

No More Excuses: You Need a Flu Vaccine Every Year



You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. *There are two reasons for getting a flu vaccine every year:*

- 1. The first reason is that because flu viruses are constantly changing.

Flu vaccines may be updated from one season to the next to protect against the viruses research indicates may be most common during the upcoming flu season.

- 2. The second reason that annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.

SOURCE/IMAGES: Centers for Disease Control and Prevention (CDC)



The Older and Wiser Driver

A driver's chronological age is not a good predictor of driving ability. What counts on the road is performance and both physical and mental fitness. *Here are a few of the signs of diminished capacity for driving safely:*

- Having a series of minor accidents or near crashes
- Having wandering thoughts or being unable to concentrate
- Being unable to read ordinary road signs
- Getting lost on familiar roads
- Having other drivers honk at you frequently
- Being spoken to about your driving by police, family, and friends

Know Your Limits. *Being a safe driver means more than avoiding crashes. It also means paying attention to road conditions and being aware of your own changing abilities.* Just a few simple adjustments, such as limiting your driving to certain times or adding an extra-wide mirror, can help protect you and those around you from deadly crashes.

By adhering to these simple guidelines you, too, can remain an older and wiser driver! And remember -- always wear your safety belt!

SOURCE: AAA Foundation for Traffic Safety



You're Never Too Old: Keep Active as You Age

You're never too old to get moving, get stronger, and improve your health. Fitting exercise and physical activity into your day can enhance your life in so many ways.

Exercise and physical activity can help you:

- Maintain and improve your physical strength and fitness.
- Improve your ability to do everyday things.
- Improve your balance.
- Manage and improve diseases like diabetes, heart disease, and osteoporosis.
- Reduce feelings of depression and may improve mood and overall well-being.
- Improve your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

SOURCE: News in Health | NIH



**TAKE EVERY CHANCE YOU GET IN LIFE
BECAUSE SOME THINGS ONLY HAPPEN ONCE.
HAPPY HOLIDAYS!**

Healthy Social Media Habits: How You Use It Matters



- Take care of your body and mind. Stick to a schedule, eat well, stay physically active, get quality sleep, stay hydrated, and spend time outside.
- Invest in healthy relationships. Socializing is a powerful buffer to stress and a source of well-being. Spend time with others regularly, in-person and virtually.
- Be intentional about your use of social media, video games, and other technologies. **Ask yourself:**
 - How much time am I spending online?
 - Is it taking away from healthy offline activities, like exercising, seeing friends, reading, or sleeping?
 - What content do I see, and how does it make me feel?
- Learn to manage stress and other difficult emotions. Try to recognize situations that may be emotionally challenging and come up with strategies to manage those emotions.
- Ask for help. Find someone you trust to talk to about stressful situations. If you are struggling to manage negative emotions, reach out to a health care provider, counselor, or person you trust.
- Call or text the Suicide & Crisis Lifeline at 988 if you or someone you know is in crisis.
- Get help finding substance use and mental health treatment in your area. Call the free National Helpline 1-800-662-HELP (4357) or visit www.FindTreatment.gov

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



988 Suicide & Crisis Lifeline

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support. *988 is confidential, free, and available 24/7/365.*

- Call or text 988 to connect with a trained crisis counselor.
 - Find information or chat online at 988lifeline.org
- Veterans can connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs:*
- Call 988 then press 1 or Text 838255 or Chat online

SOURCE: MEDLINE PLUS | IMAGE: 988LIFELINE.ORG

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

No More Excuses: You Need a Flu Vaccine

Get the Facts

- Flu vaccines have an excellent safety record, do not cause flu, and can protect the ones you love.
- Spread the word and GET VACCINATED!



Even healthy people need a flu vaccine.

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. Flu vaccines are recommended for everyone 6 months of age and older. Pregnant people, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

Yes. Flu vaccines have an excellent safety record. They have been given to hundreds of millions of people for more than 50 years and have a very good safety track record. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA), and other partners to ensure the highest safety standards for flu vaccines.

The most common side effects of flu vaccines are mild.

Flu vaccines cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. For example, people vaccinated with the flu shot may feel achy and may have a sore arm where the shot was given. People vaccinated with the nasal spray flu vaccine may have a stuffy nose and sore throat. These side effects are NOT flu. If experienced at all, these effects are usually mild and last only 1-2 days.

Even if I get sick, won't I recover quickly?

Not necessarily. Influenza can be serious and anyone can become sick with flu and experience serious complications. But even if you bounce back quickly, others around you might not be so lucky. Older people, young children, pregnant people and people with medical conditions like asthma, diabetes, heart disease and lung disease are at especially higher risk from the flu. Kids, teens and adults who are active and healthy also can get very sick from flu and spread it to others. Some people can be infected with the flu virus but have no symptoms. During this time, you can still spread the virus to others. Don't be the one spreading flu to those you care about.



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

Can't I wait and get vaccinated when/if flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Flu vaccines can't give you the flu.

Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness.

- You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness.
- Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu.
- Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating.
- Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated.

Don't avoid getting a flu vaccine because you don't like shots.

The very minor pain of a flu shot is nothing compared to the suffering that can be caused by the flu. The flu can make you very sick for several days; send you to the hospital, or worse. For most healthy, non-pregnant people ages 2 through 49 years old, the nasal spray flu vaccine is a great choice for those who don't like shots. Also, there is an intradermal shot that uses a much smaller needle than the regular flu shot. Either way, getting the shot or nasal spray can help to protect you from catching the flu. So, whatever little discomfort you feel from the minor side effects of the flu vaccine is worthwhile to avoid the flu.

You need to get a flu vaccine every year.

You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu vaccine every year:

- a) The first reason is that because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses research indicates may be most common during the upcoming flu season.
- b) The second reason that annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.



Get a Flu Vaccine

- Flu vaccines are offered in many locations. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else including: doctor's offices, clinics, health departments, retail stores, pharmacies, health centers, as well as by many employers and schools.



For more information, visit <http://www.cdc.gov/flu> or call 1-800-CDC-INFO (800-232-4636).



Many people think poinsettias and Christmas cacti are poisonous. They aren't. But here are some real dangers to watch out for in winter:



Antifreeze

- Antifreeze is a poisonous liquid used in cars. It has a sweet taste. Children and animals like its taste.
- If even a little is swallowed, it can be harmful. It can cause kidney damage and death.
- Keep antifreeze, and all strong chemicals, in the containers they came in. Cap them tightly. Store them in a locked cabinet.
- Before throwing away an antifreeze container, rinse it with water. Replace the safety cap. Place the container in the trash.



Salt

- If eaten, salt used on driveways and sidewalks in winter can harm a pet or child.
- Store such salt with other poisons. Keep it out of reach and in a locked cabinet.



Mercury

- Avoid using glass mercury thermometers.
- A glass thermometer can break in a child's mouth.
- Use a digital thermometer to avoid the risk of breaking glass.
- Stay with children when taking their temperature
- Mercury is a hazardous waste. Spilled mercury should be cleaned up properly. Call Poison Help (1-800-222-1222) or your local health department for advice.



Carbon Monoxide (CO)

- CO is a leading cause of poison deaths. Every year, CO poisoning results in hundreds of deaths. It causes many thousands of illnesses.
- CO is a poisonous gas. It has no color, odor, or taste. All fuel-burning devices make CO. They do this mostly when they aren't working properly, or are not used in a ventilated space. CO can collect in closed areas.

Sources of CO include:

- gas furnaces
- gas water heaters
- gas stoves
- gas ovens
- kerosene space heaters
- wood and gas fireplaces
- wood-burning stoves
- power generators
- car engines

People at greatest risk for CO poisoning are:

- pregnant women
- infants
- young children
- older people
- people with diseases that affect breathing
- people with heart disease

Signs of CO poisoning are similar to signs common to flu and some cold-weather viruses:

- headaches
- nausea
- vomiting
- dizziness
- confusion

Seasonal Tips: Winter

PoisonHelp.HRSA.gov • 1-800-222-1222



HRSA
Health Resources & Services Administration

Poison Help

To prevent CO poisonings in your home:

- Have at least one CO alarm in your home. The best places for a CO alarm are near bedrooms and close to furnaces.
- Have your heating system, vents, and chimney checked every year by experts.
- Always follow product instructions for installing and repairing appliances that burn fuel.
- Never burn charcoal inside a house or garage.
- Never use a gas oven to heat a house or apartment.
- Never use unvented fuel-burning devices in a house or apartment.
- Never run a car in a closed garage.

When accidents happen with chemicals or medicine, call Poison Help at 1-800-222-1222. Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away. www.PoisonHelp.HRSA.gov



CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS

Buffet Table Tips for People with Diabetes



Barbecues, picnics, potlucks, and family reunions are gatherings to enjoy and treasure. But if you have diabetes, these events can pose special challenges. How can you stick with your meal plan, yet join in the celebration and have some fun? You can do it! If you choose wisely and watch how much you eat, you can have a delicious meal and feel good, too. So, grab your plate and head for the buffet table.

WHEN YOU GO



menu

- **Plan ahead.** Before you go, think about the foods that might be served. Decide which foods will help keep your blood sugar under control and which foods you want to avoid.
- **Check out all that's offered on the buffet.** Before you serve yourself, look at all the options first, then choose one or two favorite treats along with healthier items to round out your meal.
- **Watch your portions.** Many of your favorite foods may have a lot of fat, sugar, or salt. Take very small portions of deep-fried foods, fatty foods like bacon or pork, cheesy foods, and desserts.
- **Come prepared.** If possible, bring a low-fat main dish so you'll have something healthy to eat. Let people know what ingredients you used. This will be helpful for your friends and family members who are also trying to watch what they eat.
- **Focus on family and friends, instead of the food.** One trip to the buffet table may be enough if you make enjoying the company of your loved ones the focus of the day.



VEGETABLE TIPS

- **Fill half of a 10-inch plate** (the size of a regular dinner or paper plate) **with colorful, non-starchy vegetables**, such as broccoli, bell peppers, green beans, carrots, cabbage, eggplant, and spinach.
- **Choose fresh or steamed vegetables that are light on salad dressing, cheese, or cream.** If you can, make your own dressing for salads with a little olive oil and vinegar.
- **Watch out for vegetable dishes loaded with butter and cheese**, like casseroles and vegetables with sauce.
- **Take just a taste of vegetable dishes cooked with fats** like lard or high-fat meats such as ham hocks or pork belly.



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

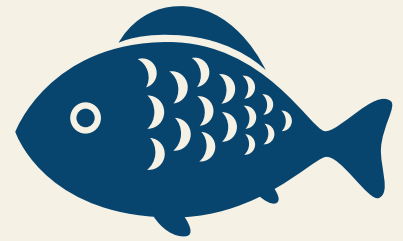
GRAINS AND STARCHES

- Take only as much grain or starchy vegetables, such as rice, bread, potatoes, or green peas, to **fill ¼ of your plate.**
- **Choose high-fiber grains** like steamed rice (brown rice is better) and whole-grain breads like whole wheat and cornbread.
- **Avoid using butter or margarine** on bread, rice, and other grains and starches.
- **Take small portions or avoid starches with heavy sauces** like macaroni and cheese and potato salad.



PROTEIN TIPS

- **Take 2-3 ounces of protein**, such as chicken or other lean meat, fish, or bean dishes (like three bean salad), to fill ¼ of your plate.
- **Pick dishes with baked or grilled lean meat** (like chicken without the skin or beef with the fat cut off), **fish, game, or shrimp.**
- **Try turkey burgers.** Top off your burgers and sandwiches with fresh veggies and mustard rather than mayonnaise and cheese.
- **Take just a taste of meats that are breaded**, fried, or cooked with a lot of fat or heavy sauces, like fried chicken or chicken fried steak.
- **Choose protein-rich bean dishes.** Baked beans and black-eyed peas are good choices. But take only small amounts of bean dishes cooked with added sugar and fat.



SWEET TIPS

- **Choose fresh fruits**, such as pears, apples, strawberries, or melons, or a fruit salad without sugar or whipped cream added. Fruit is an excellent source of fiber, vitamins, and minerals.
- **Have small servings of foods that are high in sugar and fat**, like cookies, cake, cobblers, or pies. Or skip the sweets altogether.



DRINK TIPS

- **Drink water, unsweetened coffee or tea, or other sugar-free beverages.**
- **If you drink alcoholic beverages**, have no more than one drink a day if you're a woman and no more than two drinks a day if you're a man.
- **Always eat food when drinking alcohol**, and never drink on an empty stomach.



National Diabetes Education Program
For more information call 1-800 CDC-INFO (800-232-4636).
TTY 1-(888) 232-6348 or visit www.cdc.gov/info.
To order resources, visit www.cdc.gov/diabetes/ndep.



July 2016

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