

## Breast Cancer: What You Need to Know



**Breast Cancer** is the second most common kind of cancer in women. It is a disease in which cells in the breast grow out of control.

**Breast Cancer Screening** means checking a woman's breasts for cancer before she has any symptoms. A **mammogram** is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**Symptoms.** Some warning signs of breast cancer are—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. **If you have any signs that worry you, speak with your doctor right away.**

**Did You Know?** **National Mammography Day** is observed the 3rd Friday of October since 1993. This year, it will be celebrated on **October 18.**

**Are you due for a Mammogram? Please ask your MD.**

SOURCE: CDC.GOV

## Depression is Not a Normal Part of Growing Older



**Depression** is a true and treatable medical condition, not a normal part of aging. However, older adults are at an increased risk for experiencing depression.

- We know that about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited.
- An older adult's symptoms of depression may be seen as just a natural reaction to illness or the life changes that may occur as we age, and therefore may not see the depression as something to be treated. Older adults themselves often share this belief and do not seek help because they don't understand that they could feel better with appropriate treatment.

**If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.**

SOURCE: CDC.GOV

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**“ Do the best you can until you know better. Then when you know better, do better. ”**

— MAYA ANGELOU

## Domestic Violence Awareness Month



**Domestic Violence** is a serious violent crime that includes both physical and emotional abuse. It is frequently hidden from public view.

Many victims suffer in silence, afraid to seek help or not knowing where to turn.

The traumatic effects of domestic violence also extend beyond the abused person, impacting family members and communities.

Children often witness the violence or become victims themselves.

**Stalking** is a common and very dangerous tactic used by perpetrators of domestic violence, and can pose challenges for victims seeking help.

**If you are in an unhealthy or abusive relationship, GET HELP.**

### Hotlines:

<b>National Domestic Violence Hotline</b>	1-800-799-SAFE (7233) 1-800-787-3224 (TTY)
<b>National Sexual Assault Hotline</b>	1-800-656-HOPE (4673)
<b>National Teen Dating Abuse Helpline</b>	1-866-331-9474 1-866-331-8453 (TTY)
<b>National Victims of Crime Hotline</b>	1-855-4-VICTIM (855-484-2846)

SOURCE: Department of Justice | DOJ.GOV



## Shared Decision Making: High Blood Pressure - "Should I take medicine?"

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



CDC recommends a **yearly flu vaccine** as the first and most important step in protecting against influenza and its potentially serious complications.

**Schedule your appointment to get a Flu vaccine.**



## 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

## Baked Mozzarella Cheese Bites with Easy Marinara Sauce

**Servings:** 4 Cheese bites

### Ingredients:

#### For the Baked Mozzarella Bites:

- 2 1/2 Tbsp cornstarch
- 1 1/2 cups whole-wheat panko breadcrumbs
- 2 large egg whites
- 2 Tbsp water
- 1/4 tsp freshly ground black pepper
- 6 (1-ounce) sticks fat-free mozzarella string cheese  
each one cut into 4 pieces)

#### For the Easy Marinara Sauce:

- 1 1/2 cups coarse-grain, no-salt-added, no-sodium, strained tomatoes OR
- 1 1/2 cups low-sodium, jarred, crushed tomatoes
- 2 1/2 tsp salt-free Italian seasoning
- 1/4 tsp ground black pepper



### Directions:

#### For the Baked Mozzarella Bites:

- Preheat the oven to 425°F. Prepare a baking sheet by lining with foil and coating with cooking spray.
- Add the cornstarch and panko breadcrumbs separately into their own large zip-top bags. In a shallow dish, whisk together egg whites, water, and pepper. Remove each string cheese from its plastic, and cut each one into 4 pieces.
- To bread the cheese, add a handful of cheese pieces into the zip-top with cornstarch; shake to coat or let your child do the shaking action. Next, transfer the cheese pieces to the egg mixture, coating each one entirely with egg. Last, transfer the cheese to the zip-top bag with breadcrumbs, shaking until each cheese piece is fully coated with breadcrumbs. Place on prepared baking sheet. Repeat the breading process until each cheese piece is coated.
- Cook in the oven just until the cheese begins to melt and ooze out of 1 or 2 bites, about 5 to 6 minutes.
- Serve mozzarella bites with marinara sauce to dip.

#### For the Easy Marinara Sauce:

- Add all the ingredients into a medium heavy-duty pot and stir together to combine.
- Warm over medium-high heat, stirring occasionally, until marinara is warm, around 5 minutes. Cover and keep on low to keep warm until serving.

### Quick Tips:

**Cooking Tip:** To keep a baked coating on a slippery food like the string cheese, a dip first in cornstarch holds it all together. Try it out when coating other foods, like chicken breasts.

**Keep it Healthy:** Remember this easy-to-make marinara sauce for your next pasta dinner, which is just a combination of strained/crushed tomatoes and spices. Warm on the stovetop or just heat in the microwave. It has more flavor and less sodium, sugar, or preservatives than a jarred marinara.

**Tip:** Can't find fat-free mozzarella sticks? Use part-skim or 2 percent mozzarella string cheese.

Nutrition Facts	
Calories	104
<b>Total Fat</b>	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	5 mg
<b>Sodium</b>	240 mg
<b>Total Carbohydrate</b>	14 g
Dietary Fiber	1 g
Sugars	3 g
<b>Protein</b>	11 g

**Dietary Exchanges**  
1 lean meat, 1 starch

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