



5 Tips for a Healthy Vacation

☀️ Avoid Tanning, Be Sun Safe

Wear a broad spectrum sunscreen that protects against **UVA** and **UVB** rays, and choose an SPF of 15 or higher. Choose sunglasses labeled with a UVA/UVB rating of 100% to get the most UV protection.

Consider wearing a hat and clothing that covers skin exposed to the sun. Also try to stay in the shade under an umbrella. You may be tempted to “pre-tan” before a beach vacation. But the lamps in these beds emit ultraviolet radiation that can be more intense and harmful than the sun. Know that spray-on tanning or bronzing products are not UV protective.

☀️ **Check Medications Before You Go:** Know what medications you’ll need while on vacation. Check that you have enough to last the trip. Keep your medicine with you when traveling. And keep a detailed list of what you’re taking and note the phone number of your health care provider. If you need to seek medical care while you’re away, this information will be helpful.

☀️ **Be Careful With Contact Lenses:** If you wear contact lenses, be sure you have the supplies you need to last the trip. Wash your hands before touching lenses and use sterile solution. Remember to bring glasses in case your eyes become irritated.

☀️ **Think Twice About Getting Tattoos or Henna on Vacation** Getting a tattoo can put you at risk for serious infections like HIV or hepatitis if you are exposed to unclean tools, practices, or products. Plus, tattoo inks can cause allergic or otherwise bad reactions.

☀️ **Stay Hydrated and Eat Healthy:** Dehydration happens when your body does not have as much water and fluids as it should. It can be mild, moderate, or severe. So avoid getting dehydrated and try to make healthy food choices. SOURCE: FDA.GOV



Tips to Reduce the Risk of Prescription Opioid Addiction

- **Do not share medication with others.** Only take prescription medication that is prescribed to you.
- **Take medication as directed by your doctor.** Never take opioids in greater amounts or more often than prescribed.

■ **Keep medicines in a safe and secure place.** It’s best to store opioids in a place that is locked, like a keyed medicine cabinet or drawer, to keep them secure from children, family, friends, and visitors.

■ **Properly discard expired or unused prescription opioids.** Remove them from your home as soon as possible to reduce the chances of misuse. *To get rid of them safely:*

- Find a medicine take-back option near you.
- Check with your pharmacist to see if you can return unused medication to the pharmacy. SOURCE: CDC.GOV

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



COVID-19 | Why Get Vaccinated?

- ✓ Building defenses against COVID-19 is a team effort. And you are a key part of that defense.
- ✓ Getting the COVID-19 vaccine adds one more layer of protection for you, your family, your coworkers, and your community.



There are Vaccines You Need as an Adult

- Adults need to keep their vaccinations up to date because *immunity from childhood vaccines can wear off over time.*
- You are also at *risk for different diseases as an adult.*
- Vaccination is one of the *most convenient and safest preventive care measures available.*

All adults need: ✓ **Influenza (flu) vaccine every year**
✓ **Td or Tdap vaccine**

You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. **Talk to your healthcare professional about which vaccines are right for you.** SOURCE: CDC.GOV /VACCINES



Secondhand Smoke

Secondhand smoke and the harmful chemicals in it are known causes of sudden infant death syndrome, respiratory infections, ear infections, and asthma attacks in infants and children. They are also known causes of heart disease, stroke, and lung cancer in adult nonsmokers. SOURCE: CDC.GOV



STRONG PEOPLE STAND UP FOR THEMSELVES. BUT THE STRONGEST PEOPLE STAND UP FOR OTHERS.

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.**

3 Important Reasons For Adults to Get Vaccinated

You may not realize you need vaccines throughout your adult life. Vaccines are important to your health and here are three reasons why.



1. You may be at risk for serious diseases that are still common in the U.S.

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other responsibilities.

3. You can protect your health and the health of those around you by getting the recommended vaccines.

Vaccines lower your chance of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.

Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a vaccine preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine preventable diseases.

Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What vaccines do you need?

All adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles

Getting Vaccinated

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a vaccine provider near you, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover the cost of recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers. If you do not have health insurance, visit www.healthcare.gov to learn more about health coverage options.

DON'T WAIT. VACCINATE!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

3 Important Reasons For Adults to Get Vaccinated



Diseases and the vaccines that help prevent them	How the disease can affect you
Influenza “Flu” Seasonal flu vaccine	Fever or feeling feverish/chills, cough, headache, runny or stuffy nose, sore throat, muscle or body aches, and fatigue (very tired), and some people may have vomiting and diarrhea, though this is more common in children than adults. Disease Complications: Pneumonia (infection in the lungs), worsening of chronic health conditions, hospitalization, possibly resulting in disability, or even death
Hepatitis A Hep A vaccine	Fever, tiredness, stomach pain, loss of appetite, vomiting, jaundice (yellowing of skin and eyes), and dark urine; however, there may be no symptoms. Disease Complications: Liver failure; arthralgia (joint pain); and kidney, pancreatic, and blood disorders
Hepatitis B Hep B vaccine	Flu-like illness with loss of appetite, fever, tiredness, weakness, nausea, vomiting, jaundice, and joint pain; however, there may be no symptoms. Disease Complications: Chronic liver infection, liver failure, and liver cancer
Human Papillomavirus (HPV) HPV vaccine	Frequently, there are no symptoms for years until cancer appears. Disease Complications: Cervical, vaginal, and vulvar cancers in women; penile cancer in men; and genital warts and anal and oropharyngeal cancers in both women and men.
Measles MMR vaccine	Fever, runny nose, cough and a rash all over the body. Disease Complications: Ear infection, pneumonia, swelling in the brain due to infection, or even death
Meningococcal Disease Meningococcal vaccines	Nausea, vomiting, stiff neck, fever, headache, increased sensitivity to light, confusion, tiredness, and rash. Disease Complications: Brain damage, loss of arms or legs, loss of hearing, seizures, strokes, or even death
Pneumococcal Disease Pneumococcal vaccines	Fever, chills, difficulty breathing, chest pain, stiff neck, earache, increased sensitivity to light, and cough. Disease Complications: Infections of the lung, middle ear, or sinuses, heart problems, brain damage, loss of hearing, loss of arms or legs, or even death
Shingles Zoster vaccine	Painful rash on one side of the face or body, which blisters and then typically scabs, headache, fever, chills, and upset stomach. Disease Complications: Severe pain that can last for months or years after the rash goes away, pneumonia, loss of eyesight and hearing, or even death
Tetanus Td/Tdap vaccines	Serious, painful spasms and stiffness of all muscles, lockjaw (difficulty opening mouth), difficulty swallowing or breathing, muscle spasms, and fever. Disease Complications: Broken bones, breathing difficulty, or even death
Whooping Cough (Pertussis) Tdap vaccines	Prolonged cold symptoms (cough and runny nose) leading to violent coughing or choking making it hard to breathe, drink, or eat. Disease Complications: Rib fractures, pneumonia, or even death

For a full list of all diseases that can be prevented by vaccines, visit: www.cdc.gov/vaccines/vpd-vac

Traveling overseas? There may be additional vaccines you need.
Find out at: www.cdc.gov/travel

Talk with your healthcare professional to make sure you are up to date with the vaccines recommended for you.

For more information on vaccines, visit www.cdc.gov/vaccines/adults or use the Adult-Vaccine Assessment Tool at www2.cdc.gov/nip/adultimmsched/ to find out which vaccines you may need.

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Healthy Habits = Healthy Eyes

If you wear contact lenses, keep your eyes healthy and prevent eye infections by following these tips:

YOUR HABITS



Wash and dry your hands before touching your contact lenses.



Don't sleep in your contact lenses (unless your eye doctor tells you otherwise).



Avoid wearing contact lenses while showering, swimming, or using a hot tub.

YOUR SUPPLIES



Rub and rinse your contact lenses with solution each time you clean them. Never use water or spit!



Use only the solution your eye doctor tells you to use.

Only use fresh disinfecting solution in your case—don't mix new with old.



Never store your contact lenses in water.



Replace your contact lenses as often as your eye doctor says.

Rub and rinse your case every day with solution, dry with a clean tissue, and store upside down with the caps off.



Get a new case at least every three months.

YOUR EYE DOCTOR



Visit your eye doctor once a year—or more often if needed.



Ask questions about how to care for your lenses and case.



Take out your contact lenses and call your eye doctor if you have eye pain, red eyes, or blurred vision.

YOU ONLY
HAVE ONE
PAIR OF
EYES, SO
TAKE CARE
OF THEM!

www.cdc.gov/contactlenses



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

And remember: always be prepared! Carry a pair of glasses in case you need to take out your contact lenses.



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HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away—heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



Support Groups @ Englewood Hospital

Englewood Hospital Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at

<https://www.inglewoodhealth.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