



6 Strategies to Live a Heart-Healthy Lifestyle

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

1. **Learn your Health History:** Know your risks and talk to your family and doctor about your health history.
2. **Eat a Healthy Diet:** Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.
3. **Move More, Sit Less:** Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.
4. **Quit Smoking:** Start your quit plan today! Take the first step and call. 1-800-QUIT-NOW for FREE support.
5. **Take Medicines as Directed:** If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.
6. **Rethink Your Drink:** Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

SOURCE: CDC.GOV



What is AMD?

Age-related Macular Degeneration (AMD), is a leading cause of vision loss for Americans age 50 and older. It affects central vision, where sharpest vision occurs, causing difficulty conducting daily tasks such as driving, reading, and recognizing faces.

Symptoms of AMD: There may be no symptoms until the disease progresses or affects both eyes. **Vision changes due to AMD are:**

- ♥ Difficulty seeing in the center of your vision, which is needed for reading, sewing, cooking, looking at faces, and driving
- ♥ Trouble seeing in dim light
- ♥ Straight lines start to appear wavy, blurry or missing
- ♥ Fading and/or changes in the appearance of colors

How is AMD Diagnosed? The key to slowing or preventing vision loss is regular eye exams. It is important to maintain a routine schedule of eye exams even if there are no noticeable vision problems.

SOURCE: PREVENT BLINDNESS



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in suicidal crisis or emotional distress.

(1-800-273-8255

"Grief, tragedy and hatred are only for a time. Goodness, remembrance and love have no end."

- GEORGE W. BUSH

HAPPY VALENTINE'S DAY

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

FIGHT FLU



Protect Yourself & Your Loved Ones. Get a Flu Shot.
Make an appointment to schedule your **flu shot** today.



What are Eating Disorders?

Eating disorders are real, complex, bio-psycho-social diseases that can have serious consequences for health, productivity and relationships. They are not fads, phases, or lifestyle choices. These disorders can be life-threatening if not recognized and treated

early and appropriately. The most common eating disorders are **anorexia nervosa**, **bulimia nervosa** and **binge eating disorder**.

What are the Warning Signs of an Eating Disorder?

- ♥ Preoccupation with weight, food, calories, dieting, and/or body image.
- ♥ Development of abnormal, secretive, extreme, or ritualized food or eating habits.
- ♥ Withdrawal from usual friends and activities.
- ♥ Evidence of binge eating, such as the disappearance of a large amount of food.
- ♥ Evidence of purging behaviors, including frequent trips to the bathroom after meals, self-induced vomiting, periods of fasting or laxative, diet pill, or diuretic abuse.
- ♥ Compulsive or excessive exercising.
- ♥ Discoloration or staining of the teeth.
- ♥ Feelings of isolation, depression, anxiety, or irritability.

While the signs listed may indicate an eating disorder, they are not all-inclusive. If you are concerned about someone and they are not demonstrating these warning signs, speak with them or seek professional guidance. SOURCE: NEDA



"Are you OK?" Care for yourself one small way each day.

- ♥ Find new ways to safely connect with family and friends.
- ♥ Take breaks to relax and unwind through yoga, music or hobbies.
- ♥ Treat yourself to healthy foods and get enough sleep.
- ♥ Take care of your body and get moving to lessen fatigue, anxiety, or sadness.

SOURCE: CDC/COVID-19

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.**



Learn What a Heart Attack Feels Like— It Could Save Your Life.

This fact sheet tells you about heart attack signs. It also tells you what to do if you are having any of these signs.

Take these steps. They could save your life.

1. Know the signs of a heart attack.
2. Understand that heart attacks are not all the same.
3. Act fast.
4. Call 9–1–1.

Know the heart attack warning signs.



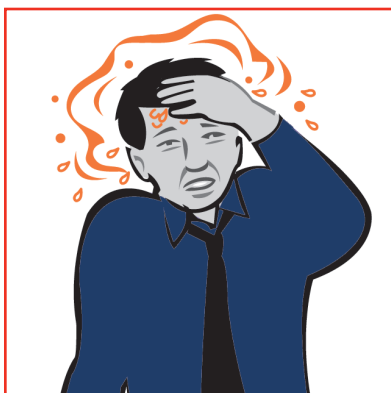
Your chest hurts or feels squeezed.



One or both arms, your back, shoulders, neck, or jaw may hurt.



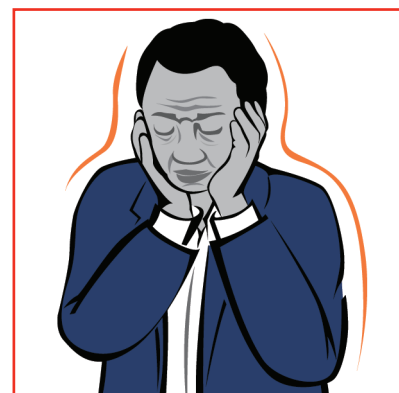
You may feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach, or your stomach may hurt.



You may feel really, really tired.



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

Understand that heart attacks are not all the same.



Some heart attacks are sudden. Other heart attacks start slowly. Your pain and other signs may go away and come back. You may not be sure if you are having a heart attack. **Don't wait, check it out right away.**

Act fast. Call 9-1-1.



Call 9-1-1 if you think you may be having a heart attack. Don't wait! If you can't call, ask a family member or friend to call 9-1-1.



Do not drive yourself to the hospital. The ambulance will come as fast as it can. Ambulance workers will start life-saving medicines and other treatments right away.

To help survive a heart attack, take these steps:

1. Know the signs of a heart attack.
2. Understand that heart attacks are not all the same.
3. Act fast.
4. Call 9-1-1.



U.S. Department of Health and Human Services
National Institutes of Health



National Heart
Lung and Blood Institute



Preventing Heart Attacks and Strokes



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

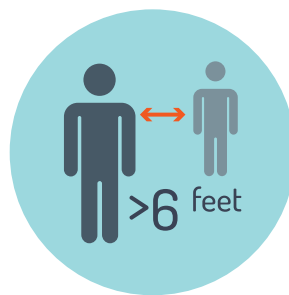
Seabrook House is multi-level premier inpatient and outpatient facility, internationally recognized, and accredited by CARF (Commission on Accreditation of Rehabilitation Services), alcohol and drug rehabilitation center. Each facility offers every level of inpatient and outpatient care from partial 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

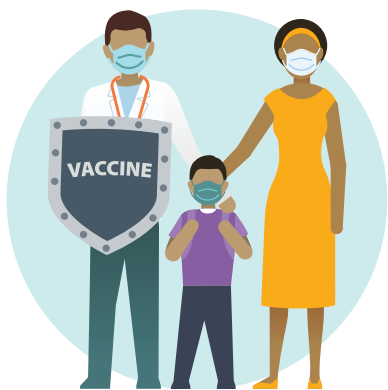
Facts about COVID-19 vaccines

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



www.cdc.gov/coronavirus/vaccines



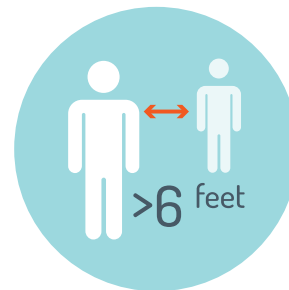
The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

Having these types of side effects does NOT mean that you have COVID-19. If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.



When you get the vaccine, you *and* your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



Even after you get your vaccine, you will need to keep wearing a mask that covers your nose **and** mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**