerve. A dilated eye exam is important because screening for eye pressure alone is not enough to detect glaucoma.

SOURCE: <https://www.nei.nih.gov/glaucoma>



## Shared Decision Making

### Low Back Pain – Should I have MRI?

Discuss this option with your MD 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.



## Have Unused Prescription Medicines?



Dispose of your unused and 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



**WHAT YOU DO EACH DAY IS IMPORTANT BECAUSE YOU ARE EXCHANGING A DAY OF YOUR LIFE FOR IT.**

**HAPPY NEW YEAR!**

## Did you get your Flu Shot?

Please call **201 567 3370** to schedule your appointment.

## 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](mailto: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](http://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](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515

# Healthy Recipe

## Budget-Friendly Cilantro Lime Roasted Chicken

Cilantro and lime make a fresh and zesty flavor combination in this chicken dish.

Prep time: 5 min

Cook time: 50 min

Servings: 6 Servings

Serving size: 1/2 breast, 1 thigh, or 1 wing

### Ingredients

Nonstick cooking spray

whole chicken (cut into 8 pieces), 2 1/2 lbs

cilantro (chopped), 2 tbsp

lime (zested and juiced), 1

honey, 1 tbsp

garlic (minced), 2 cloves

black pepper, 1/2 tsp

salt, 1/2 tsp (optional)



### Directions

Preheat oven to 375 degrees F. Coat a baking dish with cooking spray.

Remove the skin from the chicken and arrange in a single layer in the baking pan.

In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground black pepper and salt (optional).

Pour the mixture evenly over the chicken and bake for 45-50 minutes or until the internal temperature of the largest piece of chicken is 165 degrees.