



Take Action to Lower Your Breast and Ovarian Cancer Risk

Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk for getting breast or ovarian cancer, or find it at an early stage.

Learn Your Family History of Cancer

Asking relatives about their cancer histories can be hard.

Follow these tips:

- 1 Share that you have learned that cancers can run in families.
- 2 Explain that you are creating a record
- 3 Encourage family members to respond in a way that is most comfortable to them.
- 4 Word your questions carefully, be a good listener, and respect their privacy.
- 5 Write down who had cancer, age when diagnosed, and type of cancer. SOURCE: NEWS IN HEALTH | NIH (National Institutes of Health)

Ask Your Doctor About Your Breast Cancer Risk



Certain factors put you at higher risk for breast cancer. These include:

- Being 40 years old or older
- A personal history of breast cancer or benign (non-cancer) breast disease
- Radiation exposure to the breast or chest
- Having a close relative who's had breast cancer
- Greater exposure to estrogen over time (starting menstruation early or entering menopause later in life)
- Hormone therapy for symptoms of menopause
- Obesity
- Drinking alcohol SOURCE: News in Health | NIH



Harmful Partnerships

Abuse can be difficult to see, especially when it's in your own relationship. It can start slowly, and it's not always physical. You may not realize that the small comments a loved one makes to you are doing harm. You may even make excuses for them.

Getting Help: If there is immediate danger, call 911.

If there's no immediate danger, consider these options:

- Get medical care if you have been injured or sexually assaulted; go to a local hospital emergency room or urgent care center.
- Find out where to get help in your community. Visit <https://www.thehotline.org/search-our-resources/>
- Call the **National Domestic Violence Hotline** at **800-799-SAFE (7233)** or **800-787-3224 (TDD)**. They can help you develop a safety plan. They also offer guidance on how to be safe and help you find legal advice. Reach out to someone you trust for emotional support. SOURCE: News in Health | NIH

YOU DON'T NEED TO BE BETTER THAN ANYONE ELSE; YOU JUST NEED TO BE BETTER THAN YOU USED TO BE.

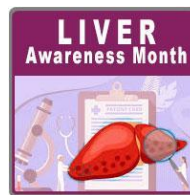
The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice.

Newsletter Comments and Contributions: Please contact harveygrossmd@ehmhealth.org



Tips for Getting a Mammogram

- If you are due for a mammogram and have been recently vaccinated for COVID-19, ask your doctor how long you should wait after vaccination to get your mammogram.
- Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
- On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the X-ray.
- Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress from your waist up for the mammogram. SOURCE: CDC | Mammograms



Fighting Fatty Liver

You may not give your liver much thought. But it performs essential functions every day. Like other parts of the body, fat can build up in your liver that may damage the liver and lead to serious health problems.

Protect Against Fatty Liver Disease:

- Try to maintain a healthy weight and eat sensible portions.
- Try to lose weight gradually if you're overweight.
- Limit how much fat you eat. Replace saturated fats with healthier unsaturated fats, like those in fish, flaxseeds, and walnuts.
- Eat more fruits, vegetables, and whole grains.
- Avoid foods and drinks with lots of sugars, especially fructose (sweetened soft drinks, sports drinks, sweetened tea, and juices)
- Avoid heavy alcohol use. Drinking too much alcohol can have harmful effects on the liver.
- Quit smoking. Smoking may increase the chances of developing non-alcohol fatty liver disease. Get free help at **smokefree.gov**, **1-800-QUIT-NOW (1-800-784-8669)**, or by **texting QUIT to 47848** SOURCE: NEWS IN HEALTH | NIH (National Institutes of Health)

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.**

There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

What is breast cancer?

Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control.

Cancer cells can also spread, or *metastasize*, to other parts of the body.



What symptoms should I look for?

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast.

These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

What can I do to find breast cancer early?

Breast cancer screening involves checking a woman's breasts for cancer before there are signs or symptoms of the disease.

A *mammogram* is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. The United States Preventive Services Task Force (USPSTF) recommends that most women who are at average risk and are 50 to 74 years old get one every 2 years. USPSTF recommendations state that women with a parent, sibling, or child with breast cancer are at a higher risk for breast cancer and may benefit from beginning screening in their 40s. Weighing the benefits and risks of screening is important when considering your screening options. If you're 40 to 49 years old, talk to your health care provider about when to start screening.



Are you concerned that you cannot afford to have a mammogram?

Most health insurance plans cover the cost of screening mammograms. If you have a low income or do not have insurance, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program.



National Breast and Cervical Cancer Early Detection Program

To learn more about the program, call (800) CDC-INFO or visit www.cdc.gov/cancer/nbccedp/.

What can I do to lower my chance of getting breast cancer?

One of the most important things you can do to lower your risk of breast cancer is to know your risk of breast cancer. Talk to your doctor about what that means for you.

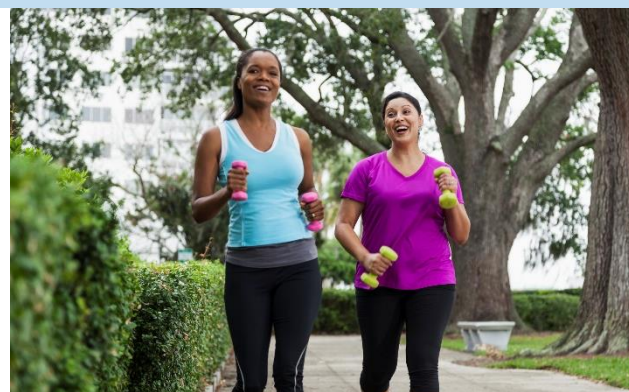
Your doctor will consider factors that **cannot** be changed, like:

- Your personal history of breast problems.
- Your family's history of breast cancer.
- Your breast density (the amount of connective and fatty tissue in your breasts).
- Your age. Most breast cancers are found after age 50.
- Your menstrual and childbirth history.
- Your history of radiation treatment therapy to the chest or breasts.
- If you took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, you have a higher risk. Women whose mothers took DES while pregnant with them are also at higher risk.
- If you or close family members have known mutations (changes) in your breast cancer genes (BRCA1 or BRCA2). Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer. You will only know if you have a mutation if you have had genetic testing. Even in the absence of having abnormal genes when tested, it is important to know your family history; we don't know all the genes that cause breast cancer.

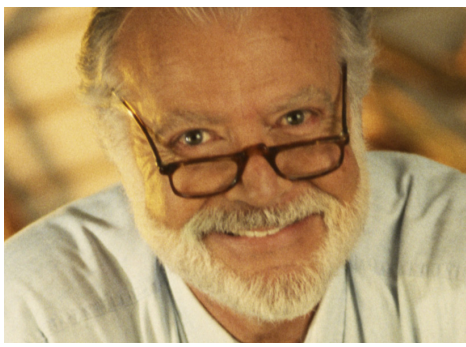
Your doctor will also consider factors that **can** be changed, like any hormone replacement use.

Here are some things you can do to reduce your chance of getting breast cancer:

- Keep a healthy weight.
- Engage in regular physical activity.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.



To learn more about breast cancer, visit www.cdc.gov/cancer/breast/.



Five Simple Solutions for Managing Your Medication

It's imperative that you develop a safe, effective system for organizing and identifying your prescription and over-the-counter medications—what they are, the prescribed or recommended dosage, and how often you need to take them.

The following tips are designed to help people with low vision manage their medications.

1. Ask your pharmacist to print a back-up label with larger print that you can easily see. Then mark your medication bottles with large-print labels, tactile dots, rubber bands, or Braille.
2. Use talking medication identifiers if large-print labels don't work for you.
3. Use a tray with good contrast to help you see your pills and keep them from falling on the floor if dropped.
4. Place a light close to the labels you are trying to see.
5. Attach daily dosage trackers to medication bottles to help you remember if you have taken each dose of a particular medication each day.

Find more simple solutions for managing your medications at <http://www.visionaware.org/knowyourmeds>

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



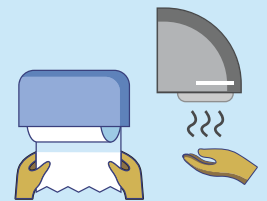
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing



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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