

## Doc, Let's Have a Heart-to-Heart



Anyone can develop heart disease. But you're more at risk if you have certain health conditions, such as obesity, high cholesterol, high blood pressure or diabetes.

Take heart, though: Often these risks might be avoided or controlled with healthy habits and proper treatment. Talk with

your doctor about your personal risk for heart disease.

**Take this list with you to your next checkup.**

### 6 Questions for your Doctor:

- ❶ What should my blood pressure be? How often should it be checked?
- ❷ What should my cholesterol and triglyceride levels be? How often should they be checked?
- ❸ What's a healthy weight for me?
- ❹ Should I be screened for diabetes? What should my blood sugar level be?
- ❺ What lifestyle changes would you recommend for me?
- ❻ Can you suggest any resources that could help me lose weight or stop smoking?

SOURCE: Healthy Heart



### Prescription for a Younger Heart

- ♥ High blood pressure – **Make control your goal.**
- ♥ High cholesterol – **Work with your doctor on a treatment plan to manage your cholesterol.**
- ♥ Diabetes – **Work with your doctor on a treatment plan to manage your diabetes.**
- ♥ If you don't smoke, don't start.
- ♥ If you do smoke, get help to quit. **Avoid secondhand smoke.**
- ♥ Eat a healthy diet, low in sodium and trans fats and eat more fresh fruits and vegetables.
- ♥ Get 150 minutes every week of moderate intensity exercise such as brisk walking.
- ♥ Maintain a healthy weight.

SOURCE: CDC Vital Signs

## Illness, Medicines, and Cold Weather



**Older adults can lose body heat fast—faster than when they were young.** Changes in your body that come with aging and health problems can make it harder for you to be aware of getting cold. Some illnesses may make it harder for your body to stay warm.

❄️ **Thyroid problems** can make it hard to maintain a normal body temperature.

- ❄️ **Diabetes** can keep blood from flowing normally to provide warmth.
- ❄️ **Parkinson's disease and arthritis** can make it hard to put on more clothes, use a blanket, or get out of the cold.
- ❄️ **Memory loss** can cause a person to go outside without the right clothing.
- ❄️ **Taking some medicines and not being active** also can affect body heat.

SOURCE: National Institute on Aging

## Low Vision & Aging: Five Simple Solutions for Managing Your Medication



**Low Vision is a problem that makes it hard to do everyday activities.** It can't be fixed with glasses, contact lenses, or other standard treatments like medicine or surgery. You may have low vision if you can't see well enough to do things like: *read, drive, recognize people's faces, tell colors apart, see your television or computer screen clearly.* **The following tips are designed to help people with low vision manage their medications.**

- ❶ Ask your pharmacist to print a back-up label with larger print that you can easily see. Then mark your medication bottles with large-print labels, tactile dots, rubber bands, or Braille.
- ❷ Use talking medication identifiers if large-print labels don't work for you
- ❸ Use a tray with good contrast to help you see your pills and keep them from falling on the floor if dropped.
- ❹ Place a light close to the labels you are trying to see.
- ❺ Attach daily dosage trackers to medication bottles to help you remember if you have taken each dose of a particular medication each day.

SOURCE: National Eye Institute



*In the last year, many people stopped going to the doctor because of the COVID-19 pandemic. But it's still important to get the health care you need.*

- ♥ Ask your doctor if you're due for a cancer screening test. If so, ask how to get it.
- ♥ Know your body. If something doesn't feel right, call your doctor's office. You may be able to talk to your doctor online, by phone, or through e-mail.



**TRUE LOVE STORIES NEVER HAVE ENDINGS.** ♥

Richard Bach

## 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](mailto:harveygrossmd@ehmhealth.org)**



# Learn What a Heart Attack Feels Like

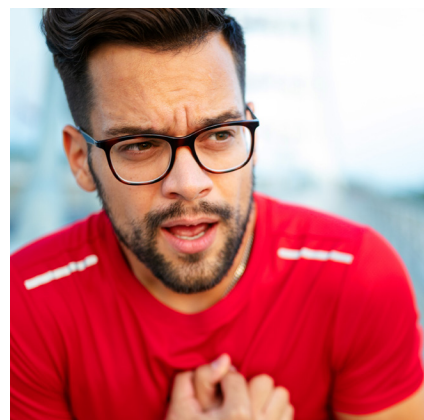
**Know the heart attack warning signs.**



Your chest may hurt or feel squeezed, or it may feel like heartburn or indigestion.



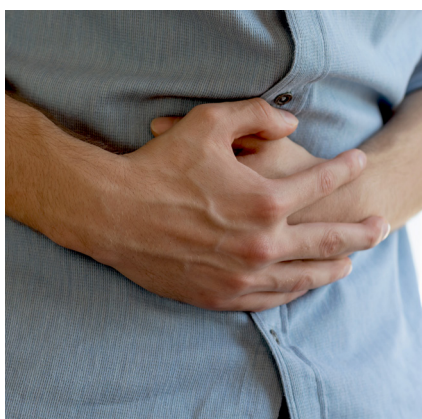
Your arms, back, shoulders, neck, jaw, or upper stomach (above the belly button) may hurt.



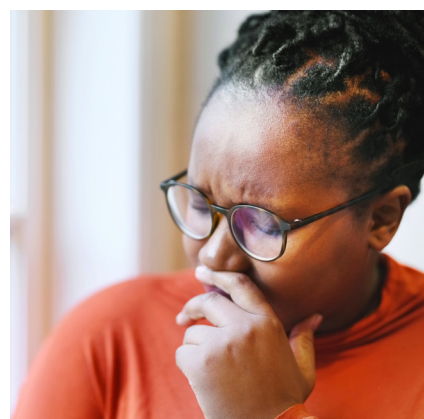
You may feel like you can't breathe.



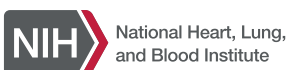
You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.



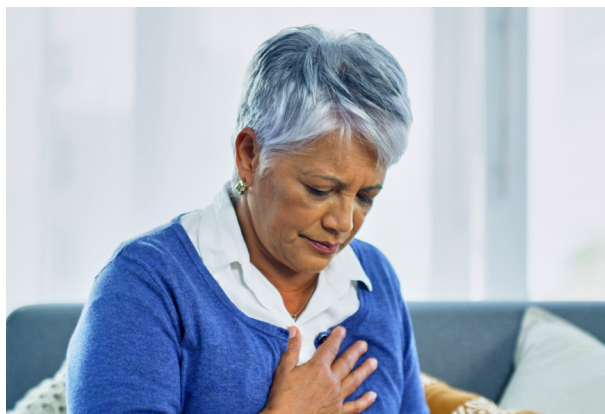
You may feel really, really tired.



To learn more about heart health,  
visit [hearttruth.gov](https://hearttruth.gov)







## Understand that heart attacks are not all the same.

Some heart attacks are sudden. Other heart attacks start slowly. Your pain and other signs may go away and come back. You may not be sure if you are having a heart attack. **Don't wait, check it out right away.**

## Act fast. Call 9-1-1.



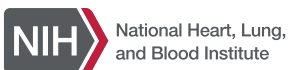
**Call 9-1-1** if you think you may be having a heart attack. Don't wait! If you can't call, ask a family member or friend to call 9-1-1.



**Do not drive yourself to the hospital.** The ambulance is the best and safest way to get there. Emergency medical services workers will start lifesaving treatments right away.

## To help survive a heart attack, take these steps:

- ▶ Know the signs of a heart attack.
- ▶ Understand that heart attacks are not all the same.
- ▶ Act fast. Call 9-1-1.



U.S. Department of Health and Human Services  
National Institutes of Health  
National Heart, Lung, and Blood Institute  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

NIH Publication No. 20-HL-5062  
October 2020



# PUT YOUR heart INTO GETTING ACTIVE

Heart disease is the leading cause of death among Americans, and physical inactivity is one of several major risk factors. So put your heart into getting active. Here are 5 tips to get you going.

## YOU DON'T HAVE TO SPEND ALL DAY AT THE GYM

Aim for a total of 2 hours and 30 minutes of moderate-intensity aerobic activity each week—spending at least 10 minutes at a time. This level of activity can reduce your risk for heart disease and your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight. Other lifestyle benefits include providing energy, reducing stress, and building confidence.



## THERE ARE NO GOOD EXCUSES

You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing, and gardening all count.



## A COMPLETE PROGRAM HAS THREE TYPES OF ACTIVITY

1) Aerobic activity like brisk walking, jogging, dancing or biking gets your heart rate up. 2) Resistance training (like doing pushups) firms, strengthens, and tones muscles. 3) Flexibility exercises stretch and lengthen muscles so you're more flexible—think yoga.



## CHOOSE ACTIVITIES THAT SUIT YOUR STYLE

While some people like to exercise alone, others benefit from the support of group classes or team sports. Whether indoors or outdoors, find what works for you and get your most vigorous physical activity at the time of day you feel most energetic, so you'll stick with it.



## ONCE YOU GET ACTIVE, MAKE SURE YOU STAY ACTIVE

If you get bored with an activity, try something new by joining a gym or the YMCA. Set short- and long-term goals to become more physically active, and plan ahead by scheduling your physical routines into your day—that way, you'll make it a priority.



Find out more about getting active and living a heart healthier lifestyle by visiting  
**[www.hearttruth.gov](http://www.hearttruth.gov)** and **[www.nhlbi.nih.gov/health](http://www.nhlbi.nih.gov/health)**



National Heart, Lung,  
and Blood Institute



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Revised December 2016

# Maria's Veggie Wrap With Fresh Salsa

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

1

Grains

1¼

Vegetables

1

Fruits

1¼

Dairy

0

Meats, Fish, and Poultry

1

Nuts, Seeds, and Legumes

¼

Fats and Oils

1

Sweets and Added Sugars

## INGREDIENTS

### FOR SALSA:

**6** tomatoes, preferably Roma (or **3 large** tomatoes), diced  
**½** medium onion, finely chopped  
**1 clove** garlic, finely minced  
**2** serrano or jalapeño peppers, finely chopped  
**3 tbsp** fresh cilantro, chopped  
 Juice of **1** lime  
**⅛ tsp** oregano, finely crushed  
**⅛ tsp** salt  
**⅛ tsp** ground black pepper  
**½** avocado (black skin), peeled and diced

### FOR WRAPS:

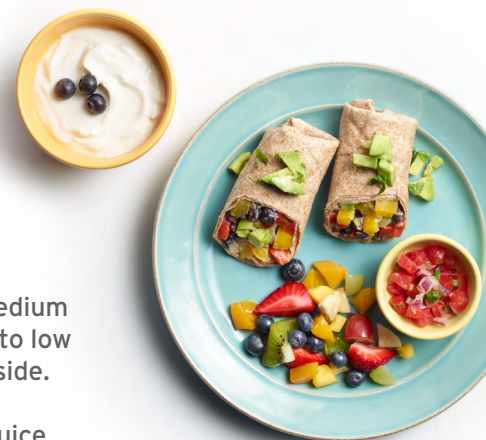
**1 medium** red bell pepper, seeded and sliced  
**1 medium** yellow pepper, seeded and sliced  
**1** onion, sliced  
**1 tsp** canola oil  
**½** avocado, peeled and diced  
 Juice from **1** lime  
**½ cup** chopped fresh cilantro  
**1 tsp** chili powder (optional)  
**1 cup** fat-free sour cream  
**1 can (15 ½ oz)** low-sodium black beans, drained and rinsed  
**4 (8-inch)** whole wheat tortillas  
**8 tbsp** Fresh Salsa

## DIRECTIONS

- 1 For salsa, combine all of the ingredients in a glass or stainless steel bowl. Serve immediately, or refrigerate and serve within 4 or 5 hours.
- 2 In a nonstick pan, sauté the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, and stir well. Reduce heat to low and simmer for about 5 minutes, then set aside.
- 3 In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
- 4 Add sour cream to beans, and mix well.
- 5 Warm tortillas in the microwave or in a pan on the stovetop.
- 6 Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tbsp of salsa over the bean and avocado mixture. Fold ends of the tortilla over, and roll up to make wraps.
- 7 Top the veggie wraps with remaining avocado mixture. Follow this process for the three other wraps.

### MAKES 4 SERVINGS

**Each serving provides** 367 calories, 6g total fat, 1g saturated fat, 5mg cholesterol, 318mg sodium, 16g protein, 66g carbohydrates, 976mg potassium, 14g total fiber



**Prep time**  
15 minutes

**Cook time**  
15 minutes

**Yields**  
4 servings

**Serving Size**  
1 wrap  
½ cup salsa

**TIP** Try pairing the veggie wrap with Rainbow Fruit Salad and low-fat Greek yogurt.





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 3<sup>rd</sup> 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](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515