



## Learn About Cholesterol

**National Cholesterol Education Month** is a good time to get your blood cholesterol checked and take steps to lower it if it is high. It is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

**Getting your Cholesterol Checked.** High cholesterol usually has no signs or symptoms. The only way to know whether you have high cholesterol is to get your cholesterol checked. Your health care team can do a simple blood test, called a “**lipid profile**,” to measure your cholesterol levels.

**What Happens during a Cholesterol Test?** The test or screening requires a simple blood draw. *Be sure to ask your doctor how to prepare for the test.*

The cholesterol test checks your levels of:

- **Low-density lipoprotein (LDL)** or “**Bad**” cholesterol. Having high levels of LDL cholesterol can lead to plaque buildup in your arteries and result in heart disease or stroke.
- **High-density lipoprotein (HDL)** or “**Good**” cholesterol. HDL is known as “good” cholesterol because high levels can lower your risk of heart disease and stroke.
- **Triglycerides**, a type of fat in your blood that your body uses for energy. The combination of high levels of triglycerides with low HDL cholesterol or high LDL cholesterol levels can increase your risk for heart attack and stroke.
- **Total Cholesterol**, the total amount of cholesterol in your blood based on your HDL, LDL, and triglycerides numbers.

**What do the Numbers Mean?** Cholesterol is measured in **milligrams per deciliter (mg/dL)**.

Your doctor will look at your cholesterol numbers, along with your family history, age, gender, and other parts of your lifestyle or health, such as smoking, that could raise your risk for high cholesterol. This complete picture helps your doctor determine whether you should take steps, such as lifestyle changes or cholesterol-lowering medicine, to lower your risk for heart disease and stroke.

- Talk to your health care team about your health history and how often you need to have your cholesterol checked.

SOURCE: CDC.GOV

“ **EDUCATION** is **NOT** the learning of facts  
**BUT** the training of the mind to **THINK**.

— ALBERT EINSTEIN



(3) **Ws:**

- 1- **WEAR** A MASK
- 2- **WASH** YOUR HANDS  
(AT LEAST 20 SECONDS)
- 3- **WATCH** YOUR DISTANCE  
(AT LEAST 6 FEET)



## Thyroid 101

The **thyroid gland** (also called simply the **thyroid**) is located in front of the neck. It looks sort of like a butterfly with one wing on each side of the neck. The thyroid is important in many ways for

keeping your body healthy. It sends out certain chemicals (hormones) that help control many activities in the body, such as breathing and pumping blood.

**What Causes Thyroid Cancer?** Scientists are not completely sure what causes thyroid cancer, but some things that may make getting thyroid cancer more likely include—

- Getting too much radiation around the neck area, especially when you are young.
- Having certain genetic conditions inherited from parents.

**What are the Symptoms of Thyroid Cancer?**

- A lump or swelling on the side of the neck is the most common symptom.
- Having trouble breathing.
- Having trouble swallowing.
- Having a hoarse voice.

These symptoms can also come from other conditions. *If you have any of these symptoms, talk to your doctor right away. Don't wait until the symptoms get worse.*

**How Can I Reduce My Risk of Thyroid Cancer?**

To lower the risk of thyroid cancer, avoid unnecessary exposure to radiation, including radiation from medical imaging procedures, especially in young children, and especially around the head and neck.

SOURCE: CDC.GOV

✓ **The FLU shot is more important than ever.**

**Did You Know?** **September** is recognized as **Prostate Health Month** and **Prostate Cancer Awareness Month**

- Discuss your personal risk for prostate cancer with your MD.



## 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.**

# 1



An illustration of a person with red hair wearing a blue t-shirt, holding a smartphone. The phone screen shows a profile icon and the text 'Share your location with your contacts'. Three circular icons representing other people are shown around the person, connected by dashed lines, indicating a network or sharing feature.

This means that your personal and medical information will be kept private.

## 2

**Self-isolation helps slow the spread of COVID-19** and can keep your family, friends, and community safe.

# 3

3

**cdc.gov/COVID19**

## CONTACT TRACING: WHAT TO EXPECT IF YOU MAY HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

1

If you have been in close contact with someone who has COVID-19, a public health worker will call you to inform you that you may have been exposed to COVID-19.



Any information you share with public health workers is **CONFIDENTIAL**.

This means that your personal and medical information will be kept private.

2

You should stay at home and self-quarantine for 14 days, starting from the last day you were possibly exposed to COVID-19.

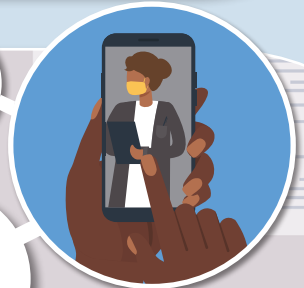


Self-quarantine means **staying home, monitoring your health, and maintaining social distancing** (at least 6 feet) from others at all times.

3

The **public health worker can provide information** about COVID-19 testing in your area.

If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.

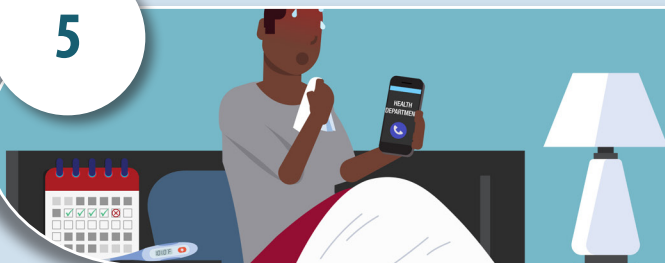


4

You should take your temperature twice a day, watch for fever and other symptoms of COVID-19, and notify your health department if you develop symptoms.



5



If you become ill during the 14 days of self-quarantine, you should notify the health department and seek medical care if your symptoms worsen or become severe. Emergency warning signs include **trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.**

**We can all work together to help slow the spread of COVID-19.**

Do your part to keep your family and your community safe: **Answer the call to slow the spread.**



# **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.

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



# Four Things YOU Can Do to Prevent Falls:

## Talk openly with your healthcare provider about fall risks & prevention.



- ✓ Tell a provider right away if you fall, worry about falling, or feel unsteady.
- ✓ Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.
- ✓ Ask your provider about taking vitamin D supplements to improve bone, muscle, and nerve health.

## Exercise to improve your balance and strength.



- ✓ Exercises that improve balance and make your legs stronger, lower your chances of falling. It also helps you feel better and more confident. An example of this kind of exercise is Tai Chi.
- ✓ Lack of exercise leads to weakness and increases your chances of falling.
- ✓ Ask your doctor or healthcare provider about the best type of exercise program for you.

## Have your eyes and feet checked.



- ✓ Once a year, check with your eye doctor, and update your eyeglasses, if needed. You may have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.
- ✓ Also, have your healthcare provider check your feet once a year. Discuss proper footwear, and ask whether seeing a foot specialist is advised.

## Make your home safer.



- ✓ Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- ✓ Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- ✓ Keep items you use often in cabinets you can reach easily without using a step stool.
- ✓ Have grab bars put in next to and inside the tub, and next to the toilet.
- ✓ Use non-slip mats in the bathtub and on shower floors.
- ✓ Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- ✓ Have handrails and lights installed on all staircases.
- ✓ Wear well-fitting shoes with good support inside and outside the house.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**STEADI** Stopping Elderly Accidents,  
Deaths & Injuries