



Heat and Older Adults

People aged 65 years or older are more prone to heat-related health problems. If you're an older adult or a caretaker, review this page for information on how you or the person you're caring for can stay safe during the heat.

Why are older adults more prone to heat stress?

- ❑ Older adults do not adjust as well as young people to sudden changes in temperature.
- ❑ They are more likely to have a chronic medical condition that changes normal body responses to heat.
- ❑ They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat. Stay cool, stay hydrated -Stay in air-conditioned buildings as much as possible.
- ❑ Do not rely on a fan as your main cooling source when it's really hot outside.
- ❑ Drink more water than usual and don't wait until you're thirsty to drink.
- ❑ If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- ❑ Don't use the stove or oven to cook—it will make you and your house hotter.
- ❑ Wear loose, lightweight, light-colored clothing.
- ❑ Take cool showers or baths to cool down.
- ❑ Do not engage in very strenuous activities and get plenty of rest.
- ❑ Check on a friend or neighbor and have someone do the same for you.

SOURCE: News in Health | NIH



Cut Added Sugars

- ★ Choose water, milk, or unsweetened tea or coffee instead of sodas, sports drinks, energy drinks, and fruit drinks.
- ★ Reduce sugar in recipes. If a recipe says 1 cup, use 2/3 cup.

- ★ To enhance flavor, add vanilla, cinnamon, or nutmeg.
- ★ Eat fresh, canned, frozen, and dried fruits without added sugar. Choose fruits canned in their own juice or water rather than syrup.
- ★ Use fruits to top foods like cereal and pancakes rather than sugars, syrups, or other sweet toppings.
- ★ Read the ingredients list to pick food with little or no added sugar.
- ★ Use the Nutrition Facts label to choose packaged foods with less sugars. SOURCE: NIH (National Institute of Health) | News in Health



Hepatitis Basics

Hepatitis is swelling and inflammation of the liver. It can be caused by:

- ★ Immune cells in the body attacking the liver
- ★ Infections from viruses (such as hepatitis A, hepatitis B, or hepatitis C), bacteria, or parasites
- ★ Liver damage from alcohol or poison
- ★ Medicines, such as an overdose of acetaminophen
- ★ Fatty liver

Liver disease can also be caused by inherited disorders such as *cystic fibrosis* or *hemochromatosis*, a condition that involves having too much iron in your body. Other causes include *Wilson disease*, a disorder in which the body retains too much copper. Talk to your health care provider about treatment options. Treatments will vary, depending on the cause of your liver disease.

SOURCE: MedlinePlus | NIH



Preventing Mosquito-Borne Illnesses

Summer can be a bummer if outdoor fun is interrupted by the irritating buzz of mosquitoes. Their bites not only create itchy red bumps on your skin; they also carry the risk of disease.

Most mosquito bites are relatively harmless. But if the mosquito is carrying certain germs, like viruses or parasites, these *pathogens* might enter your blood during the bite and make you sick.

Ways to Avoid Mosquito Bites:

- ✓ Use insect repellents. Products containing DEET, picaridin, lemon, eucalyptus, para-menthane-diol, or IR3535.
- ✓ Cover up. When outside, wear long sleeves, pants, and socks.
- ✓ Mosquito-proof your home. Install or repair screens on windows and doors to keep insects out. Use air conditioning if you have it.
- ✓ Get rid of mosquito breeding sites. Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, and birdbaths on a regular basis.

SOURCE: News in Health | NIH

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.**



PATRIOTISM CONSISTS NOT IN WAVING THE FLAG, BUT IN STRIVING THAT OUR COUNTRY SHALL BE RIGHTEOUS AS WELL AS STRONG.

-JAMES BRYCE



HAPPY 4TH OF JULY

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



National Institute of
Diabetes and Digestive
and Kidney Diseases

This summer, re-energize your goals to eat healthy and stay active!

These tips can help you stay on track.



Schedule a set time for physical activity and stick to it.

Any physical activity, even for a short time, is a good thing.

Reduce screen time.

Take a break from sitting at the computer or TV and go for a short walk or stretch.



Make a healthy version of a summer dish.

Share at a picnic or potluck with your family, friends, or coworkers.

Limit treats and alcohol.

Eat a smaller slice of pie or have a small glass of wine.



Wherever you are on your journey to active and healthy living, start by taking these small steps to improve your health and feel great.

► Visit www.niddk.nih.gov for more tips on weight management and healthy eating.

Website
niddk.nih.gov

Email
healthinfo@niddk.nih.gov

Phone
1-800-860-8747

TTY
1-866-569-1162

Follow Us @NIDDKgov

Safe Medicine Storage for: Travel

Put your medicines
up **AWAY**
away
and out of sight



Thousands of young children are brought to the emergency room each year because they got into medicines that were left within reach. Unfortunately, accidental ingestions don't take a vacation.

It's important for parents to always keep medicines and vitamins up and away and out of sight at home, and also when families are away from their homes, staying in hotels or as guests in other homes. When traveling, remember these four simple tips for safely storing medicines while on-the-go:

When packing for a trip, keep your medicines in their original child-resistant containers. Other containers, such as pill organizers and baggies, often lack child safety features and can be easily opened by young children.

While staying in a hotel, secure your medicines and vitamins in a location that your children can't see or reach, like a high cabinet or passcode-protected hotel room safe.

As a guest in another person's home, don't be shy about asking them where to put your medicines and vitamins so they're out of sight and reach of children.

Never leave medicine or vitamins out on a table, countertop, or bedside table where your children could reach them. Relock the safety cap and put them away every time you use them.

Keep the Poison Help number in all of your phones: (800) 222-1222.
Or text "POISON" TO 797979 to automatically save it.

For more tools and information, visit UpandAway.org.

In partnership with the Centers for Disease Control and Prevention (CDC)

FAMILY

Nearly 5 million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.



PROTECT YOUR FAMILY FROM SKIN CANCER



Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer.



Damage from exposure to UV rays builds up over time, so sun protection should start at an early age.

PROTECT YOUR FAMILY AND YOURSELF FROM SKIN CANCER

STAY SUN SAFE OUTDOORS



Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.



Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.



Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.



Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.



Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.



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

LIMIT UV EXPOSURE

Discourage Indoor Tanning and Sunbathing

Indoor tanning and sunbathing often begin in the teen years and continue into adulthood. Don't wait to teach your children about the dangers of tanning. Children may be more receptive than teens, so start the conversation early, before they start sunbathing or indoor tanning.

For example, you can

- Help preteens and teens understand the dangers of tanning so they can make healthy choices.
- Talk about avoiding tanning, especially before special events like homecoming, prom, or spring break.
- Discourage tanning, even if it's just before one event like prom. UV exposure adds up over time. Every time you tan, you increase your risk of getting skin cancer.



UV rays are strongest

- During midday.
- Near the equator.
- During summer months.
- At high altitudes.



Remember that sunburns and skin damage can occur even on cloudy or overcast days. If you're unsure about the sun's intensity in your area, check the daily [UV Index](#) for your zip code on the US Environmental Protection Agency's website.

INDOOR TANNING

- Exposes users to intense levels of UV rays, a known cause of cancer.
- Does not offer protection against future sunburns. A "base tan" is actually a sign of skin damage.
- Can spread germs that can cause serious skin infections.
- Can lead to serious injury. Indoor tanning accidents and burns send more than 3,000 people to the emergency room each year.

The US Food and Drug Administration states that indoor tanning should not be used by anyone younger than age 18. Many states [restrict the use of indoor tanning by minors](#).

There's no such thing as a safe tan.

Choose Sun-Safety Strategies that Work

Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn't be your only defense against the sun. For the **best protection**, use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.



FOR MORE INFORMATION, VISIT CDC'S [SUN SAFETY WEBSITE](#).



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