

Thyroid Awareness

What your Thyroid Does For You

The **thyroid** is a small, butterfly-shaped gland located at the base of the neck just below the Adam's apple. It produces important hormones that influence the heart, brain, liver, kidneys and skin. Although the thyroid is small,

it plays a huge role in maintaining the function of these organs.

Have these Symptoms? It Could be your Thyroid

- Fatigue or trouble sleeping
- Changes in memory or ability to concentrate
- Fast or irregular heartbeat
- Unexplained changes in weight
- Depression, anxiety or feelings of irritability
- Irregular menstrual periods
- Joint/muscle pain or weakness

When Things Go Wrong: The thyroid is vital for the growth, development and regulation of the body. Several different disorders can arise when your thyroid produces too much hormone (hyperthyroidism) or not enough (hypothyroidism).

Common Thyroid Disorders: *Hyperthyroidism, Hypothyroidism, Thyroid Nodules, Graves' Disease, Thyroid Cancer, Thyroid Eye Disease, Hashimoto's Thyroiditis*

Common Risk Factors Associated with Thyroid Disorders:

Type 1 Diabetes, Family History, Past radiation treatment to the head or neck area, Recent pregnancy

Don't Let Your Thyroid Condition Go Untreated:

Undiagnosed thyroid disease may put you at risk for other serious conditions. **Talk to your primary care doctor and/or make an appointment to see an endocrinologist.**

SOURCE: thyroidawareness.com



**IF YOU STAND FOR NOTHING,
YOU WILL FALL FOR ANYTHING.**
-ALEXANDER HAMILTON



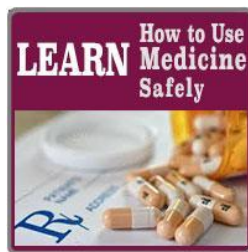
Build Healthy Habits: Make Better Choices Easier

- ☐ Identify unhealthy patterns and triggers.
- ☐ Change your surroundings. Find ways to make healthier choices easy choices.

- ☐ Ask for support from friends, family, co-workers, neighbors for support or ask people to join you.
- ☐ Fill your time with healthy activities. Try exercise, a favorite hobby, or spending time with family and friends.
- ☐ Track your progress. Record how things are going to help you stay focused and catch slip-ups.
- ☐ Think about future benefits to stay on track.
- ☐ Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage or personal time.
- ☐ Be patient. Improvement takes time, and setbacks happen. Focus on progress, not perfection.

SOURCE: Newsinhealth | NIH.GOV (National Institute of Health)

Tips For Talking with your Pharmacist



Your pharmacist can help you learn how to use your prescription and non-prescription (over-the-counter) medicines safely and to increase the benefits and decrease the risks.

Tell your Pharmacist...

- ✓ **Everything you use.** Keep a record and give it to your pharmacist. Make sure you put all the prescription and non-prescription medicines, vitamins, herbals, and other supplements you use. Your pharmacist will use this to keep his/her records up-to-date and help you use medicine safely.
- ✓ **If you've had any allergic reactions or problems with medicines,** medicines with dietary supplements, medicines with food, or medicines with other treatments.
- ✓ **Anything that could affect your use of medicine,** such as, if you have trouble swallowing, reading labels, remembering to use medicine, or paying for medicine.
- ✓ **Before you start using something new.** Your pharmacist can help you avoid medicines, supplements, foods, and other things that don't mix well with your medicines.
- ✓ **If you are pregnant, might become pregnant, or if you are breast feeding.**

SOURCE: Food and Drug Administration | fda.gov

JAN 12 | NATIONAL PHARMACIST DAY

OPPORTUNITY TO THANK YOUR PHARMACIST FOR ALL THAT THEY DO



Glaucoma At A Glance

Glaucoma is a group of eye diseases that:

- Has no symptoms at first, but can cause vision loss and blindness later
- Is diagnosed with a **comprehensive dilated eye exam**
- Can't be prevented or cured — but can be treated with medicines, laser treatment, or surgery

SOURCE: National Eye Institute

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.

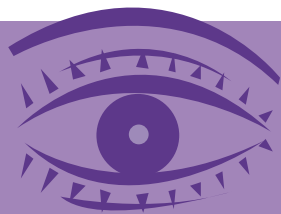
Newsletter Comments and Contributions: Please contact harveygrossmd@ehmhealth.org

tips to Weight Loss Success



Be a SMART planner!

SMART means being Specific, Measured, Appropriate, Realistic, and Time-bound about what you plan to achieve. For example, if your goal is to increase your physical activity, then write down the type of activity you plan to do, how many times you can realistically do it each week, and for how long each time. Start with small, short, and easier goals, and work your way up.



Keep an eye on the size!

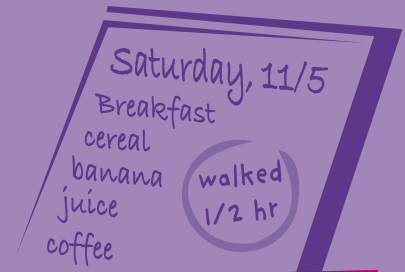
Did you know that we eat most of what is on our plate, no matter what the size of the plate? When at home, try using smaller plates; they will help you take smaller portions. When eating out, share an entrée! Studies show that portions today are often super-sized—enough for two or more people to share.

Make yourself an offer you can't refuse.

Before starting to reach your next goal, offer yourself a promise like this, "If I reach my goal this (day, week, month), I will treat myself to a well-deserved (Fill in a reward here, but not a food reward.)." Think of something you want, such as an afternoon off, a massage, a movie, or even a deposit toward a larger reward. Be creative, set up rewards for yourself frequently, and make sure you give them to yourself when you reach your goal.

How much is enough activity?

You need to get at least 30 minutes of moderate physical activity per day, most days of the week to help burn up extra calories. But give yourself credit for the activities that you're already doing. Common activities such as climbing stairs, pushing a stroller, gardening, and walking all count as physical activity. Just make sure you do enough of them.



Balance your (food) checkbook.

Keep a diary of what you eat and how much physical activity you get each day. Then, at the end of each week, record your weight in the same diary. You and your health provider can use this information to adjust your eating and physical activity plan to find the best way to reach your goal.

Am I full yet?



The question may take longer to answer than you think. It takes 15 minutes or more for the message that we're full to get from our stomachs to our brains. So take a few minutes before digging in for that next helping. Having trouble feeling full? Eight glasses (8 ounces each) or more of water or other non-caloric beverages daily fills you up and keeps you refreshed. Also, vegetables and fruits can help you feel fuller, especially when eaten raw.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

Get more tips at NHLBI's "Aim for a Healthy Weight" Web page at www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm or call the NHLBI Health Information Center at (301) 592-8573.

DASH EATING PLAN

Tips To Keep on Track

HEALTHY EATING, PROVEN RESULTS

The DASH eating plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track.

broccoli

1 Ask yourself why you got off track.

Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack and start again with the DASH plan.

2 Don't worry about a slip.

Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.

3 See if you tried to do too much at once.

Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.

4 Break the process down into small steps.

This not only keeps you from trying to do too much at once, but also keeps the changes easier. Break complex goals into simpler, attainable steps.

5 Write it down.

Learn what your daily calorie level should be to maintain or reach your goal weight by using the free, interactive, online [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Then use the [What's on Your Plate?](#) worksheet to keep track of what you eat and drink. Knowing what your goal is and then keeping track for several days can help you succeed. You may find, for instance, that you eat sugary or salty snacks while watching television. If so, try keeping healthier snacks on hand. This record also helps you be sure you're getting enough of each food group each day.

6 Celebrate success.

Treat yourself to a nonfood reward for your accomplishments. You could see a new movie, get a massage, or buy yourself flowers or a fun gift.

whole-grain
pasta

tomatoes

thyme

peaches

DASH EATING PLAN

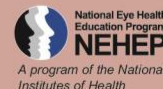
The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung,
and Blood Institute

Make eye health a New Year's resolution.

Get a dilated eye exam.

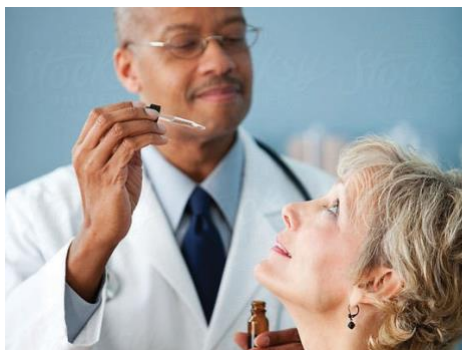


Make a resolution to learn more.

Every New Year, you make a list of things you will do to stay healthy so you can feel your best. But, did you realize that *feeling* your best includes *seeing* your best too? January is Glaucoma Awareness Month – the perfect time to spread the word about the disease. So, this year, add learning about glaucoma to your list! Your eyes will thank you for it.

1. Glaucoma can cause vision loss and blindness, which can't be reversed.

Glaucoma causes fluid to build up in your eye, causing pressure that can damage the optic nerve, which transfers visual images to your brain. But, you can save your vision with early detection and treatment.



2. There are no early symptoms. Glaucoma often has no early warning signs. No pain. No discomfort. No blurry vision. Only advanced glaucoma will affect your vision. Don't wait for symptoms to visit your eye doctor!

- 3. In the United States, half the people who have glaucoma don't know they do.** Nearly 3 million Americans have glaucoma. Half don't know it. Lack of awareness and the absence of symptoms are preventing people from detecting the disease early. You can change that! Find out if you have glaucoma.
- 4. Some people are at higher risk than others.** African Americans over 40, adults over 60 – especially Hispanics/Latinos, and people with a family history of glaucoma are at higher risk, making early detection especially important. Are you at higher risk? Talk to your family about glaucoma.
- 5. There is only one way to know if you have glaucoma.** Getting a comprehensive dilated eye exam is the only way to find out if you have glaucoma. During the exam, an eye care professional places drops in your eyes to widen the pupils and looks for signs of the disease in the optic nerve.

Now that you've got the facts about glaucoma, make a resolution for healthier vision. Schedule a comprehensive dilated eye exam today! And encourage your friends and loved ones to do the same.

To learn more about glaucoma, visit www.nei.nih.gov/glaucoma.

To learn more, visit www.nei.nih.gov/glaucoma



Stir-Fried Orange Beef

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

2

Grains

1 $\frac{2}{3}$

Vegetables

0

Fruits

1

Dairy

3

Meats, Fish, and Poultry

0

Nuts, Seeds, and Legumes

$\frac{3}{4}$

Fats and Oils

0

Sweets and Added Sugars

INGREDIENTS

1 bag (12 oz) frozen stir-fry vegetables
1 tbsp peanut or vegetable oil
1 tbsp onion, minced (or $\frac{1}{2}$ **tbsp** dried)
1 tbsp garlic, minced (about **2–3 cloves**)
1 tbsp ginger, minced
1 egg white, lightly beaten (or substitute liquid egg white)
2 tbsp cornstarch
12 oz beef flank steak, sliced into thin strips
3 tbsp Hoisin sauce
1 tbsp lite soy sauce
 $\frac{1}{2}$ **cup** orange juice
1 tbsp dry sherry (optional)

DIRECTIONS

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of cold water for about 30 minutes). Set aside until step 7.
- 2 Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 3 Heat oil in a large wok or sauté pan.
- 4 Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 5 Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5–8 minutes.
- 6 Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
- 7 Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3–4 minutes.
- 8 Divide mixture into four equal portions (about 2 cups each) and serve.

MAKES 4 SERVINGS

Each serving provides 261 calories, 9g total fat, 2g saturated fat, 28mg cholesterol, 418mg sodium, 23g protein, 23g carbohydrates, 648mg potassium, 3g total fiber.



Prep time
10 minutes

Cook time
20 minutes

Yields
4 servings

Serving Size
2 cups meat and vegetables

TIP Delicious over rice or Asian-style noodles (soba or udon) with a cold glass of 1% milk.

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