



Medication Non-Adherence (Non-Compliant) VS Adherence

Maximizing medicine benefits starts with addressing “non-adherence”.

Non-adherence is also known as “**non-compliance**.” This means not taking your medicine as prescribed according to the directions of your healthcare provider or the directions on the medicine label.

Medication Non-Adherence or Non-Compliance, either intentionally or inadvertently, can include:

- Failing to initially fill a prescription
- Failing to refill a prescription
- Stopping a medication before the course of therapy is complete
- Taking more or less of a medication than prescribed
- Taking a dose at the wrong time
- Missing a dose completely

Medication Adherence Taking your medicines **for as long as prescribed, at the right time and dose**, and according to instructions, can help you feel and stay well. Practicing medication adherence assures the maximum beneficial impact of the medicines you take. It also minimizes risk.

Tips for keeping track of your medications and remembering to take them:

- Keep things simple: Talk to your doctor or pharmacist about how to simplify your medication schedule.
- Work with one pharmacy: Use one pharmacy for all prescriptions and refills.
- Coordinate prescription refills: Talk with your doctor and pharmacist to see if you can align refill dates.
- Use a reminder tool: Try a health app, use a printed pill reminder sheet, or write down your medication schedule.
- Explore other reminder tools: For instance, in addition to reminder apps, there are alerts on phones or computers.
- Establish a routine: Try to tie your medication schedule to your daily activities.

SOURCE: BEMEDWISE.ORG



Dealing Safely With Pain

Things you can do if you're prescribed an opioid:

- Ask if there are ways besides opioids to relieve your pain.
- Make sure your healthcare provider knows about all other medications you are taking.
- Let your healthcare provider know if you or others in your family have had any problems with addiction, such as with alcohol, prescription medications, or illicit drugs.
- Ask about the risks of taking an opioid.
- Ask how to take the opioid and how long you should take it.
- Never use alcohol when taking an opioid.
- Store opioids in a safe place out of sight and out of reach of children, preferably in a locked cabinet.
- Dispose of leftover prescription medicine quickly and properly.

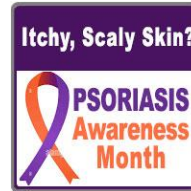
SOURCE: News in Health | NIH



Managing A Drug Allergy

- Watch for symptoms of an allergic reaction. These include rashes, hives, itching, swelling, wheezing, lightheadedness, or difficulty breathing.
- Seek immediate medical help if you have a severe allergic reaction after taking any medication.
- Talk with your health care provider about any possible drug allergies. Ask if they recommend allergy testing, especially for penicillin allergy.
- Consider retesting for confirmed drug allergies. Some allergies fade over time.
- Inform all future health care providers about any drug allergies.

SOURCE: MedlinePlus | NIH



Itchy, Scaly Skin? Living With Psoriasis

The thick, red, scaly skin of psoriasis can be not only painful but also embarrassing. Psoriasis is not a disease you can catch from others. It's caused by an overactive **immune system**. The immune system essentially raises false alarms, which lead to **inflammation** and a rapid turnover of skin cells.

Factors that may trigger psoriasis or make it worse include:

- physical and emotional stress
- injury to the skin such as cuts or burns, and dry skin
- infections, especially strep throat and certain medications
- cold weather
- smoking or heavy alcohol use

Symptoms of psoriasis can come and go. There are several forms of psoriasis—each with a distinctive appearance—and some people have more severe cases than others. Your doctor can give you some guidance.

SOURCE: News in Health | NIH



SIMPLICITY IS THE ULTIMATE SOPHISTICATION.

—Leonardo DaVinci

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@ehmhealth.org

Extreme Heat

Preparedness Checklist

An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. Climate change is making extreme heat events more frequent, more severe and last longer. But we can take action to prepare. Prepare now to protect yourself and your loved ones.



What to Do: Before



Learn How to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.

- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.



Gather Emergency Supplies

Gather food, water and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. In the event of a power outage, you may lose access to clean drinking water. Set aside at least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Stay-at-Home Kit: at least two weeks of supplies.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
- Keep personal, financial and medical records safe and easy to access (hard copies or securely backed up)
- Consider keeping a list of your medications and dosages on a small card to carry with you.



Make a Plan to Stay Cool

Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

- Spending a few hours each day in air conditioning can help prevent heat illness.
 - If you have air conditioning, be sure that it is in working order.
 - If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall or a public cooling center. Plan how you will get there.
 - Additional resources may be available from local government or community groups.
- Make sure you have plenty of lightweight, loose clothing to wear.
- Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.



Learn Emergency Skills

- Learn how to recognize and respond to heat illness.
- Learn First Aid and CPR.
- Be ready to live without power. Utilities may be offline. Be ready to live without power, gas and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power



Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.
- Understand the types of alerts you may receive and plan to respond when you receive them.
- A WATCH means **Be Prepared!** A WARNING means **Take Action!**

What to Do: During



Stay Hydrated

- Drink plenty of fluids. Encourage others to drink plenty of fluids, too.
- Replace salt and minerals with snacks or a sports drink.



Prevent Heat Illness

Check on your friends, family and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms.

Anyone can develop heat illness. But, people at greater risk are:

- Older adults
- Infants, children and pregnant women
- People with medical conditions
- Outdoor workers
- People with limited personal resources
- People living in places that lack green spaces



Stay Cool

- Stay in an air-conditioned place as much as possible.
- If your home does not have air conditioning, go to your predesignated cool location.
- Wear lightweight, loose clothing and take cool showers or baths.
- Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day.

| Heat Illness | What to Look For | What to Do |
|--|--|--|
| Heat Cramps are muscle spasms caused by a large loss of salt and water in the body. | Heavy sweating with muscle pain or spasms | <ul style="list-style-type: none"> ▪ Move to a cool place. ▪ Drink water or a sports drink ▪ Get medical help right away if: <ul style="list-style-type: none"> - Cramps last longer than 1 hour - Person affected has heart problems |
| Heat Exhaustion is severe and may require emergency medical treatment. | <ul style="list-style-type: none"> ▪ Heavy sweating ▪ Cold, pale and clammy skin ▪ Fast, weak pulse ▪ Nausea or vomiting ▪ Muscle cramps ▪ Tiredness or weakness ▪ Dizziness-Headache-Passing out | <ul style="list-style-type: none"> ▪ Move to a cool place ▪ Loosen tight clothing ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Sip water slowly <p>Get medical help right away if:</p> <ul style="list-style-type: none"> - Vomiting occurs - Symptoms last longer than 1 hour or get worse - Confusion develops |
| Heat Stroke is deadly and requires immediate emergency treatment. | <ul style="list-style-type: none"> ▪ High body temperature (104°F or higher) ▪ Hot, red, dry or damp skin ▪ Fast, strong pulse ▪ Headache-Dizziness ▪ Nausea-Confusion-Passing out | <p>Call 911 right away, then:</p> <ul style="list-style-type: none"> ▪ Move to a cool place ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Do NOT give the person anything to drink |

What to Do: After



Take Care of Yourself

It's normal to have a lot of bad feelings, stress or anxiety. Eat healthy food and get enough sleep to help you deal with stress.

You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect.

| For more information, visit redcross.org/prepare




| Download the Emergency App








Healthy Habits = Healthy Eyes

If you wear contact lenses, keep your eyes healthy and prevent eye infections by following these tips:




YOUR HABITS

-  Wash and dry your hands before touching your contact lenses.
-  Don't sleep in your contact lenses (unless your eye doctor tells you otherwise).
-  Avoid wearing contact lenses while showering, swimming, or using a hot tub.

YOUR SUPPLIES

-  Rub and rinse your contact lenses with solution each time you clean them. Never use water or spit!
-  Use only the solution your eye doctor tells you to use.
Only use fresh disinfecting solution in your case—don't mix new with old.
-  Never store your contact lenses in water.
-  Replace your contact lenses as often as your eye doctor says.
Rub and rinse your case every day with solution, dry with a clean tissue, and store upside down with the caps off.
-  Get a new case at least every three months.

YOUR EYE DOCTOR

-  Visit your eye doctor once a year—or more often if needed.
-  Ask questions about how to care for your lenses and case.
-  Take out your contact lenses and call your eye doctor if you have eye pain, red eyes, or blurred vision.

YOU ONLY
HAVE ONE
PAIR OF
EYES, SO
TAKE CARE
OF THEM!

www.cdc.gov/contactlenses



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

And remember: always be prepared! Carry a pair of glasses in case you need to take out your contact lenses.



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3 Important Reasons For Adults to Get Vaccinated

You may not realize you need vaccines throughout your adult life. Vaccines are important to your health and here are three reasons why.



1. You may be at risk for serious diseases that are still common in the U.S.

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.

Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other responsibilities.

3. You can protect your health and the health of those around you by getting the recommended vaccines.

Vaccines lower your chance of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.

Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a vaccine preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine preventable diseases.

Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What vaccines do you need?

All adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles

Getting Vaccinated

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

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

**DON'T WAIT.
VACCINATE!**



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



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