



### Risk Factors of a Stroke

Stroke prevention is the best medicine. The most important treatable conditions linked to stroke are:

■ **High blood pressure: *Treat it.***

Eat a balanced diet, maintain a healthy weight, and exercise to reduce blood pressure.

■ **Cigarette smoking: *Quit.*** Medical help is available to help quit.

■ **Heart disease: *Manage it.*** Your doctor can treat your heart disease and may prescribe medication to help prevent the formation of clots.

■ **Diabetes: *Control it.*** Treatment can delay complications that increase the risk of stroke.

■ **Transient Ischemic Attacks (TIAs): *Seek help.*** TIA are small strokes that last only for a few minutes or hours. They should never be ignored and can be treated with drugs or surgery.

SOURCE: NIH (National Institutes of Health)



### Sunscreen

How you use sunscreen, and what other protective measures you take, make a difference in how well you are able to protect yourself and your family from sunburn, skin cancer, early skin aging and other risks of overexposure to the sun.

Some key sun safety tips include:

- ✓ **Limit time in the sun**, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- ✓ **Wear clothing to cover skin exposed to the sun**, such as long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- ✓ **Use broad spectrum sunscreens with SPF values of 15 or higher** regularly and as directed.
- ✓ **Reapply sunscreen at least every two hours**, and more often if you're sweating or jumping in and out of the water.

#### How to Apply Sunscreen

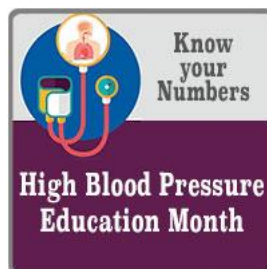
- **Apply 15 minutes before you go outside.** This allows the sunscreen (of SPF 15 or higher) to have enough time to provide the maximum benefit.
- **Use enough to cover your entire face and body** (avoiding the eyes and mouth). An average-sized adult or child needs at least one ounce of sunscreen (about the amount it takes to fill a shot glass) to evenly cover the body from head to toe. **Frequently forgotten spots:** Ears, nose, lips, back of neck, hands, tops of feet, along the hairline, areas of the head exposed by balding or thinning hair
- **Know your skin.** Fair-skinned people are likely to absorb more solar energy than dark-skinned people under the same conditions.

SOURCE: FDA (Food and Drug Administration)

The *capacity to care* is what gives *life* its *deepest significance*.



Wear a mask correctly and consistently for the best protection.



### Blood Pressure

Measure your blood pressure regularly to help your health care team diagnose any health problems early. You and your health care team can take steps to control your blood pressure if it is too high.

#### Why Do I Need to Measure My Blood Pressure?

**Measuring your blood pressure is the only way to know whether you have high blood pressure.** High blood pressure usually has no warning signs or symptoms, and many people do not know they have it.

#### What Affects a Blood Pressure Reading?

- **Nervousness about having your blood pressure taken.** This is called "white coat syndrome." As many as 1 in 3 people who have a high blood pressure reading at the doctor's office may have normal blood pressure readings outside of it.
- **What you ate, drank, or did before your reading.** If you smoked, drank alcohol or caffeine, or exercised within 30 minutes of having your blood pressure measured, your reading might be higher.
- **How you are sitting.** Crossing your legs and letting your arm droop at your side rather than rest on a table at chest height can make your blood pressure go up.

✓ **It's important to get an accurate blood pressure reading so that you have a clearer picture of your risk for heart disease and stroke.**

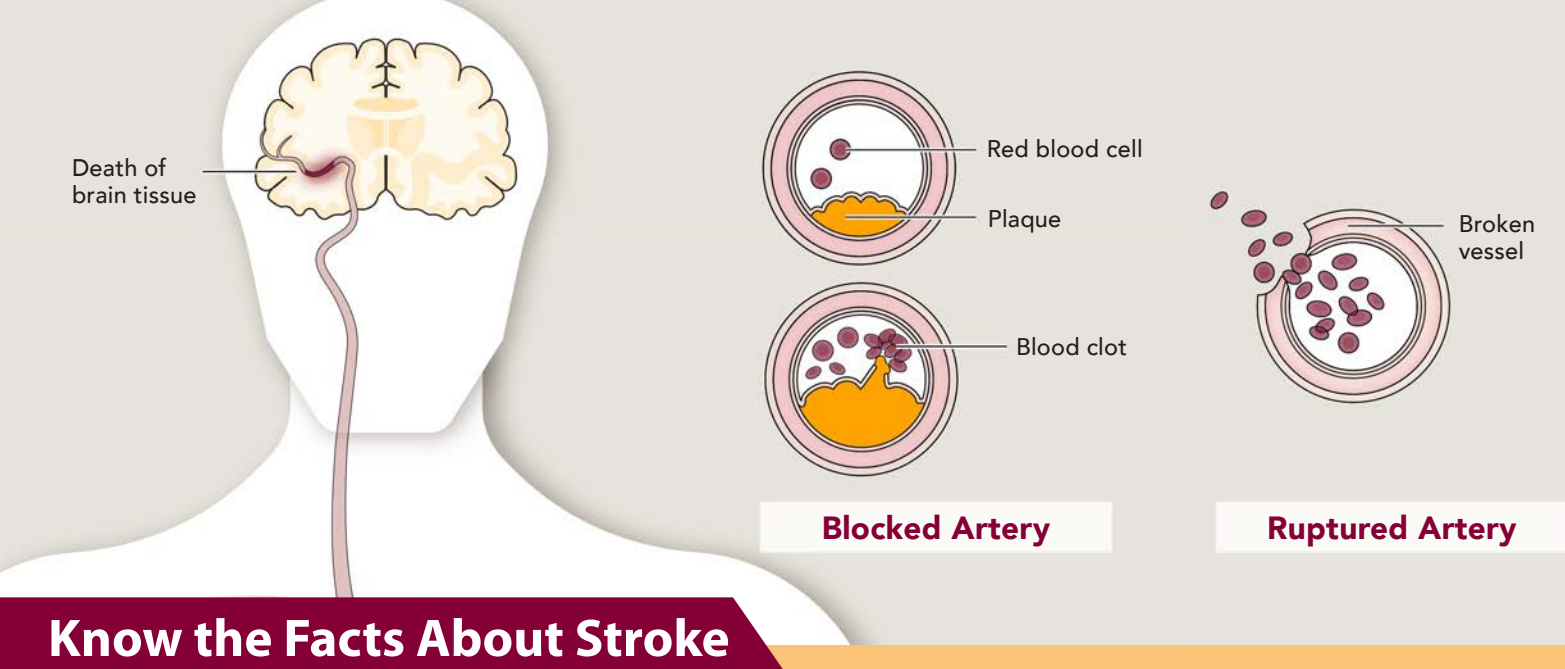
A reading that says your blood pressure is lower than it actually is may give you a false sense of security about your health. A reading that says your blood pressure is higher than it actually is may lead to treatment you don't need.

SOURCE: CDC.GOV

♥ HAPPY MOTHER'S DAY ♥

### 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.



## Know the Facts About Stroke

### What is stroke?

Stroke kills nearly 150,000 of the 860,000 Americans who die of cardiovascular disease each year—that's 1 in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, happens in one of two ways:

- **Ischemic stroke**—when the blood supply to the brain is blocked
- **Hemorrhagic stroke**—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Stroke is the fifth leading cause of death in the United States and the leading cause of serious long-term disability. This is disturbing because about 80% of strokes are preventable. You can greatly reduce your risk for stroke by making lifestyle changes to help control your blood pressure and cholesterol levels and, in some cases, by taking medication.

### Are you at risk?

Anyone, including children, can have a stroke at any time. Every year, about 800,000 people in the United States have a stroke—and about 1 out of 4 of those strokes are recurrent strokes. Having one stroke means you have a greater risk of having another (or recurrent) stroke.

Several factors that are beyond your control can increase your risk for stroke. These include your age, sex, and ethnicity. But there are many unhealthy habits, such as smoking, drinking too much alcohol, and not getting enough exercise, that you can change to lower your stroke risk. Using tobacco products and having high blood pressure, high cholesterol, diabetes, or obesity can also increase your risk for stroke. However, treating these conditions can reduce your risk. Ask your doctor about preventing or treating these medical conditions.

## If Stroke Happens, Act F.A.S.T.



### F—FACE DROOPING

Ask the person to smile. Does one side droop?



### A—ARM WEAKNESS

Ask the person to raise both arms. Does one arm drift downward?



### S—SPEECH DIFFICULTY

Ask the person to repeat a simple sentence. Are the words slurred?



### T—TIME TO CALL 9-1-1

If the person shows any of these signs, call 9-1-1 immediately.

## What are the signs and symptoms?

An easy way to remember the most common signs of stroke and how to respond is with the acronym **F.A.S.T.**:

- F** = Face drooping: Ask the person to smile. Does one side droop?
- A** = Arm weakness: Ask the person to raise both arms. Does one arm drift downward?
- S** = Speech difficulty: Ask the person to repeat a simple sentence. Are the words slurred?
- T** = Time to call 9-1-1: If the person shows any of these signs, call 9-1-1 immediately. Stroke treatment can begin in the ambulance.

Other common signs of stroke are

- Sudden dizziness, trouble walking, or loss of balance or coordination
- Sudden trouble seeing in one or both eyes
- Sudden severe headache with no known cause
- Sudden numbness of the face, arm, or leg
- Sudden confusion or trouble understanding others

If you think that you or someone you know is having a stroke, call 9-1-1 immediately. Stroke is a medical emergency, and stroke treatment and outcomes depend on how fast you get to the hospital and the type of stroke you had. When you are transported by ambulance, first responders may be able to start your treatment right away and can alert the hospital that a stroke patient is on the way. This notification gives the hospital's medical team time to prepare equipment and medicines you may need.

## How is stroke diagnosed?

Your doctor can perform several tests to diagnose stroke, such as brain imaging, including a magnetic resonance imaging (MRI) or computed tomography (CT) scan, tests of the brain's electrical activity, and blood flow tests.

## Can it be prevented?

High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling

it through lifestyle changes and medicine are critical to reducing stroke risks.

There are several steps you can take to reduce your risk for stroke:

- **Eat a healthy diet low in sodium with plenty of fruits and vegetables.** Tips on nutrition are available at CDC's [Division of Nutrition, Physical Activity, and Obesity](#) website.
- **Maintain a healthy weight.** CDC's [Healthy Weight](#) website includes information and tools to help you lose weight.
- **Be physically active.** Visit CDC's [Physical Activity](#) website for more information on being active.
- **Don't smoke, and avoid secondhand smoke.** CDC's [Office on Smoking and Health](#) website has information on quitting smoking.
- **Limit alcohol use.** See CDC's [Alcohol and Public Health](#) website for more information.
- **Prevent or manage your other health conditions,** especially high blood pressure, high cholesterol, diabetes, and obesity. Visit CDC's [High Blood Pressure](#), [Cholesterol](#), and [Diabetes](#) webpages on these conditions to learn more.

## How is it treated?

If you have a stroke, you may receive emergency care, treatment to prevent another stroke, rehabilitation to help you relearn the skills you may have lost because of the stroke, or all three. In addition, lifestyle changes, such as the ones listed above, can help lower your risk for future strokes. Talk with your doctor about the best ways to reduce your stroke risk, and always take medicines as prescribed.

## For More Information

Learn more about stroke at the following websites:

- CDC's [Division for Heart Disease and Stroke Prevention](#)
- [Paul Coverdell National Acute Stroke Program](#)
- [Million Hearts®](#)
- CDC *Vital Signs* report: [Preventing Stroke Deaths](#)
- [American Stroke Association](#)
- National Institute of Neurological Disorders and Stroke, [Mind Your Risks®](#) campaign



**Learn more by visiting [www.cdc.gov/dhdsp](http://www.cdc.gov/dhdsp)**



# DETECT Skin Cancer: Body Mole Map

Follow these instructions regularly to conduct thorough skin exams: **1.** Learn what to look for. **2.** Examine your skin. **3.** Record your spots. If you notice any new or changing spots, contact your dermatologist to make an appointment. If you don't have one, visit [aad.org/findaderm](http://aad.org/findaderm) to find a board-certified dermatologist in your area.

## 1 The ABCDEs of Melanoma What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



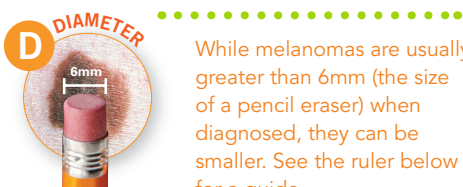
One half unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See the ruler below for a guide.

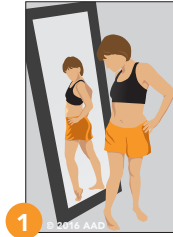


**Example:**



## 2 Skin Cancer Self-Examination How to Check Your Spots:

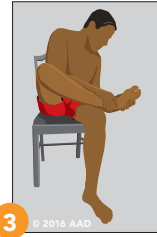
Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.



1 Examine body front and back in mirror, especially legs.



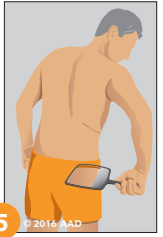
2 Bend elbows; look carefully at forearms, back of upper arms, and palms.



3 Look at feet, spaces between toes and soles.



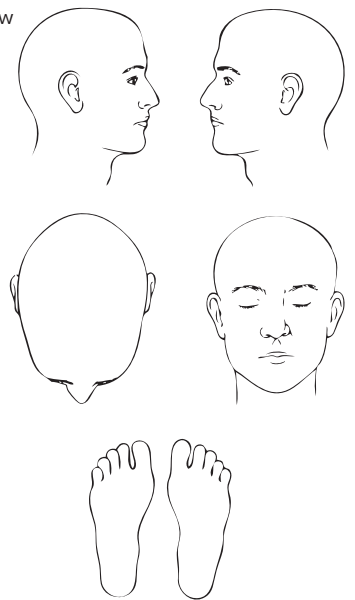
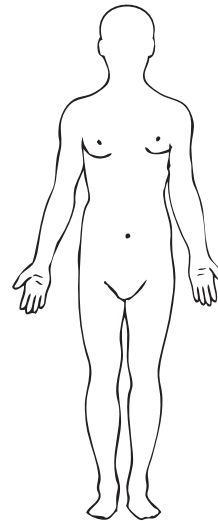
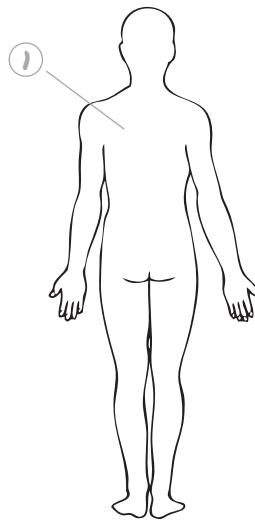
4 Examine back of neck and scalp with a hand mirror. Part hair and lift.



5 Finally, check back and buttocks with a hand mirror.

## 3 Record Your Spots

Make notes of your spots on the images below so you can regularly track changes.



MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of Mole	D Diameter/Size of Mole. Use ruler provided.	E How has mole changed?
1	OVAL, EVEN	JAGGED	PINK	1.5MM	YES, LARGER



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# **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](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