

Know the Facts About Stroke



What is Stroke?

A stroke, sometimes called a brain attack, happens in one of *two ways*:

- ◆ Ischemic stroke—when the blood supply to the brain is blocked
- ◆ Hemorrhagic stroke—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage,

disability, and death.

Can Stroke Be Prevented?

High blood pressure is the single most important treatable risk factor for stroke. Preventing, diagnosing, and controlling it through lifestyle changes and medicine are critical to reducing stroke risks.

There are several steps you can take to reduce your risk for stroke:

- ✓ Eat a healthy diet low in sodium, plenty of fruits and vegetables.
- ✓ Maintain a healthy weight.
- ✓ Be physically active.
- ✓ Don't smoke, and avoid secondhand smoke.
- ✓ Limit alcohol use.
- ✓ Prevent or manage your other health conditions, especially high blood pressure, high cholesterol, diabetes, and obesity.

SOURCE: CDC (Center for Disease Control & Prevention)



Blood Clots

Clots are tangles of molecules and blood cells that clump together. They help prevent blood loss when the skin breaks open. They also help stop infections from getting inside the body. But when *clotting happens inside a blood vessel, it can be dangerous.*

Blood clots can happen to anyone, at any age. But some people are at increased risk. These include older adults and those with certain heart conditions.

Reduce Your Risk of Blood Clots:

- ✓ **Eat a heart-healthy diet.** Eat more fruits, vegetables, and whole grains. Limit salt and red meat.
- ✓ **Be physically active.** Experts recommend adults get at least 150 minutes of moderate-intensity activity per week.
- ✓ **Aim for a healthy weight.** Excess weight can increase your chances of developing health conditions linked with blood clots.
- ✓ **Manage stress.** Stress can contribute to high blood pressure and other heart disease risk factors.
- ✓ **Quit smoking.** Get free help to quit smoking:
1-800-QUIT-NOW (1-800-784-8669), or text QUIT to 47848
or visit: smokefree.gov
- ✓ **Control high blood pressure, high cholesterol, and diabetes.**
 Talk with your doctor about how to manage these conditions. SOURCE: NIH (National Institute of Health) | News in Health



NEVER UNDERESTIMATE THE POWER OF A KIND WOMAN. KINDNESS IS A CHOICE THAT COMES FROM INCREDIBLE STRENGTH.

Thank you, **Mom** for all that you do! **Happy Mother's Day** • May 8

Self-Care



Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a

big impact. Here are some tips:

- Get some exercise regularly, even small amounts add up.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority.
- Try an activity that you find relaxing.
- Know your limitations and say "no" to new tasks if you start to feel like you're taking on too much.
- Practice gratitude and focus on the positive things in your life.
- Stay connected to family and friends.

Self-care looks different for everyone. *It may take trial and error to discover what works best for you.*

SOURCE: MedlinePlus

What is the Correct Way to Measure Blood Pressure?

Learn the correct way to have your blood pressure taken, whether you're *getting it checked at the doctor's office or checking it yourself at home.* **Use this checklist:**



- Don't eat or drink anything 30 minutes before you take your blood pressure.
- Empty your bladder before your reading.
- Sit in a comfortable chair with your back supported for at least 5 minutes before your reading.
- Put both feet flat on the ground and keep your legs uncrossed.
- Rest your arm with the cuff on a table at chest height.
- Make sure the blood pressure cuff is snug but not too tight. The cuff should be against your bare skin, not over clothing.
- Do not talk while your blood pressure is being measured.

SOURCE & IMAGE: CDC

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@ehmchealth.org

Managing My Blood Pressure



Questions to Ask My Doctor

Measuring Blood Pressure

- How often should I measure my blood pressure?
- How can I measure my blood pressure outside the doctor’s office?
- What do I need to know about correctly measuring my blood pressure?

Lifestyle and Habits

- What foods or drinks should I have or avoid to help me keep a healthy blood pressure?
- What types of physical activity are right for me to do on a regular basis?

Blood Pressure Medicines

- If I need to start taking blood pressure medicine, what type is best for me?
- I am currently taking blood pressure medicine. Do I need to adjust my dose or try a new type? How is my progress?
- What are the possible side effects of my current or new medicines?
- How often should I refill my medicine?
- What time of day should I take my blood pressure medicine?
- Should I take it with or without food?
- What should I do if I forget to take my blood pressure medicine?



My goal blood pressure is:

Notes

My Challenges

I will talk to my doctor about any challenges I have measuring or controlling my blood pressure, including:

- Taking blood pressure medicine/s on time and in the right amount
- Side effects from my blood pressure medicines
- Measuring blood pressure on my own
- Making healthy lifestyle changes

Visit [cdc.gov/bloodpressure](https://www.cdc.gov/bloodpressure) for tips and resources.



Cheat Sheet for Women's Cancer Screenings and Good Health

CDC supports screening for breast, cervical, 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 women. But remember, there's more to your health than just cancer screenings.

Yearly well-woman 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, osteoporosis, high blood pressure, or cholesterol.

Breast Cancer

Screening Method

Mammogram

When to Get Screened*

If you are 50 to 74 years old, get a screening mammogram every two years.



Cervical cancer (two choices)

Screening Method

Pap test (Pap smear) only

When to Get Screened*

If you are 21 to 65 years old, you can get a Pap test every three years.

Screening Method

HPV test combined with a Pap test

When to Get Screened*

Or if you are 30 to 65 years old, you can get a Pap test and an HPV test every five years



Colorectal (colon) cancer

Screening Method

Colonoscopy, sigmoidoscopy, CT colonoscopy, or stool tests

When to Get Screened*

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

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.

*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
- Blog post: Overwhelmed by Too Much Health Advice? <http://blogs.cdc.gov/cancer/2016/05/16/womens-cancer-screening-cheat-sheet/>



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

Women and Stroke



One in five women in the United States will have a stroke in her lifetime. Nearly 60% of stroke deaths are in women, and stroke kills twice as many women as breast cancer. Surprised? You're not alone. Stroke is the third leading cause of death for women, yet most women do not know their risk of having a stroke.

These facts are alarming, but there is some good news: Up to 80% of strokes can be prevented. This means it is important to know your risk of having a stroke and to take action to reduce that risk.

What Is a Stroke?

A stroke, sometimes called a brain attack, occurs when blood flow to an area of the brain is cut off. When brain cells are starved of oxygen, they die. Stroke is a medical emergency. It's important to get treatment as soon as possible. A delay in treatment increases the risk of permanent brain damage or death.

What Puts Women at Risk of Stroke?

- **High blood pressure** is a main risk factor for stroke, yet nearly one in three women with high blood pressure does not know she has it.
- Stroke risk increases with **age**, and women live longer than men. This is why 6 in 10 people who die from stroke are women. Also, the percentage of strokes in women aged 45 or younger is increasing. Younger women may have different symptoms of stroke, such as dizziness or headache, than women age 46 and older do.
- Women have some unique risk factors for stroke. Having high blood pressure during **pregnancy** raises a woman's risk for stroke.
- Certain types of **birth control** medicines may raise stroke risk in women with high blood pressure, especially if they smoke.
- Women are twice as likely as men to experience depression and anxiety, and women often report higher stress levels than men do. These **mental health issues** all raise a person's risk for stroke.

Not all women are equally affected by stroke. African-American women are nearly twice as likely to have a stroke as white women, mainly because of having high blood pressure, being overweight, and having diabetes.



**Blanche
Teal-Cruise**

A smoker for 40 years, Blanche knew her habit was unhealthy. But she had no idea how it would eventually affect her health.

When Blanche almost fell down one morning after getting out of bed, she blamed her dizziness on vertigo, a condition that makes you feel dizzy or lightheaded. But when she tried to turn on the light, her arm felt like dead weight. So she rested a short while until she felt better. Then she took a shower and drove to work. She had no idea she had suffered a mild stroke.

When she arrived at work, a coworker noticed that Blanche was not walking straight. When Blanche spoke, she felt as if she had to push the words out of her mouth.

Blanche was lucky: When she got to the hospital, she was diagnosed with a transient ischemic attack, often called a "mini-stroke." Unlike major strokes, mini-strokes don't cause permanent injury to the brain. But mini-strokes can lead to a major stroke.

Blanche's mini-stroke was a wake-up call. Two weeks after her mini-stroke, Blanche quit smoking for good. Like many African-American women, Blanche also had high blood pressure. She now takes medicine to control her blood pressure and walks her dog every day to stay active. She sees her doctor regularly and works to keep her weight down.

Blanche always talks to her friends and family about how to reduce their chances of having a stroke and how to recognize if someone is having a stroke. She has learned so much about how to prevent stroke, and she likes to spread the word to others about the importance of going to the doctor and quitting smoking.

How Can I Prevent Stroke?

Most strokes can be prevented by keeping medical conditions under control and making lifestyle changes. A good place to start is to know your **ABCS of heart health**:

- A Aspirin:** Aspirin may help reduce your risk for stroke. But you should check with your doctor before taking aspirin because it can make some types of stroke worse. Before taking aspirin, talk with your doctor about whether aspirin is right for you.
- B Blood Pressure:** Control your blood pressure.
- C Cholesterol:** Manage your cholesterol.
- S Smoking:** Quit smoking or don't start.

Make lifestyle changes:

- **Eat healthy and stay active.** Choose healthy foods most of the time, including foods with less salt, or sodium, to lower your blood pressure, and get regular exercise. Being overweight or obese raises your risk of stroke.
- **Talk to your doctor about your chances of having a stroke,** including your age and whether anyone in your family has had a stroke.
- **Get other health conditions under control,** such as diabetes or heart disease.

What Is CDC Doing About Stroke?

CDC and its partners are leading national initiatives and programs to reduce the death and disability caused by stroke and to help women live longer, healthier lives.

- CDC's [Division for Heart Disease and Stroke Prevention](#) (DHDSP) provides resources to all 50 states to address heart disease and stroke.
- DHDSP supports the [WISEWOMAN](#) program that provides low-income, under-insured or uninsured women with chronic disease risk factor screening, lifestyle programs, and referral services in an effort to prevent heart disease and strokes.
- The [Paul Coverdell National Acute Stroke Program](#) funds states to measure, track, and improve the quality of care for stroke patients. The program works to reduce death and disabilities from stroke.
- The [Million Hearts](#)[®] initiative, which is co-led by CDC and the Centers for Medicare & Medicaid Services, works with other federal agencies and private sector partners to raise awareness about stroke prevention. Million Hearts[®] aims to prevent 1 million heart attacks and strokes by 2017.

If Stroke Happens, Act F.A.S.T.

Knowing your risk factors is only half the battle. Strokes come on suddenly and should be treated as medical emergencies. If you think you or someone else may be having a stroke, act F.A.S.T.:



F—Face:

Ask the person to smile. Does one side of the face droop?



A—Arms:

Ask the person to raise both arms. Does one arm drift downward?



S—Speech:

Ask the person to repeat a simple phrase. Is the speech slurred or strange?



T—Time:

If you see any of these signs, call 9-1-1 right away.

Calling an ambulance is critical because emergency medical technicians, or EMTs, can take you to a hospital that can treat stroke patients, and in some cases they can begin life-saving treatment on the way to the emergency room. Some treatments for stroke work only if given within the first 3 hours after symptoms start.

Learn more by visiting www.cdc.gov/stroke

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