

Why Is It Important to Be Antibiotics Beware?



Be Antibiotics Aware is a national effort to help fight antibiotic resistance and improve antibiotic prescribing and use.

Antibiotics are powerful, life-saving drugs. When your healthcare professional prescribes antibiotics, take them as directed. Patients can experience side effects while taking antibiotics. But

remember, when antibiotics are needed, their benefits outweigh the risks of side effects and antibiotic resistance.

When antibiotics aren't needed, they won't help you, and the side effects could still cause harm. Reactions from antibiotics cause 1 out of 5 medication-related visits to the emergency room.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use or call 1-800-CDC-INFO.

SOURCE/IMAGES: CDC (Centers for Disease Control and Prevention)



Take 3 Actions to Fight Flu

Influenza (flu) is a contagious disease that can be serious. CDC urges you to take the following actions to protect yourself and others from flu.

✓ Get yourself and your family vaccinated!

A yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone six months or older should get an annual flu vaccine. *Protect Yourself. Protect Your Family. Get Vaccinated.*

✓ **Stop the spread.** Take everyday preventative actions to help stop the spread of flu viruses! Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).

✓ **Ask your doctor about flu antivirals.** Take antiviral drugs if your doctor prescribes them! Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.

SOURCE/IMAGES: CDC



Self-Care for Caregivers

- ☐ **Get organized.** Make to-do lists, and set a daily routine.
- ☐ **Take breaks each day,** and spend time with your friends.
- ☐ **Keep up with your hobbies and interests.**

☐ **Ask for help when you need it.** Make a list of ways others can help. For instance, someone might pick up groceries or sit with the person while you do errands.

☐ **Join a caregiver's support group.** Meeting other caregivers may give you a chance to exchange stories and ideas.

☐ **Eat healthy foods, and exercise as often as you can.**

☐ **See your doctor regularly.** Be sure to tell your health care provider that you're a caregiver, and mention if you have symptoms of depression or sickness.

☐ **Build your skills.** Some hospitals offer classes on how to care for someone with an injury or illness, ask your doctor or contact your local Area Agency on Aging.

SOURCE: News in Health | NIH



Diabetes in Older People

Ways to Stay Healthy with Diabetes:

- ☐ **Manage your blood pressure.** Get your blood pressure checked often.
- ☐ **Manage your cholesterol.** Get a blood test to check your cholesterol and triglyceride.

High levels may increase your risk for heart problems.

- ☐ **Stop smoking.** Smoking raises your risk for many health problems, including heart attack and stroke.
- ☐ **Have yearly eye exams.** Finding and treating eye problems early may keep your eyes healthy.
- ☐ **Check your kidneys yearly.** Diabetes can affect your kidneys.
- ☐ **Get flu shots every year and the pneumonia vaccine.** A yearly flu shot will help keep you healthy. If you're over 65, make sure you have had the pneumonia vaccine. If you were younger than 65 when you had the pneumonia vaccine, you may need another one.
- ☐ **Care for your teeth and gums. Brush your teeth and floss daily.** Have your teeth and gums checked twice a year by a dentist.
- ☐ **Protect your skin.** Keep your skin clean and use skin softeners for dryness. Take care of minor cuts and bruises to prevent infections.
- ☐ **Look at your feet.** Take time to look at your feet every day for any red patches. Ask someone else to check your feet if you can't. If you have sores, blisters, breaks in the skin, infections, or build-up of calluses, see a foot doctor, called a podiatrist.
- ☐ **Keep up with cancer screenings.** Ask your doctor which screenings to get based on your age, gender, and other risk factors.
- ☐ **Talk with your doctor about your concerns.** If you think you might need help with your management plan, are depressed, are worried about your memory, or have any other concerns, talk with your doctor.

SOURCE/IMAGES: NIH (National Institutes of Health) / American Diabetes Association



BLESS THE FOOD BEFORE US,
THE FAMILY BESIDE US,
AND THE LOVE BETWEEN US.
HAPPY THANKSGIVING!

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 DIABETES



5 Questions to Ask Your Health Care Team



1. How do I manage my ABCs?

- A:** Get a regular **A**1C test to measure your average blood sugar over 2 to 3 months.
- B:** Try to keep your **b**lood pressure below 140/90 mm Hg (or the target your doctor sets).
- C:** Control your **c**holesterol levels.
- S:** Stop **s**moking or don't start.

Keeping your ABC numbers close to target levels can lower your risk of long-term health problems. Ask your health care team to help you set personal targets.

2. How will I know if my medicines are working?

Are your ABC numbers close to or at your target levels?

If the answer is yes, then your medicines and efforts are working. Keep up the good work!

If the answer is no, then meet with your health care team to see if your treatment plan needs to be changed. Be sure to take all of your medicines and blood sugar records when you meet with your care team. Bring prescription and over-the-counter medicines.



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion

3. When and where can I learn more about how to manage my diabetes?

WHEN

The best times for diabetes education and support are:

- When you're first diagnosed with diabetes.
- Once a year when you review your educational, nutritional, and emotional needs.
- When new complications come up—for example, changes in your physical or emotional health or financial needs.
- During changes in your care—for example, changes to your health care team, treatment plan, or living situation.



You can get help that matches your needs, goals, and life experiences.

Go to the [**Find a Diabetes Education Program in Your Area**](#) website to find programs that are recognized by the American Diabetes Association or accredited by the Association of Diabetes Care & Education Specialists.

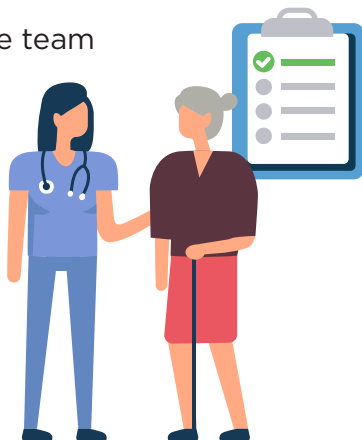
WHERE

- Local [diabetes education programs](#).
- Groups like the [American Diabetes Association](#), [Juvenile Diabetes Research Foundation](#), and [Association of Diabetes Care & Education Specialists](#).
- Local diabetes support groups.

4. What vaccines should I have?

Getting vaccinated is an important part of staying healthy, especially when you have diabetes. That's because people with diabetes have a higher risk of serious health problems that vaccines can prevent.

Ask your health care team what vaccines you need and when.



5. When should I schedule health care appointments?

- See your regular health care team twice a year or more.
- See an eye doctor, foot doctor, and dentist once a year or more.



Regular health care helps you stay healthy, especially when you have diabetes. Ask to set up your next visit before you leave your health care provider's office.



When you have diabetes, you will have a lot to manage. But you can take it one step at a time. Your health care team will help you set goals and make a treatment plan you can stick with. Visit CDC's [Diabetes website](#) for information on how to manage your diabetes and live your healthiest life!

Tips for Eating Healthy With Diabetes

Eat Less Saturated Fat

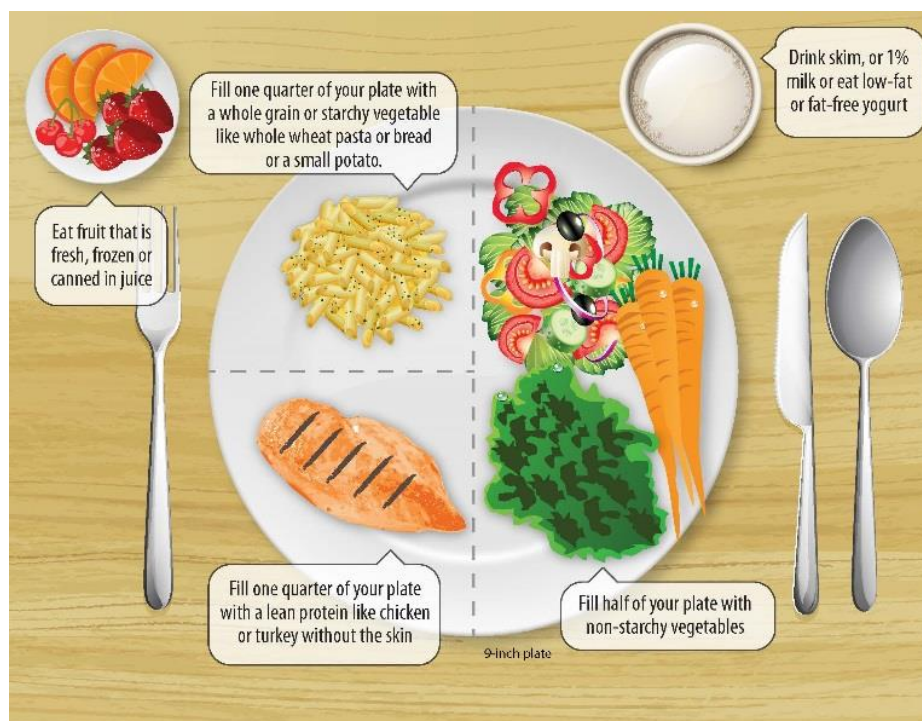
- Eat baked, broiled, or stewed fish and meats instead of fried.
- Use nonfat or low-fat salad dressing, mayo, and margarine.
- Try a food lower in fat in a favorite dish—for example, make mac and cheese with fat-free or low-fat cheese and milk.

Eat Less Sugar

- Drink water, sugar-free soda, or unsweetened iced tea instead of fruit drinks, regular soda, or sweet tea.
- Keep cold water in the fridge.
- Share dessert with someone else when you're eating out, instead of having a whole dessert.

Eat Healthy Portions

- When eating out, share a meal with someone else or put half in a box to take home.
- Eat slowly and take a break between bites.
- Do not skip meals—when you skip a meal, it's easy to overeat at the next meal.



One thing I will do to eat healthier before my next appointment:

Other notes from the doctor or nurse:

Seasonal Tips: Holidays

PoisonHelp.HRSA.gov • 1-800-222-1222



HRSA
Health Resources & Services Administration

Poison Help



Halloween

Treats

- Check all treats before your child eats them. Tell your child why doing this is important.
- Make sure your child eats treats **ONLY** if they are in their wrapper from the store. Throw away candy if wrappers are faded, have holes or tears, or if the candy has been unwrapped.
- Check fruit and homemade treats to make sure they are safe to eat. Allow your child to eat such items only if someone you know and trust offered them.
- Some treats (for example, chocolate) can be poisonous to pets.

Glow Sticks or Light Sticks

- Glow sticks, light sticks and other objects that glow sometimes break. Children can chew them open. While these chemicals are not very poisonous, the chemicals can irritate the skin and eyes. If swallowed, the chemicals can cause a burning feeling. Contact Poison Help (1-800-222- 1222) with any questions.

Makeup

- Some makeup products can cause mild to serious problems. When choosing Halloween makeup, look for makeup that is not poisonous (non-toxic).
- Wash skin with soap and water right away if a rash or other changes in the skin develop. Symptoms that could be expected from an allergy or sensitivity to a makeup product commonly include: swollen skin, small bumps on the skin, and itching.
- If any makeup is swallowed, treatment depends on the amount ingested, ingredients, and symptoms.



Thanksgiving

- Thaw turkey in the refrigerator. Allow 1–3 days for thawing. If there is less time, put the turkey in a plastic bag. Cover it with cold water. Keep ice in the water so it stays cold.
- Wash hands **AFTER** handling turkey or any meat.
- Stuffing should always be cooked and stored separately from turkey.
- Follow cooking directions for turkey on the label.
- Use a meat thermometer to test for doneness. Place the thermometer inside the thigh. Or place it in the thickest part of the breast. The turkey is done when the thermometer reads 165 degrees F at the minimum.
- Refrigerate turkey, gravy, and stuffing after your meal. They will quickly spoil if left out.



Holiday Decorations

- Most modern ornaments are made with non-poisonous materials. But ornaments more than 25 years old may contain lead.
- Make sure children don't put small ornaments in their mouths. Children can choke on them.
- Bulbs and tree lights may be poisonous if swallowed.
- Mistletoe berries can be poisonous if eaten in large numbers. If mistletoe is used in decorating, make sure children and pets can't reach it.
- Use fake snow only in a well-vented space. The fumes from this product can be dangerous.
- After the snow has dried, small amounts are not harmful if swallowed.





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