

## 10 Early Signs and Symptoms of Alzheimer's:

If you notice any of these signs, take action. Early detection matters.



- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

**What's Next?** If you're concerned that you or someone you know is displaying any of these signs, take action:

- Talk to someone you trust.** It can be helpful to confide in a friend or family member. For tips on how to have a conversation, visit [alz.org/memoryconcerns](http://alz.org/memoryconcerns)
- See a doctor.** Get a full medical evaluation to determine if it's Alzheimer's or something else. Early diagnosis gives you a chance to plan for the future, access support services and explore medication that may address some symptoms for a time.

SOURCE: Alzheimer's Association

## Communication Breakdown: How Aphasia Affects Language



Aphasia occurs when a part of the brain that helps process language is damaged. The most common cause of aphasia is stroke. But a head injury, infection, brain tumor, and other brain disorders can also cause the condition. Health care professionals called speech-language pathologists can help people with speech, language, and related problems to retrain their brains. Therapy may start very soon after the loss of language.



### Helping Those with Aphasia Be Heard

To help someone with aphasia feel more comfortable communicating:

- Ask for and value the opinion of the person with aphasia.
- Minimize distractions, such as a loud radio or TV.
- Use short, uncomplicated sentences when speaking.
- Write down key words to clarify meaning as needed.
- Avoid correcting their speech.
- Allow them plenty of time to talk.
- Encourage any kind of communication, including speaking, gesturing, pointing, or drawing.

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



BEING A **MALE** IS A **MATTER OF BIRTH.**  
 BEING A **MAN** IS A **MATTER OF AGE.**  
 BUT BEING A **GENTLEMAN** IS A **MATTER OF CHOICE.**

-Vin Diesel

Thank you, **Dad** for all that you do! **Happy Father's Day** • June 19

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)**

## How Cataracts Cloud Our Vision



As we age, our vision changes. A **cataract** is a *cloudy area in the lens of your eye.*

Around age 40, the proteins in the lens of your eye start to break down and clump together. *This clumping makes a cloudy area on your lens that gets worse over time.*

At first, you may not have any symptoms. But eventually your vision becomes blurry and colors seem faded. You may also have trouble seeing at night.

*Cataracts can be corrected with surgery.* Your doctor may recommend surgery if your cataracts start getting in the way of everyday activities like reading, driving, or watching TV. *Surgery is safe. But most people don't need to rush into surgery.* Talk with your health care provider if you're having vision problems. **There are things you can do to delay cataracts.**

- ✓ Wear sunglasses and a hat to block the sun.
- ✓ Quit smoking.
- ✓ Eat plenty of fruits and vegetables—especially dark, leafy greens
- ✓ And if you're age 60 or older, get a dilated eye exam at least once every two years.

SOURCE: News in Health | NIH

## Eat Healthy & Stay Active This Summer!

Try 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 creates and alcohol: Eat a smaller slice of pie or drink less, or not at all.

SOURCE: National Institute of Diabetes & Digestive and Kidney Diseases

## 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.**

# Cheat Sheet for Men's Cancer Screenings and Good Health

CDC supports screening for colorectal (colon) and lung cancers as recommended by the U.S. Preventive Services Task Force. This "cheat sheet" lists the different types of cancer screenings that are available to men. But remember, there's more to your health than just cancer screenings.

Yearly exams give you the opportunity to talk to your doctor about your family health history, and ask about tests you may need for other diseases or conditions such as diabetes, high blood pressure, or cholesterol.



## Colorectal (colon) cancer

### Screening Method

Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT)

### When to Get Screened\*

If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.

## Prostate cancer

### Screening Method

Digital rectal exam (DRE) and prostate specific antigen (PSA) test

### When to Get Screened\*

Talk to your doctor. The USPSTF recommends against PSA screening for men who do not have symptoms.



## Lung cancer

### Screening Method

Low-dose CT scan

### When to Get Screened\*

If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan every year.

## Skin cancer

### Screening Method

Periodic total-body examinations by a clinician

### When to Get Screened\*

Talk to your doctor. The USPSTF has concluded that there is not enough evidence to recommend for or against routine skin cancer screening.

\*Talk with your doctor about when and how often you should be screened. Depending on your personal health history, family health history, or screening results, your doctor may recommend a different screening schedule.

## More Information

- Cancer Screening Tests [www.cdc.gov/cancer/dcpc/prevention/screening.htm](http://www.cdc.gov/cancer/dcpc/prevention/screening.htm)
- Blog post: Overwhelmed by Too Many Health Tips? <http://blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet/>



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

# HIV TESTING 101

Many HIV tests are now quick, **FREE**, and painless.

## SHOULD I GET TESTED FOR HIV?

- Everyone aged 13 to 64 should get tested for HIV at least once.
- You should get tested at least once a year if you continue to engage in any of the following behaviors:
  - You're a man who has had sex with another man.
  - You've had sex with a partner who has HIV.
  - You've had more than one partner since your last HIV test.
  - You've shared needles, syringes, or other equipment to inject drugs.



## WHEN SHOULD I GET TESTED FOR HIV?

- › You've exchanged sex for drugs or money.
  - › You have another sexually transmitted disease, hepatitis, or tuberculosis.
  - You've had sex with anyone who has done anything listed above or with someone whose sexual history you don't know.
- Sexually active gay and bisexual men may benefit from testing every 3 to 6 months.
  - If you're pregnant or planning to get pregnant, get tested as early as possible to protect yourself and your baby.

## WHERE CAN I GET TESTED?



- Ask your health care provider for an HIV test, or find a testing site near you by
- visiting [gettested.cdc.gov](https://www.gettested.cdc.gov), or
  - calling **1-800-CDC-INFO (232-4636)**.



Many testing locations are **FREE** and confidential. You can also buy an HIV self-test at a pharmacy or online. Most HIV tests are covered by health insurance.

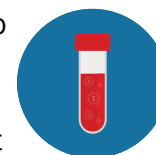
## WHAT IF MY TEST RESULT IS NEGATIVE?

- You probably don't have HIV, but the accuracy of your result depends on the *window period*. This is the time between when you may have been exposed to HIV and when a test is able to show if you have the virus or not.
- To stay negative, take actions to prevent HIV. Visit [www.cdc.gov/hiv/basics/prevention.html](https://www.cdc.gov/hiv/basics/prevention.html) to learn more.



## WHAT IF MY TEST RESULT IS POSITIVE?

- You may be given a follow-up test to confirm the result.
- If you're diagnosed with HIV, start treatment right away. HIV treatment can keep you healthy for many years and reduce your chance of transmitting the virus to others. Learn more at [www.cdc.gov/hiv/basics/livingwithhiv](https://www.cdc.gov/hiv/basics/livingwithhiv).



For more information please visit [www.cdc.gov/hiv](https://www.cdc.gov/hiv)

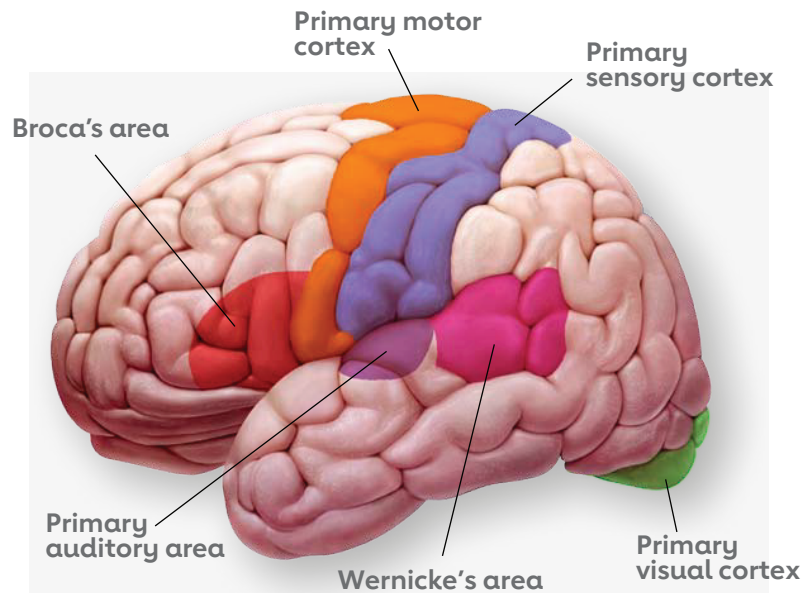




let's talk about

# Stroke and Aphasia

Aphasia is a language disorder that impairs the ability to communicate. It's most often caused by stroke-related injuries to areas of the brain that control speech and language.



Certain areas of the brain (usually on the left side) influence the ability to use and understand language. When a stroke occurs in one of these areas, it may result in aphasia.

## What are the effects of aphasia?

Aphasia does not affect intelligence. People with aphasia usually remain mentally alert even though their speech may be jumbled, fragmented or impossible to understand. They may have:

- Difficulty getting the words out
- Trouble finding words
- Difficulty understanding what others are saying
- Problems with reading, writing or math
- Trouble with long and/or uncommon words

## How does it feel to have aphasia?

Imagine not being able to recognize the words in the headline of a story. What would it be like to try and say "put the car in the garage" and have it come out "put the train in the house" or "widdle tee car ung sender plissen." Aphasia often plunges alert, intelligent people into a world of jumbled communication.

People with aphasia are often frustrated and confused because they can't speak as well as they could before their stroke, they can't understand others the way they once could or both. They may act differently because of changes in their brain.

## Are there different types of aphasia?

Yes, there are several. They include:

- **Global aphasia:** People with this aphasia have a severe impairment in both forming and understanding words and sentences.
- **Broca's aphasia:** With this condition, speech is halting and difficult, marked by problems with grammar such as dropped words and sometimes impaired comprehension.
- **Wernicke's aphasia:** People with this aphasia often string together meaningless words that only sound like a sentence, and have difficulty understanding others' speech.

## What is the difference between aphasia and apraxia?

Aphasia, apraxia of speech and oral apraxia are all communication disorders that can result from a stroke. It can be hard to distinguish among them, especially since all three may be present at the same time. Here's a breakdown of what the terms mean:

- **Aphasia** is an impairment in the ability to use and/or comprehend words.

(continued)



- **Apraxia of speech**, or *verbal apraxia*, involves difficulty moving muscles needed to speak, even though there is no paralysis or weakness of those muscles.
- **Oral apraxia**, or *nonverbal oral apraxia*, involves difficulty moving the muscles of the lips, throat, soft palate and tongue for purposes other than speech, such as smiling or whistling.

### How can family and friends help?

Stroke survivors and their loved ones will need the help and support of a doctor, counselor and speech pathologist. It's a good idea for loved ones to:

- Be open about the problem so others understand the situation.
- Always assume that the person with aphasia can hear. Confirm his or her understanding with yes/no questions.
- Set up a daily routine for the person with aphasia that includes rest and time to practice skills.
- Use sentences that are short and to the point.
- Keep the noise level down, and stand where the person with aphasia can see you.



- Treat the person with aphasia as an adult and include him or her in conversations and decision-making. No one likes to be ignored.
- Help the person with aphasia cope with frustration and depression.
- Be patient. Give people with aphasia the time they need to communicate with you. You'll respect their dignity and help reduce their stress.

## HOW CAN I LEARN MORE?

- 1 Call 1-888-4-STROKE (1-888-478-7653) or visit [stroke.org](https://stroke.org) to learn more about stroke or find local support groups.
- 2 Sign up for **Stroke Connection**, a free e-newsletter for stroke survivors and caregivers, at [StrokeConnection.org](https://StrokeConnection.org).
- 3 Connect with others who have also had an experience with stroke by joining our Support Network at [stroke.org/SupportNetwork](https://stroke.org/SupportNetwork).

### Do you have questions for your or your loved one's health care provider?

Take a few minutes to jot down your questions for the next time you see your or your loved one's health care provider.

For example:

**How long will I need therapy?**

**Will my mother's aphasia improve?**

**How can I find a stroke or aphasia support group?**

### MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit [stroke.org/LetsTalkAboutStroke](https://stroke.org/LetsTalkAboutStroke) to learn more.



## 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