



Protect Your Vision from Diabetes

If you have diabetes, you are at risk for diabetic eye disease, which is a group of eye problems that can damage the eyes and lead to vision loss or even blindness.

These eye problems include: Cataract, Glaucoma, Diabetic Retinopathy. Finding and treating diabetic eye disease early, before it causes vision loss or blindness, is the best way to control it.

✓ **Have a dilated exam every year**, and follow these steps to keep your health on **T. R. A. C. K.**

T - Take your medications as prescribed by your doctor.

R - Reach and maintain a healthy weight.

A - Add more physical activity to your daily routine.

C - Control your ABC's—A1C, blood pressure, and cholesterol levels.

K - Kick the smoking habit.

SOURCE: NEI.NIH.GOV



Why is it Important to Take Antibiotics Only When They're Needed?

Antibiotics are important to treat infections and have saved countless lives. However, anytime antibiotics are used, they can cause side effects and contribute to antibiotic

resistance, one of the most urgent threats to the public's health. When antibiotics are needed, the benefits usually outweigh the risks of side effects or antibiotic resistance. However, too many antibiotics are prescribed unnecessarily and misused, which threatens the usefulness of these important drugs.

✓ *This is why it's important that we all **use antibiotics ONLY when we need them** to protect us from harms caused by unnecessary antibiotic use and to combat antibiotic resistance.*

SOURCE: CDC.GOV



• Holiday Hacks •

✓ Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut

calories and sugar by at least a third.

✓ Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.

✓ Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

SOURCE: CDC.GOV



THANK YOU...

FOR THE **FOOD BEFORE US**,
THE **FAMILY BESIDE US**,
AND THE **LOVE BETWEEN US**.

Our Shot at Returning to Normalcy



☐ COVID-19 Vaccines

- ✓ COVID-19 vaccines are effective at protecting you from getting sick even after you had COVID-19.
- ✓ Vaccination is an important tool to help us get back to normal.

☐ Influenza (Flu) Vaccine

- ✓ CDC recommends everyone six months and older get an annual flu vaccine.



Smoking & COVID-19

COVID-19 has many people feeling stressed, alone, or worried about their health. It's a lot to deal with if you're trying to stop smoking or stay smokefree if you've already quit. Not smoking (or using any tobacco products) is one of the best ways to protect and improve your health.

As a smoker, you or the people who care about you may be worried about a connection between COVID-19 and smoking. Scientists are still learning about the disease, but we know that:

- ◆ **Being a current smoker increases your risk for severe illness** from COVID-19.
- ◆ **Smoking weakens the immune system**, which makes it harder for your body to fight disease.
- ◆ **If you continue to smoke, you have a greater risk for respiratory infections** like pneumonia, colds, or flu.
- ◆ **COVID-19 impacts many of the same organs of the body as smoking**. For those with heart or lung disease caused by smoking, you are at increased risk for severe illness from COVID-19.

But there is good news! Soon after you stop smoking, your body begins to heal. No matter how old you are or how long you've been smoking, quitting smoking improves your health and can add years to your life.

SOURCE: SMOKEFREE.GOV

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.**

Seasonal Tips: Holidays

PoisonHelp.HRSA.gov • 1-800-222-1222



HRSA
Health Resources & Services Administration

Poison Help



Halloween

Treats

- Check all treats before your child eats them. Tell your child why doing this is important.
- Make sure your child eats treats ONLY if they are in their wrapper from the store. Throw away candy if wrappers are faded, have holes or tears, or if the candy has been unwrapped.
- Check fruit and homemade treats to make sure they are safe to eat. Allow your child to eat such items only if someone you know and trust offered them.
- Some treats (for example, chocolate) can be poisonous to pets.

Glow Sticks or Light Sticks

- Glow sticks, light sticks and other objects that glow sometimes break. Children can chew them open. While these chemicals are not very poisonous, the chemicals can irritate the skin and eyes. If swallowed, the chemicals can cause a burning feeling. Contact Poison Help (1-800-222- 1222) with any questions.

Makeup

- Some makeup products can cause mild to serious problems. When choosing Halloween makeup, look for makeup that is not poisonous (non-toxic).
- Wash skin with soap and water right away if a rash or other changes in the skin develop. Symptoms that could be expected from an allergy or sensitivity to a makeup product commonly include: swollen skin, small bumps on the skin, and itching.
- If any makeup is swallowed, treatment depends on the amount ingested, ingredients, and symptoms.



Thanksgiving

- Thaw turkey in the refrigerator. Allow 1–3 days for thawing. If there is less time, put the turkey in a plastic bag. Cover it with cold water. Keep ice in the water so it stays cold.
- Wash hands AFTER handling turkey or any meat.
- Stuffing should always be cooked and stored separately from turkey.
- Follow cooking directions for turkey on the label.
- Use a meat thermometer to test for doneness. Place the thermometer inside the thigh. Or place it in the thickest part of the breast. The turkey is done when the thermometer reads 165 degrees F at the minimum.
- Refrigerate turkey, gravy, and stuffing after your meal. They will quickly spoil if left out.



Holiday Decorations

- Most modern ornaments are made with non-poisonous materials. But ornaments more than 25 years old may contain lead.
- Make sure children don't put small ornaments in their mouths. Children can choke on them.
- Bulbs and tree lights may be poisonous if swallowed.
- Mistletoe berries can be poisonous if eaten in large numbers. If mistletoe is used in decorating, make sure children and pets can't reach it.
- Use fake snow only in a well-vented space. The fumes from this product can be dangerous.
- After the snow has dried, small amounts are not harmful if swallowed.



What You Need to Know About Diabetes and Adult Vaccines

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. People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases.

Getting vaccinated is an important step in staying healthy.



Why Vaccines Are Important for You

Diabetes, even if well managed, can make it harder for your immune system to fight infections. If you have diabetes, you may be at risk for more serious complications from an illness compared to people without diabetes.

- Some illnesses, like influenza, can raise your blood glucose to dangerously high levels. When you are sick, you need to monitor your blood sugar more often.
- People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures (blood sugar meters, finger stick devices, and other equipment such as insulin pens) have happened among people with diabetes.
- People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the lining of the brain and spinal cord).

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest ways for you to protect your health, even if you are taking prescription medications to control your diabetes.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Getting Vaccinated

You regularly see your provider for diabetes care, and that is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

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

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

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit www.cdc.gov/vaccines/adults.

What vaccines do you need?

Flu vaccine every year to protect against seasonal flu

Pneumococcal vaccines to protect against serious pneumococcal diseases

Hepatitis B vaccine series to protect against hepatitis B

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)

Zoster vaccine to protect against shingles if you are 50 years or older

There may be other vaccines recommended for you so be sure to talk with your healthcare professional about what is right for you.

DON'T WAIT. VACCINATE!



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



National Institute of Dental
and Craniofacial Research

Diabetes: Dental Tips



Diabetes can cause serious problems in your mouth. You can do something about it.

If you have diabetes, make sure you take care of your mouth. People with diabetes are at risk for mouth infections, especially periodontal (gum) disease. Periodontal disease can damage the gum and bone that hold your teeth in place and may lead to painful chewing problems. Some people with serious gum disease lose their teeth. Periodontal disease may also make it hard to control your blood glucose (blood sugar).

Other problems diabetes can cause are dry mouth and a fungal infection called thrush. Dry mouth happens when you do not have enough saliva—the fluid that keeps your mouth wet. Diabetes may also cause the glucose level in your saliva to increase. Together, these problems may lead to thrush, which causes painful white patches in your mouth.

If your diabetes is not under control, you are more likely to develop problems in your mouth. The good news is you can keep your teeth and gums healthy. By controlling your blood glucose, brushing twice a day, flossing regularly, and visiting the dentist for routine checkups, you can help prevent serious problems in your mouth.

Take steps to keep your mouth healthy. Call the dentist when you notice a problem.

If you have diabetes, follow these steps:

- Control your blood glucose.
- Brush twice a day and floss regularly.
- Visit a dentist for routine checkups. Be sure to tell the dentist that you have diabetes and give the dentist a list of any medications you take.
- Tell the dentist if your dentures (false teeth) do not fit right, or if your gums are sore.
- Quit smoking. Smoking makes gum disease worse. A physician or dentist can help you quit.

Take time to check your mouth regularly for any problems. Sometimes people notice that their gums bleed when they brush and floss. Others notice dryness, soreness, white patches, or a bad taste in the mouth. All of these are reasons to visit the dentist.

Remember, good blood glucose control can help prevent mouth problems.

For more copies contact:
National Institute of Dental
and Craniofacial Research
National Oral Health
Information Center
1 NOHIC Way
Bethesda, MD 20892-3500
1-866-232-4528
www.nidcr.nih.gov

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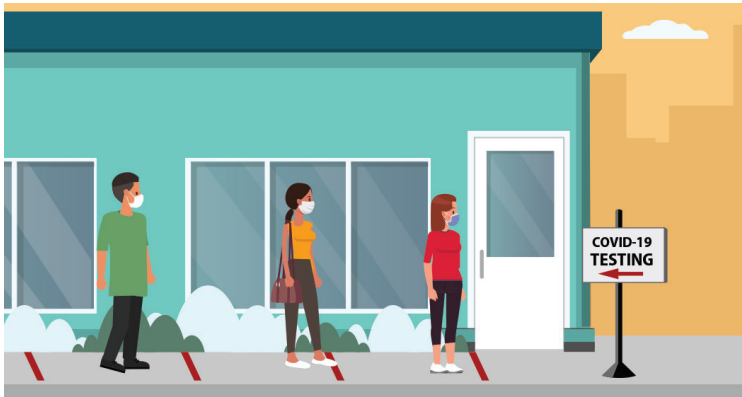
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August 2020

WHAT TO EXPECT WHEN GETTING TESTED

| COVID-19 |

Most COVID-19 tests use swabs to gather samples.

You can get your test results as quickly as 15 minutes or up to a few days, depending on the type of test.

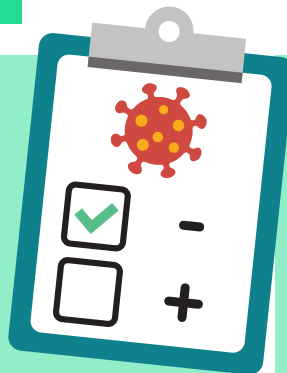


Some testing locations may be crowded. While you are waiting to get your test and results, wear a mask and stay at least 6 feet apart from others.

Your Results

If you test **NEGATIVE** for COVID-19, the virus was not detected.

- You are likely not infected.
- For more information about the types of COVID-19 tests and why you might have tested negative, go to www.cdc.gov/covidtesting.



If you test **POSITIVE** take [steps to protect others](#) regardless of your COVID-19 vaccination status.

- Isolate from others for at least 10 days since symptoms first appeared.
- Avoid contact with other members of your household and pets.



www.cdc.gov/covidtesting

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