



Cholesterol 101

Cholesterol is a waxy substance. It's not inherently "bad." In fact, your body needs it to build cells. But too much cholesterol can pose a problem.

Why Cholesterol Matters. Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That's why it's important to have your cholesterol tested, so you can know your levels. The cholesterol test checks your levels of:

- **Low-density lipoprotein (LDL) or "bad" cholesterol.**
 - **High-density lipoprotein (HDL) or "good" cholesterol.**
 - **Triglycerides**, a type of fat in your blood that your body uses for energy.
 - **Total cholesterol**, the total amount of cholesterol in your blood based on your HDL, LDL, and triglycerides numbers.
- Too much of the bad kind, or not enough of the good kind, increases the risk that cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain.

When it comes to cholesterol, this is what to remember: check, change and control. That is:

- ✓ **Check your cholesterol levels.** It's key to know your numbers.
- ✓ **Change your diet and lifestyle** to help improve your levels.
- ✓ **Control your cholesterol**, with help from your doctor if needed.

The more risk factors you have and the more severe they are, the more your overall risk is compounded.

SOURCE: American Heart Association

HEALTHY AGING: Make Vision a Health Priority



Getting an eye exam is more important now than ever before, because as you get older, you are at a higher risk of developing several age-related eye diseases and conditions, including—diabetic retinopathy, age-related macular degeneration, cataract, and glaucoma. In fact, the only way to detect them before they become serious and cause vision loss is through a **comprehensive dilated eye exam**. Fortunately, if your eye care professional catches and treats these conditions early, he or she can protect your eyesight.

What is a Dilated Eye Exam? During this exam, drops are placed in the eyes to dilate or widen the pupils (the round opening in the center of the eye). The eye care professional uses a special magnifying lens to examine the retina (the light-sensitive tissue at the back of the eye) and optic nerve (the bundle of fibers that send signals from the retina to the brain) for signs of damage and other eye problems.

Reminder: Get a Comprehensive Dilated Eye Exam

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“ Your Life is your story. Write it well. Edit often.

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



Prostate Health Month & Prostate Awareness Month



What is the Prostate? The prostate is a part of the male reproductive system, located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra. It produces fluid that makes up part of semen.

Should you get screened for prostate cancer?

The answer is different for each man. Before getting screened for prostate cancer, learn about the possible benefits and harms of screening so that you can make the best choice for you. **Talk to your doctor about your personal risk for prostate cancer to figure out what is right for you.**

What is Prostate Cancer Screening? The goal of screening for prostate cancer is to find cancer early that may spread if not treated. Screening for prostate cancer begins with a blood test called a **prostate specific antigen (PSA)** test. PSA is a substance your prostate makes. This test measures the level of PSA in your blood. Your PSA level may be high if you have prostate cancer. Remember, your PSA level may be high for many reasons, such as having an enlarged prostate, a prostate infection, or taking certain medicines.

☐ Talk to your doctor. *If you are thinking about being screened, you and your doctor should consider—*

- If you have an increased risk of getting prostate cancer.
- If you have any health problems that may make it harder for you to be treated for prostate cancer if it is found, or that may make you less likely to benefit from screening.
- How you feel about the possible benefits and harms of screening, diagnosis, and treatment.

SOURCE: CDC.GOV



Shared Decision Making: "Should I have a PSA (Prostate Specific Antigen) Test?"

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

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

Baked Oat-Crusted Chicken Fingers with Sweet Mustard Sauce

Servings: 6

Ingredients:

2 cups quick-cooking oats (also called instant oats)
3 teaspoons sodium-free Italian seasoning blend
2 teaspoons garlic powder
1/8 teaspoon salt
1/4 teaspoon ground black pepper
3/4 cup whole-wheat panko breadcrumbs
3 large egg whites
2 Tbsp water
1 1/2 lb skinless, boneless chicken breast tenders
1/2 cup fat-free sour cream
2 Tbsp yellow mustard
2 packets no-calorie sweetener (about 1/2 teaspoon)
1 to 2 teaspoons prepared horseradish (optional)



Directions:

- Preheat the oven to 450 degrees F. Place a wire baking rack onto a medium-sized baking sheet; coat the baking rack with cooking spray.
- Into the bowl of a food processor, add oats, Italian seasoning, garlic powder, salt, and pepper. Pulse until finely ground, about 30 seconds to 1 minute. Transfer oats to a large Ziploc bag, and add in panko breadcrumbs. Seal Ziploc bag and gently shake to combine.
- Into a shallow dish, add egg whites and water. Whisk together with a fork to combine.
- Bread each chicken tender: Working 2 to 3 chicken fingers at a time, add into the oat mixture, coating both sides; dip into the egg whites making sure to let excess liquid drip off, and then dredge again in the oat mixture. Place on the prepared baking sheet. Repeat until all the chicken tenders are coated.
- Bake in the oven until chicken is fully cooked and crust is golden and crunchy, around 20 minutes. To check for doneness, cut into the thickest chicken tender to make sure there is no pink.
- Meanwhile, in a small bowl, add sour cream, mustard, Splenda, and (optional) horseradish. Thoroughly mix together with a spoon.
- Remove chicken tenders from the oven, let cool slightly, and serve with the sauce.

Quick Tips:

Cooking Tip:

This oat-coating technique can also be used to create a healthy side dish of zucchini “fries.” Trim the ends of 3 to 4 medium zucchinis. Cut each one in half vertically and then quarter each half horizontally so each zucchini yields 8 wedges. Bread as directed in the chicken recipe, placing cut side down onto a baking sheet. Cook until tender in 450 degrees F oven, about 15 minutes depending on size.

Keep it Healthy:

Yellow mustard has the lowest sodium of all the mustard varieties. It's the best choice, especially when using in large quantities in a recipe, like potato salad.

Tip:

While the food processor is being used to grind up the oats and spices, consider grinding all the oats in the container. Transfer ground seasoned oats back into the container to have on hand when any breading needs arise for a quick way to go a healthy route.