

Women's Eye Health: Make it a Priority



Women are at Greater Risk Because:

- They live longer.
- They are at a greater risk for autoimmune diseases.
- They are more likely to undergo certain cancer treatments that may affect vision.
- They experience normal age-related hormonal changes that may affect their eyes.

5 Steps to Keep Your Eyes Healthy:

- 1 Get a **comprehensive dilated eye exam**.
- 2 Use **protective eyewear** during sports and other recreational activities.
- 3 Know your **family's eye health history**.
- 4 Wear **sunglasses that block out 99-100% of UVA/UVB rays**.
- 5 Live a **healthy lifestyle**:
 - ✓ Maintain a healthy weight
 - ✓ Eat healthy foods
 - ✓ Manage chronic health conditions
 - ✓ Don't smoke

SOURCE: National Institutes of Health (NIH) | National Eye Institute

Easy on the Eyes: If you spend a lot of time focusing on one thing, such as a computer screen, your eyes can get tired.



Try the 20-20-20 rule to reduce eyestrain:
every 20 minutes, look away about 20 feet in front of you for 20 seconds.

SOURCE: Center for Disease Control & Prevention (CDC) | Vision Health



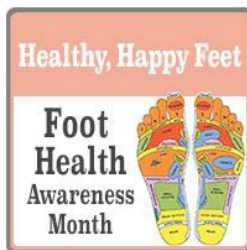
Feeling Overwhelmed? Ways to Manage Stress:

- ☐ **Be observant.** Recognize signs of excessive stress: difficulty sleeping, being easily angered or irritable, feeling depressed, and low energy.
- ☐ **Exercise regularly.** Just 30 minutes per day of walking can help boost your mood and reduce stress.
- ☐ **Schedule regular times for a relaxing activity.** Activities that use mindfulness or breathing exercises-meditation, yoga, or tai chi, may help.
- ☐ **Get enough sleep.** Adults need about 7 or more hours of sleep per night.
- ☐ **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much.
- ☐ **Build a social support network.** Stay connected with people who can provide emotional support.
- ☐ **Show compassion for yourself.** Note what you've accomplished at the end of the day, not what you've failed to do.
- ☐ **Seek help.** Talk to a health care provider if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope. If you or someone you know is in crisis, call the

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

SOURCE: NIH (National Institute of Health) | News in Health

Diabetes & You: Healthy Feet Matter!



It is important to take good care of your feet when you have diabetes.

- ◆ **Diabetes is the main cause for non-traumatic loss of a toe, foot or leg.** Almost half of these cases could be prevented with daily foot care.
- ◆ **People who have diabetes can lose feeling in their feet.** When that

happens, it can be hard to tell when you have a problem, like a blister, sore, callus, or cut on your foot.

- ◆ **Diabetes can reduce the amount of blood flow to your feet.**

Numbness and less blood flow in the feet can slow the time it takes for sores to heal and can lead to foot problems.

What Is a Podiatrist? A **podiatrist** is a medical doctor who specializes in finding and treating foot and ankle problems.

To-do List for Healthy Feet:

- ✓ Have a podiatrist examine your feet at least once a year.
- ✓ Keep your next podiatrist appointment.
- ✓ Ask your podiatrist to send your test results to your other doctors after every visit.
- ✓ Ask your primary care provider to check your feet at every visit.
- ✓ Check your feet every day.
- ✓ Keep your blood sugar at a healthy level.

SOURCE: CDC | Diabetes

DEA's National Prescription Drug Take Back Day

April 30, 2022 – 10 AM to 2 PM



The **National Prescription Drug Take Back Day** aims to provide a safe, convenient and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



**BE HUMBLE TO SEE YOUR MISTAKES,
COURAGEOUS TO ADMIT THEM AND
WISE ENOUGH TO CORRECT THEM.** -Amine Ayad

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.**

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@ehmchealth.org

It's Important to Safely Remove Opioids From Your Home



Help keep your family and community safe, starting in your home—get rid of any unused or expired prescription opioids that may be in cabinets, drawers, or anywhere else you store medicine. Remove these medicines as soon as possible to reduce the chance of accidental or intentional opioid misuse.

WHAT IS AN OPIOID?

Prescription opioids are powerful pain-reducing medicines that include oxycodone, hydrocodone, morphine, and others. Doctors prescribe opioids after surgeries and for injuries; however, these medicines can have serious risks if they are misused by accident or on purpose.

WHY IS OPIOID DISPOSAL IMPORTANT FOR ME AND MY FAMILY?

Prescription opioid misuse is one of the most common types of illegal drug use in the United States. Many people who misused prescription pain-reducing medicine said that they got it from a friend or relative.¹

HOW DO I SAFELY DISPOSE OF OPIOIDS?

Ask these questions to determine how to dispose of opioids:

1. Is a [medicine take-back option](#) readily available?
If so, this is the preferred option.
2. If not, is the medicine on the FDA "[flush list](#)"?
If it is, flush it down the toilet.
3. Otherwise, throw it away in the household trash, following the directions at [www.FDA.gov/DrugDisposal](https://www.fda.gov/DrugDisposal).

For information about all three of these methods, visit [www.FDA.gov/DrugDisposal](https://www.fda.gov/DrugDisposal).



Keeping unused opioids in the home creates a serious health risk, especially if teens or children live with or visit you.

Remember:

- ✓ Don't share your opioid prescription with others.
- ✓ Store opioids out of sight and out of reach of children or teens in your home.
- ✓ Dispose of unused opioids safely when there is no longer a medical need for them.

¹ Substance Abuse and Mental Health Services Administration. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data>



5 Things You Should Know About Stress

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Everyone feels stressed from time to time, but what is stress? How does it affect your overall health? And what can you do to manage your stress?

Stress is how the brain and body respond to any demand. Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Here are five things you should know about stress.

1. Stress affects everyone.

Everyone experiences stress from time to time. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. Some people may cope with stress more effectively and recover from stressful events more quickly than others.

Examples of stress include:

- Routine stress related to the pressures of school, work, family, and other daily responsibilities.
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.
- Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress may have very distressing temporary emotional and physical symptoms, but most recover naturally soon after. Read more about Coping With Traumatic Events (www.nimh.nih.gov/copingwithtrauma).

2. Not all stress is bad.

In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, and your brain uses more oxygen and increases activity—all functions aimed at survival and in response to stress. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.



3. Long-term stress can harm your health.

Coping with the impact of chronic stress can be challenging. Because the source of long-term stress is more constant than acute stress, the body never receives a clear signal to return to normal functioning. With chronic stress, those same lifesaving reactions in the body can disturb the immune, digestive, cardiovascular, sleep, and reproductive systems. Some people may experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability.

Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression (www.nimh.nih.gov/depression) or anxiety (www.nimh.nih.gov/anxietydisorders).

4. There are ways to manage stress.

If you take practical steps to manage your stress, you may reduce the risk of negative health effects. Here are some tips that may help you cope with stress:

- **Be observant.** Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
- **Talk to your health care provider or a health professional.** Don't wait for your health care provider to ask about your stress. Start the conversation and get proper health care for existing or new health problems. Effective treatments can help if your stress is affecting your relationships or ability to work. Don't know where to start? Read our Tips for Talking With Your Health Care Provider (www.nimh.nih.gov/talkingtips).
- **Get regular exercise.** Just 30 minutes per day of walking can help boost your mood and improve your health.
- **Try a relaxing activity.** Explore relaxation or wellness programs, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy and relaxing activities.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.
- **Stay connected.** You are not alone. Keep in touch with people who can provide emotional support and practical help. To reduce stress, ask for help from friends, family, and community or religious organizations.
- **Consider a clinical trial.** Researchers at the National Institute of Mental Health (NIMH) and other research facilities across the country are studying the causes and effects of psychological stress as well as stress management techniques. You can learn more about studies that are recruiting by visiting www.nimh.nih.gov/joinastudy or www.clinicaltrials.gov (keyword: stress).

5. If you feel overwhelmed by stress, ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently as a result of stress. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider by visiting www.nimh.nih.gov/findhelp.



Call the National Suicide Prevention Lifeline

Anyone can become overwhelmed. If you or a loved one is having thoughts of suicide, call the confidential toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. Lifeline chat is available at <https://suicidepreventionlifeline.org>.

The service is available to everyone.



National Institute
of Mental Health

www.nimh.nih.gov

NIH Publication No. 19-MH-8109

HOME SAFE

Yardwork



Whether you have a green thumb, or you just want to get out of the house to do something productive, a little yard work could be the perfect pastime. But before you dig in, check off these safety steps:

MOWING: I make sure no children are in the yard before mowing the lawn, and I never allow children to ride on the mower.

GARDENING: Garden hoses can be a tripping hazard, so I always watch my step when working in the yard.

POWER TOOLS: When using trimmers, edgers, or chainsaws, I always read and follow the instructions in the owner's manual to ensure that I'm using tools correctly and safely.

Lawn Mower Safety: Although homeowners generally use walk-behind power lawnmowers to cut their grass, many residents with large lawns have come to rely on riding mowers to maintain the landscape. It's important to remember that to keep children safe, children should never be in the yard while you're mowing. Children should never ride on a mower as a passenger. Additionally, before you start mowing, pick up objects like stones, branches and toys, which potentially could become flying objects if you run over them. Dress appropriately for the job: sturdy shoes with slip-resistant rubber soles, long pants and long-sleeved shirts, close-fitting clothes, eye protection, heavy gloves, and hearing protection, when needed. Do not mow in reverse, unless absolutely necessary, and always look down and behind you before and while going in reverse.

Gardening: During these uneasy times of COVID-19, gardening can be a real stress reliever. But before you start beautifying your landscape, make sure to wear protective clothing, like gardening gloves, long pants and well-built shoes to protect you from cuts and injuries. Every garden needs some water, so be mindful about where you place the watering hose to avoid trips and falls.

Power Tools: Your yardwork may include the use of power tools. Carefully inspect your tools before use, and do not use if damaged--worn wiring, motors, or other electrical parts can pose a shock or fire hazard. Plug corded power tools into a ground fault circuit protected receptacle or a portable GFCI, and avoid using corded power tools in wet or damp conditions. Never carry power tools by the cord, and protect cords from damage. When using battery-powered tools, only use the battery and charger provided by the manufacturer. Protect yourself, wear snug clothing, and remove jewelry that could get caught in tools. In addition, wear the appropriate eye protection (safety goggles, glasses, and face shields) to protect your eyes from flying debris. Always keep hands away from moving parts. Extreme caution is required when operating a chainsaw. Never cut over your head (kickback can land the chainsaw into your face or shoulder). Read and follow the manufacturer's instructions on safe use.

To report a dangerous product or a product-related injury go online to www.SaferProducts.gov



USCPSC





ENGLEWOOD
HEALTH

Support Groups

Englewood Health Events Calendar

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

<https://www.engagewoodhealth.org/calendar-events-classes>

Graf Center for Integrative Medicine

<https://www.engagewoodhealth.org/graf>

Graf Center for Integrative Medicine is a wellness center in Bergen County that offers evidence-based care in a spa-like setting.

Give yourself the break you need and focus on your wellness. Make an appointment today by calling the Graf Center for Integrative Medicine at 201-608-2377.

Services available include:

- Acupuncture (many insurance plans accepted)
- Massage:
 - Aroma Touch
 - Manual Lymphatic Drainage (MLD)
 - Therapeutic Massage
 - Prenatal and Postnatal Massage
- Nutrition Counseling
- Reiki
- Private Yoga, Meditation and Stretch Classes

Bereavement Support Group

Please call Erica Forsyth at 618-1326 or 973- 956- 1538 for information

Cancer Support: Breast Cancer Support Group

For information on breast cancer support services, please call Cathy Verhulst, breast cancer navigator, licensed clinical social worker at 201-608-2162

Diabetes Education

Everything you need to know about diabetes but are afraid to ask. This program may be covered by your insurance plan. To schedule an appointment or for additional information, please call 201-894-3335.



Support Groups

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

Bereavement Support

Call 201-833-3000 ext 7580 for more information.

Breast Cancer Support and Discussion Group

Please call Courtney Lozano 201-833-3392 for information.

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.

Men Living with Cancer Support Group

This is open to men diagnosed with Prostate Cancer. This group offers an opportunity to discuss concerns and learn from others coping with similar challenges. Virtual group via Zoom app every 3rd Thursday Monthly at 5:30 PM – 6:30 PM.

Local Support Group - Miscellaneous

Teaneck Public Library

201-837-4171

840 Teaneck Road, Teaneck, NJ 07666

Visit the website at <https://teanecklibrary.org>

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

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.

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