



Questions to Ask Your Doctor About Colorectal Cancer

✓ Know Before You Go

The U.S. Preventive Services Task Force that adults age 50 to 75 get screened for colorectal cancer. The decision to get screened after age 75 should be made on an individual basis.

Several screening tests can be used to find polyps or colorectal cancer. The benefits and risks of these screening methods vary. Discuss with your doctor which test is best for you, and check with your insurance provider to find out which tests are covered by your insurance plan, and how much you will have to pay.

✓ Ask Your Doctor

Do I need to get a screening test for colorectal cancer?

- 1 What screening test(s) do you recommend for me? Why?
- 2 How do I prepare? Do I need to change my diet or my usual medication before taking the test?
- 3 What's involved in the test? Will it be uncomfortable or painful?
- 4 Is there any risk involved?
- 5 When and from whom will I get results?

If you're having a colonoscopy or sigmoidoscopy, you will want to know—

- 1 Who will do the exam?
- 2 Will I need someone with me?

SOURCE: CDC.GOV



Poison Prevention Tips:

- Keep medicines and household products in their original containers, away from food items.
- Read the labels on all medicines and household products and follow all directions.


- Regularly dispose of medicines that are expired or you no longer use.
- Keep medicines and household products: UP. AWAY. And OUT OF SIGHT.
- Buy products with child-resistant packaging—but remember, nothing is child-proof! That means a child could still open these products if given enough time.
- Teach children to never put anything in their mouth unless they ask a grown-up.
- Have a working carbon monoxide detector in your home

SOURCE: AAPCC (American Association of Poison Control Centers)



When accidents happen with medicine or chemicals, call the **Poison Help line:**

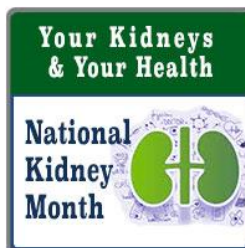
1-800-222-1222

*May the blessings of each day
Be the blessings you need most.* 

-IRISH BLESSING



Masks work best when everyone wears one.
When we all wear masks, we take care of each other.



Keep Your Kidneys Healthy

Your kidneys aren't very big—each is about the size of your fist—but they do important work. They keep you healthy by maintaining just the right balance of water and other substances inside your body. Unfortunately, if your kidneys start to malfunction, you might not realize it for a long while.

Kidney disease usually doesn't make you feel sick until the problem becomes serious and irreversible.

Protect Your Kidneys

If you're at risk for kidney disease—especially if you have diabetes, high blood pressure, or a family history of kidney failure—talk to your health care provider to choose the best steps for you.

- ✿ Get your blood and urine checked for kidney disease.
- ✿ Learn to manage your diabetes, high blood pressure or heart disease.
- ✿ Take medicines the way your provider advises.
- ✿ Cut back on salt. Aim for less than 1,500 mg of sodium daily.
- ✿ Choose foods that are healthy for your heart.
- ✿ Be physically active.
- ✿ Lose weight if you're overweight.
- ✿ Limit alcohol.
- ✿ If you smoke, take steps to quit.

✓ Don't wait to take the first step to keep your kidneys healthy. Talk to your health care provider about your kidneys, and ask if you should be tested for kidney disease.

SOURCE: NIH (National Institutes of Health)



Thank you for the dedication, sacrifices and hard work YOU provide for the care of others.



DID YOU KNOW? Mar 14, 2021 | Daylight Saving Time Starts

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.**

GET THE FACTS:

Sodium and the Dietary Guidelines



The U.S. government recently released the newest version of *Dietary Guidelines for Americans*, a research-based guide designed to help Americans make healthier food choices.

What Do the 2015–2020 Guidelines Say About Sodium?

The problem of eating too much sodium is covered in the report:

- The *2015–2020 Dietary Guidelines for Americans* recommend that Americans consume less than 2,300 milligrams (mg) of sodium per day as part of a healthy eating pattern.
- Based on these guidelines, the vast majority of adults eat more sodium than they should—an average of **more than 3,400 mg** each day.

Eating too much sodium puts Americans at risk for developing serious medical conditions, like high blood pressure, heart disease, and stroke.

So, what does all of this mean for you and your family? And what steps can you take to reduce sodium?

Sodium Can Add Up Quickly

The first thing to know is that the salt you use at the dinner table is **not** the biggest sodium contributor in the American diet. In fact, the majority of the sodium Americans consume—more than 70%—is found in **processed food and restaurant meals**.

And don't let your taste buds fool you. Foods like grains, baked goods, and meats may not taste salty, but they add up to major sources of daily sodium because they are eaten so often.

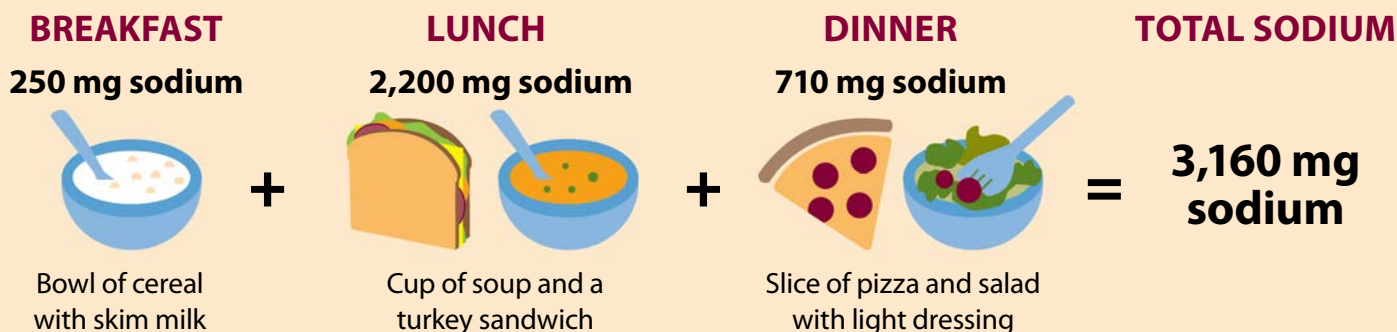
The majority of Americans' daily sodium intake comes from grains and meat, and other top contributors include processed poultry, soups, and sandwiches.

Depending on your food choices, it doesn't take much to consume more sodium than recommended.

- One slice of **bread** can contain anywhere from 80 to 230 mg of sodium, and a slice of **frozen pizza** can contain between 370 and 730 mg.
- Some **breakfast cereals** contain 150 to 300 mg of sodium before milk is added.

SODIUM ADDS UP QUICKLY

Not all foods are high in sodium. But when you combine foods with varying levels as part of your daily diet, sodium can add up quickly.



GET THE FACTS:

Sodium and the Dietary Guidelines



- **Canned soups** and soups served in restaurants can contribute high amounts of sodium.
- **Processed tomato products** and **salad dressings** often include salt and other ingredients that contain sodium.
- **Many snack foods**—chips, crackers, and pretzels—contain several hundred milligrams of sodium per serving.

Tips for Shopping Smarter

The more you know about the food you eat, the better the decisions you can make for yourself and your family.

- **Eat more fresh fruits and vegetables and low-fat dairy.** Research shows that foods low in sodium and high in potassium can help reduce blood pressure and the risk for other serious conditions. Examples include bananas, dried apricots, and spinach. Low- or no-fat yogurt, beans other than green beans, and potatoes are also low in sodium and high in potassium.
- When eating frozen and canned vegetables, choose no salt added or low sodium versions, or choose frozen varieties without sauce.



In addition to low sodium foods, eating high-potassium foods can help lower your blood pressure.

- When buying processed foods, read nutrition labels and **choose products with less sodium.**
 - Note how many milligrams of sodium are in each serving—and how many servings are in the package.
 - Foods that contain **35 mg** or less per serving are **very low in sodium.** Foods that contain **140 mg** or less per serving are defined as **low sodium.**
- **Check processed meat and poultry,** which are often “enhanced” with salt water or saline.
- Opt for lower sodium or no salt added breads, crackers, and cereals.

Tips for Cooking at Home

- **Use lemon juice and salt-free herbs and spices,** such as garlic and pepper, to flavor your food instead of sauces and prepackaged seasonings.
- Limit added salt while cooking, and taste food first before salting at the table.

Tips for Eating Out

- **Chain restaurants often put nutritional information online.** Check ahead to find the lower sodium options.
- Ask restaurants not to add salt to your meal, and use sauces and condiments only in small amounts.
- **Reduce your portion size**—less food means less sodium. For example, ask the server to put half of your meal in a take-out container before it comes to your table, or split an entree with someone else.
- Ask your favorite restaurants, stores, and food manufacturers to offer more low sodium options.

Learn more at www.cdc.gov/salt

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov • Web: www.cdc.gov

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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

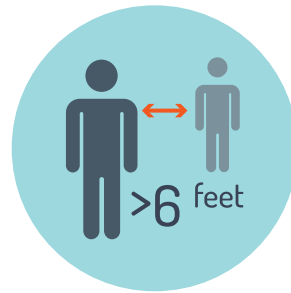
Seabrook House is multi-level premier inpatient and outpatient facility, internationally recognized, and accredited by CARF (Commission on Accreditation of Rehabilitation Services), alcohol and drug rehabilitation center. Each facility offers every level of inpatient and outpatient care from partial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

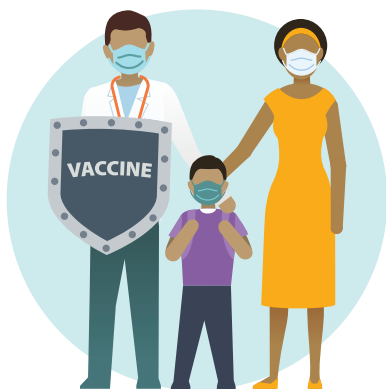
What to Expect Handout

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

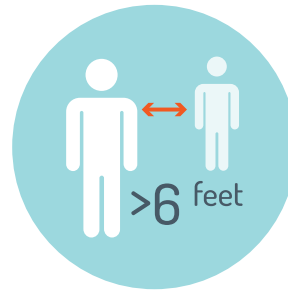


The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

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.**