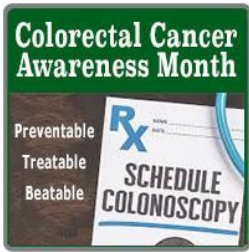


Colorectal Cancer Screening: Questions for the Doctor



If you are age 45 to 75, get screened (tested) regularly for colorectal cancer. You may need to get tested before age 45 if colorectal cancer runs in your family.

Colorectal cancer includes cancer of the colon or rectum, which are parts of the large intestine.

What do I ask the doctor?

It helps to have questions written down ahead of time. Print out these questions and take them to your appointment.

- ❶ What is my risk for colorectal cancer?
- ❷ When do you recommend that I start getting tested?
- ❸ What are the different types of screening tests for colorectal cancer?
- ❹ Which screening test do you recommend for me? Why?
- ❺ How often do I need to get tested?
- ❻ What happens during the test? How do I prepare?
- ❼ Does the test have any risks or side effects?
- ❽ How long will it take to get the results?
- ❾ What can I do to reduce my risk of colorectal cancer?

SOURCE: Office of Disease Prevention and Health Promotion



Getting a Better Night's Sleep

- Stick to a sleep schedule.** Go to bed and wake up at the same time every day, even on the weekends.
- Get some exercise every day.** But not close to bedtime.
- Go outside.** Try to get natural sunlight for at least 30 minutes every day.
- Avoid nicotine and caffeine.** Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.
- Don't take naps after mid-afternoon.** If you do, keep them short.
- Avoid alcohol and large meals before bedtime.** Both can prevent deep, restorative sleep.
- Limit electronics before bed.** Try reading a book, listening to soothing music, or another relaxing activity instead.
- Create a good sleeping environment.** Keep the temperature cool if possible. Get rid of sound and light distractions. Make it dark. Silence your cell phone.
- Don't lie in bed awake.** If you can't fall asleep after 20 minutes get up and do a relaxing activity until you feel sleepy again.
- See your health care provider if nothing you try helps.** They can determine if you need further testing. They can also help you learn new ways to manage stress.

SOURCE: NIH



THE TRUTH IS STILL THE TRUTH EVEN IF NO ONE BELIEVES IT. A LIE IS STILL A LIE EVEN IF EVERYONE BELIEVES IT.

★ **Not all heroes wear capes.** ★

Happy Doctor's Day – March 30

Thank you for your dedication, sacrifices & hardwork.

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@ehmchealth.org

Diabetes Alert Day – March 22



Diabetes Alert Day is a one-day “wake-up call” that focuses on the seriousness of diabetes and the importance of understanding your risk. **Type 2 diabetes** is the *most common type of diabetes*. If you have type 2 diabetes, **your body does not make or use insulin well**. You can develop type 2 diabetes

at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people.

How to Prevent Type 2 Diabetes:

- ♦ You can take steps to help prevent or delay type 2 diabetes by losing weight if you are overweight, eating fewer calories, and being more physically active.
- ♦ Talk with your health care professional about any of the health conditions listed above that may require medical treatment.
- ♦ Managing these health problems may help reduce your chances of developing type 2 diabetes.
- ♦ Also, ask your health care professional about any medicines you take that might increase your risk.

SOURCE: NIH | National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)



10 Ways to Manage Kidney Diseases

Often overlooked until symptoms appear, **Chronic Kidney Disease (CKD)** is progressive and can put you at risk for serious health complications including kidney failure.

Adopting a healthy lifestyle can help you manage and slow the progression of CKD and its complications.

- ✓ Control your blood pressure
- ✓ Take medicines as prescribed
- ✓ Work with a dietitian to develop a meal plan
- ✓ Meet your blood glucose goal if you have diabetes
- ✓ Work with your health care team to monitor your kidney health
- ✓ Find healthy ways to cope with stress and depression
- ✓ Stop smoking
- ✓ Get enough sleep
- ✓ Aim for a healthy weight

SOURCE: NIH (National Institutes of Health) | NIDDK

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.**

Are You at Risk for Type 2 Diabetes?

Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Could you be one of the 8 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

1 How old are you?

- a. Less than 40 years (0 points)
- b. 40–49 years (1 point)
- c. 50–59 years (2 points)
- d. 60 years or older (3 points)

Write your score
in the box.



2 Are you a man or a woman?

- a. Man (1 point)
- b. Woman (0 points)

3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?

- a. Yes (1 point)
- b. No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

- a. Yes (1 point)
- b. No (0 points)

5 Have you ever been diagnosed with high blood pressure?

- a. Yes (1 point)
- b. No (0 points)

6 Are you physically active?

- a. Yes (0 points)
- b. No (1 point)

7 What is your weight status? (see chart at right)

Height	Weight					
	lbs.	kilos	lbs.	kilos	lbs.	kilos
4'10"	119–142	54.0–64.4	143–190	64.9–86.2	191+	86.6+
4'11"	124–147	56.2–66.7	148–197	67.1–89.3	198+	89.8+
5'0"	128–152	58.1–68.9	153–203	69.4–92.1	204+	92.5+
5'1"	132–157	59.9–71.2	158–210	71.7–95.3	211+	95.7+
5'2"	136–163	61.7–73.9	164–217	74.4–98.4	218+	98.9+
5'3"	141–168	64.0–76.2	169–224	76.7–101.6	225+	102.1+
5'4"	145–173	65.8–78.5	174–231	78.9–104.8	232+	105.2+
5'5"	150–179	68.0–81.2	180–239	81.6–108.4	240+	108.9+
5'6"	155–185	70.3–83.9	186–246	84.4–111.6	247+	112.0+
5'7"	159–190	72.1–86.2	191–254	86.6–115.2	255+	115.7+
5'8"	164–196	74.4–88.9	197–261	89.4–118.4	262+	118.8+
5'9"	169–202	76.7–91.6	203–269	92.1–122.0	270+	122.5+
5'10"	174–208	78.9–94.3	209–277	94.8–125.6	278+	126.1+
5'11"	179–214	81.2–97.1	215–285	97.5–129.3	286+	129.7+
6'0"	184–220	83.5–99.8	221–293	100.2–132.9	294+	133.4+
6'1"	189–226	85.7–102.5	227–301	103.0–136.5	302+	137.0+
6'2"	194–232	88.0–105.2	233–310	105.7–140.6	311+	141.1+
6'3"	200–239	90.7–108.4	240–318	108.9–144.2	319+	144.7+
6'4"	205–245	93.0–111.1	246–327	111.6–148.3	328+	148.8+
			(1 Point)		(2 Points)	
<p style="text-align: center;">You weigh less than the amount in the left column (0 points)</p>						

.....
 Add up Your Score

The higher your score, the higher your risk.

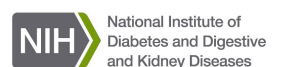
..... If you scored 5 or more: You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

..... If you scored below 5: Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 45, overweight, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

Type 2 diabetes is more common in African Americans and people with African ancestry, Hispanics and Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians, and Pacific Islanders. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) has special information for these groups.

The National Institute of Diabetes and Digestive and Kidney Diseases

1-800-860-8747 • TTY: 1-866-569-1162



Adapted from the American Diabetes Association's Diabetes Risk Test.

www.niddk.nih.gov

A Poison Proof Home is a Happy Home!

More than 90% of poison accidents happen in the home, but many poison risks are hidden in plain sight. Learn how to identify poison risks in your home and take simple steps to keep your family safe and healthy.

KITCHEN

- **Never** use commercial cleaning products on food or packaging.
- **Turn off gas ranges** when not in use.
- Store food at the proper temperature.

BATHROOM

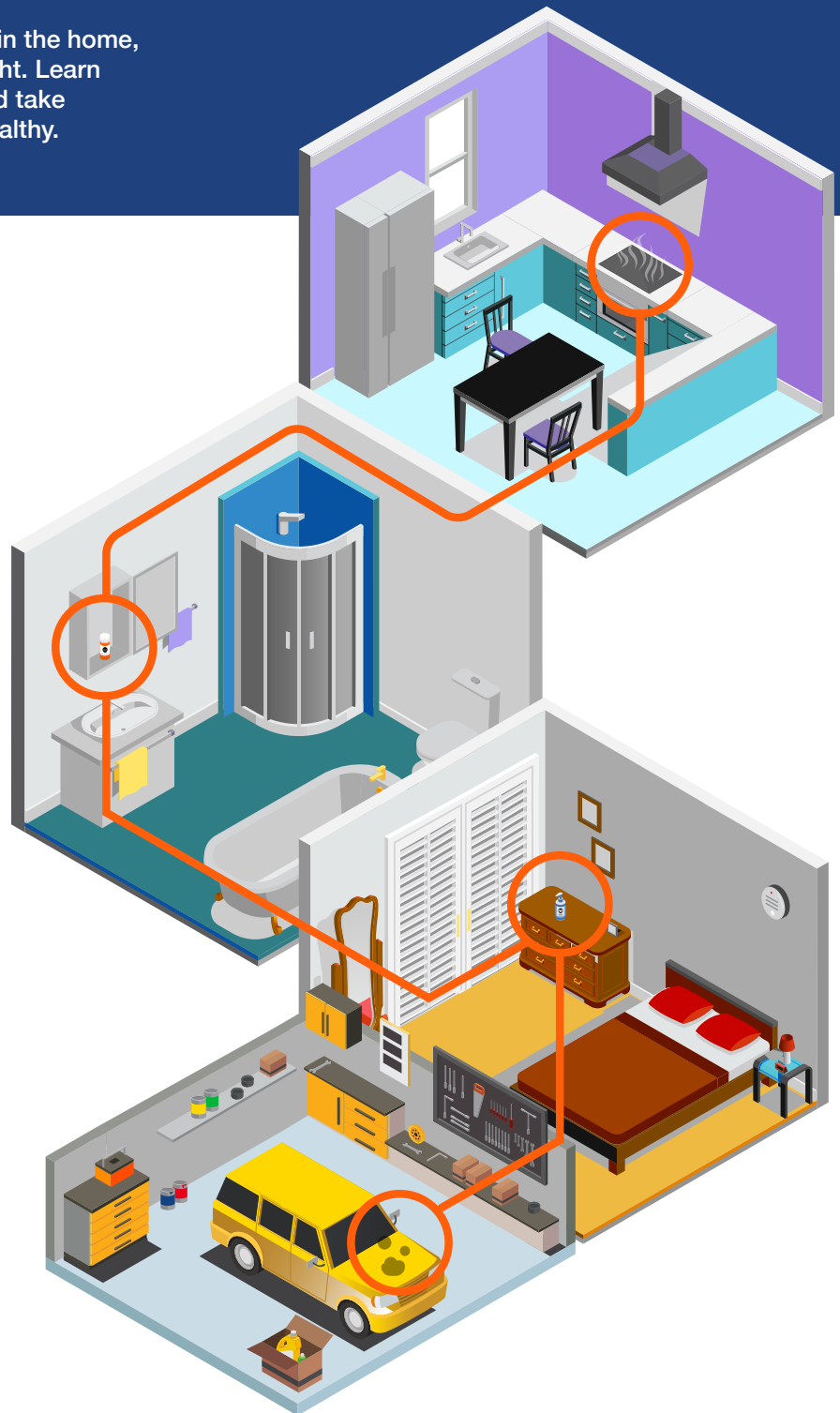
- Keep medicines **locked up and away** from children.
- Store all medicines in their original, properly labeled containers.
- Avoid using household cleaners and disinfectants **on hands or skin improperly**.

BEDROOM

- Install carbon monoxide detectors near bedrooms and furnaces.
- Keep hand sanitizer **locked up and out** of reach of children.
- Ensure houseplants are **pet safe**.

GARAGE

- **Do not** keep the car running in a closed garage.
- Store paint, antifreeze, gasoline, and other chemicals in **locked cabinets**.
- Keep detergents and other laundry products up, away, and out of reach of children.



For more information about potential poisons, or if you're experiencing a poison emergency...

**Don't Guess.
Make the Call.**

- 1 Call **9-1-1** if the person is unconscious or has trouble breathing.
- 2 Call **Poison Help (1-800-222-1222)** to connect to your local poison center.
- 3 Stay calm—most poisoning emergencies can be resolved quickly.

DASH EATING PLAN

Tips To Reduce Salt and Sodium

HEALTHY EATING, PROVEN RESULTS

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

zucchini

Swiss cheese

bread

EASY TIPS FOR DINING OUT

Move the salt shaker away.

This simple first step could become second nature.

Research the restaurant's menu before going out.

Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.

Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.

A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.

Choose fruit or vegetables instead of salty snacks, chips, or fries.

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.



NIH

National Heart, Lung, and Blood Institute



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 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