



The Connection Between Stroke, High Blood Pressure & Dementia

■ Why is controlling my blood pressure so important?

High blood pressure can lead to stroke, heart attack, and even dementia. Keeping your blood pressure in a normal range can reduce your risk for all three.

■ How does high blood pressure lead to dementia?

If your blood pressure stays high, over time it can damage blood vessels in the brain. These damaged blood vessels can cause strokes which reduce oxygen to the brain and may lead to dementia.

■ How do I keep my blood pressure normal?

- ✓ Talk to your doctor about your risk for stroke, heart disease, and dementia.
- ✓ Make a plan with your doctor to control your blood pressure and other risk factors.
- ✓ Take high blood pressure medicine as prescribed by your doctor. Do not stop the medication even if you feel well.

SOURCE: MINDYOURRISKS.NIH.GOV

Acting **F.A.S.T.** is Key for Stroke

Acting F.A.S.T. can help stroke patients get the treatments they desperately need. The stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms. *If you think someone may be having a stroke, do the following simple test:*



F—Face: Ask the person to smile.

Does one side of the face droop?



A—Arms: Ask the person to raise both arms.

Does one arm drift downward?



S—Speech: Ask the person to repeat a simple phrase.

Is the speech slurred or strange?



T—Time: If you see any of these signs, call 9-1-1

right away.

- ✓ **Note the time when any symptoms first appear.** This information helps health care providers determine the best treatment for each person. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.

SOURCE: CDC.GOV/STROKE

HELP STOP CORONAVIRUS – DO THE FIVE

- ① **HANDS** Wash them often.
- ② **ELBOW** Cough into it.
- ③ **FACE** Don't touch it.
- ④ **SPACE** Keep safe distance.
- ⑤ **HOME** Stay if you can.



SOURCE: GOOGLE/COVID-19



May 10  Happy Mother's Day

For all you do and all you are, we I♥ve you.



Simple Tips for Healthy Eyes

- ✓ **Have a comprehensive dilated eye exam.** It is the only way to check for many eye diseases early on, when they are easier to treat.
- ✓ **Maintain your blood sugar levels.** Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol.
- ✓ **Know your family's eye health history.** Be sure to tell your eye doctor if any eye diseases run in your family.
- ✓ **Eat right to protect your sight.** Eat plenty of dark, leafy greens and fish high in omega-3 fatty acids.
- ✓ **Maintain a healthy weight.** It can lower your risk of health conditions that can cause eye health or vision problems.
- ✓ **Wear protective eyewear.** Safety glasses and goggles, safety shields, and eye guards are specially designed to provide the correct protection for the activity you are engaged in.
- ✓ **Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body.
- ✓ **Wear your shades.** Look for ones that block out 99 to 100% of both UV-A and UV-B radiation.
- ✓ **Do the 20-20-20 rule to reduce eyestrain.** Every 20 minutes, look away about 20 feet in front of you for 20 seconds.
- ✓ **Clean your hands and your contact lenses properly.** Always wash your hands thoroughly before putting in or taking out your contact lenses to avoid risk of infection.
- ✓ **Practice workplace eye safety.** Wear appropriate protective eyewear at all times when it is required as part of your job, and encourage your coworkers to do the same.

SOURCE: CDC.GOV

..... Q-U-O-T-E-S .. to .. L-I-V-E .. by ..



**Nothing in life is to be feared,
it is only to be understood.**

**Now is the time to understand more,
so that we may fear less.**

—MARIE CURIE

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.**

Top Questions About Healthy Weight and Women

What is a healthy weight? The answer is different for everyone. It's important to know what a healthy weight is for you. Your weight — whether too high or too low — can affect your ability to get pregnant or can cause problems during pregnancy. Women often gain and lose weight differently, so the steps you need to take to lose weight may be different from the steps someone else needs to take.

Q: How do I know if I'm at a healthy weight?

A: You can use the body mass index (BMI) to find out whether your weight is in a healthy or unhealthy range. BMI is a tool that uses your height and weight to estimate body fat.

Another way to figure out if you have a healthy weight is to measure your waist circumference (the distance around your waist). Women with a waist circumference larger than 35 inches are at higher risk for many health problems caused by overweight or obesity.

Q: What are the health effects for women who are at an unhealthy weight?

A: Underweight, overweight, and obesity raise your risk for many serious health problems:

- **Menstrual cycle problems.** Losing too much weight can cause periods to be less regular or stop completely.
- **Osteoporosis.** Underweight increases your risk of osteoporosis, a condition that causes bones to become weak and break easily.
- **Depression.** Studies show that depression is more common in women who are underweight than women who are at a healthy weight.

- **Breathing problems.** Women who have overweight or obesity may develop sleep apnea.
- **Cancer.** Women who have overweight or obesity are more at risk for 13 different kinds of cancer.
- **Diabetes.** Extra weight makes you twice as likely to get diabetes.
- **Heart and brain problems.** Overweight and obesity increase your risks for heart disease, stroke, high blood pressure, and high cholesterol.
- **Pregnancy problems.** If you have underweight, overweight, or obesity, it may be more difficult to get pregnant. Overweight and obesity can also cause complications during pregnancy.

Q: What can make it more likely that I'll gain weight?

A: Things that can affect your weight include:

- **Genes and family background.** Obesity tends to run in families. But there is not one “fat” gene.
- **Metabolism.** A woman's metabolism (how fast the body “burns” calories) may change throughout her life, such as with the hormonal changes that happen during puberty, pregnancy, and menopause.
- **Age.** Your metabolism may slow down as you get older.
- **Trauma.** Women who experience serious negative events during childhood, such as abuse, are more likely to have obesity as adults.

- **Medicines.** Some medicines, such as those for mental health conditions, sleep, and high blood pressure, can cause weight gain or make it difficult to lose weight.
- **Sleep.** Not getting enough high-quality sleep can lead to weight gain.

Q: What are some tips for successful weight loss?

A: How quickly you gain or lose weight can be very different from other people based on your specific genes, biology, and past. Try some or all of the following tips to help:

- Set realistic goals. Talk to your doctor or nurse about your goals and ways to achieve them.
- Plan your meals ahead of time, and cook more at home.
- Focus on eating healthy foods. Getting calories mostly from lean protein, whole grains, and fruits and vegetables may help you lose weight safely.

- Track your food and fitness. Include the calories that you drink each day.
- Limit screen time. Get moving instead!
- Make sure you get enough sleep, and manage stress, which can make weight gain more likely.

Q: When should I talk to a doctor or nurse about my weight?

A: If you are worried about your weight, or if you have underweight, overweight, or obesity, talk to your doctor or nurse.

Your doctor or nurse will ask you questions and may do tests to learn more about what is causing your weight gain or loss. Your doctor or nurse may suggest healthy eating changes and physical activity to help you reach a healthy weight.

For more information...

For more information about healthy weight, call the OWH Helpline at 1-800-994-9662 or contact the following organizations:

Centers for Disease Control and Prevention (CDC), HHS

1-800-232-4636 • www.cdc.gov/healthyweight/losing_weight/index.html

U.S. Department of Agriculture Food and Nutrition Information Center

301-504-5755 • www.nal.usda.gov/fnic/weight-and-obesity

ChooseMyPlate.gov

www.choosemyplate.gov/physical-activity.html

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), NIH, HHS

1-800-860-8747 • www.niddk.nih.gov/health-information/communication-programs/win

All materials contained on these pages are free of copyright restrictions and may be copied, reproduced, or duplicated without permission of the Office on Women's Health in the Department of Health and Human Services. Citation of the source is appreciated.

Content last updated: January 8, 2018.



www.facebook.com/HHSOWH



www.twitter.com/WomensHealth



www.youtube.com/WomensHealthgov

www.womenshealth.gov | 1-800-994-9662



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.

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.

Support Groups @ Holy Name Medical Center

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)

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.

Local Support Group - Miscellaneous

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.

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

Cleaning And Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.**

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water
- **Alcohol solutions with at least 70% alcohol.**

Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



cdc.gov/coronavirus

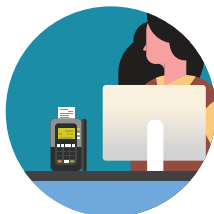
- **Laundry items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA's criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, and remote controls.**
- Consider putting a **wipeable cover** on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items

- Laundry items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can be washed with other people's items.**
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Remove gloves**, and wash hands right away.



Clean hands often

- **Wash your hands** often with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



When Someone is Sick

Bedroom and Bathroom

Keep **separate bedroom and bathroom for a person who is sick** (if possible)

- The person who is sick should stay separated from other people in the home (as much as possible).
- **If you have a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.



- Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and [EPA-registered disinfectants](#). If they feel up to it, the person who is sick can clean their own space.
- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- See [precautions for household members and caregivers](#) for more information.
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- **Clean hands** after taking off gloves or handling used items.



Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

