



Control Your Cholesterol Protect Yourself from Heart Attack and Stroke

Cholesterol is a waxy, fat-like substance that your body needs to function properly. It travels through your bloodstream to reach the cells that need it.

Too much cholesterol in your blood can cause waxy buildup called plaques in blood vessels. These plaques can eventually become inflamed and rupture, leading to a clot. If a clot blocks blood flow through an artery in the heart, it can cause a heart attack or if this happens in the artery of the brain, it can cause a stroke.

Keep Cholesterol in Check:

- ☐ Maintain a healthy weight.
- ☐ Choose a nutritious diet. Limit red meat and get plenty of fish, nuts, whole grains, beans, fruits, and vegetables.
- ☐ Get enough physical activity. Before starting, ask your doctor what level is right for you.
- ☐ Talk with your doctor to see if medication is right for you. Lab tests can measure the different types of cholesterol in your blood. How often you should get tested depends on your age and other risk factors, including a family history of high cholesterol or heart disease.
- ✓ Talk to your doctor about getting tested. Remember, adapting a heart-healthy lifestyle changes can not only lower cholesterol levels but also bring many long-term health benefits.

SOURCE: NEWS IN HEALTH | NIH (National Institutes of Health)



On Aging: Lower Your Risk of Falling

Each year millions of Americans, especially older adults, go to the emergency department after an injury from a fall.

As you age, your eyesight, hearing, and reflexes may not be as sharp as they once were. Those

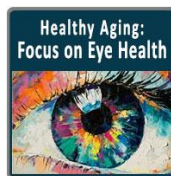
changes can make it more likely you'll stumble and fall. For older adults who have already fallen, the risk of falling is much greater. The biggest risk factor for being injured from a fall is being age 65 or older.

- ☐ Talk openly with your health care provider about falls.
- ☐ Find out about the side effects of any medicine you take.
- ☐ Stay physically active to improve your balance and strength.
- ☐ Have your eyes and hearing checked regularly.
- ☐ See your health care provider about any foot problems.
- ☐ Make sure to discuss proper footwear.
- ☐ Make your home safer. Remove things you can trip over from stairs and walkways. Have grab bars and non-slip mats in bathrooms.
- ☐ Hold on to handrails when using stairs. If you fall, it's important to tell your doctor, especially if you're an older adult. Your doctor can help you make changes in your life to prevent another fall.

SOURCE: News in Health | NIH



**OUR LIVES BEGIN TO END THE DAY
WE BECOME SILENT ABOUT THINGS
THAT MATTER.** —MARTIN LUTHER KING JR.



Aging and Your Eyes

Age can bring changes that affect your eyesight. The key is to have regular eye exams by an eye professional. If you wear glasses or contact lenses, your prescription should be checked, too.

Tips for Healthy Eyes:

- ☐ Wear sunglasses that block ultraviolet (UV) radiation and a hat with a wide brim when outside to protect your eyes from the sun.
- ☐ Stop smoking.
- ☐ Make smart food choices.
- ☐ Be physically active and maintain a healthy weight.
- ☐ Maintain normal blood pressure.
- ☐ Control diabetes (if you have it).
- ☐ Every 20 minutes, look away about 20 feet for 20 seconds to prevent eye strain if you spend time in front of the computer.

SOURCE: National Institute on Aging



Learn the Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ☐ Talking about or looking for a way to kill one's self, such as searching online or buying a gun.
- ☐ Talking about feeling hopeless or having no reason to live.
- ☐ Talking about feeling trapped or in unbearable pain.
- ☐ Talking about being a burden to others.
- ☐ Increasing the use of alcohol or drugs.
- ☐ Acting anxious or agitated; behaving recklessly.
- ☐ Sleeping too little or too much.
- ☐ Withdrawing or feeling isolated.
- ☐ Showing rage or talking about seeking revenge.
- ☐ Displaying extreme mood swings.

The new, shorter number **988** is now active across the United States or go online at <https://988lifeline.org>

SOURCE: News in 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.**



3 in 4 older adults take at least 1 medicine commonly linked to falls or car crashes.

Are Your Medicines Increasing Your Risk of a Fall or a Car Crash?

Older adults (65 years and older) are at a greater risk if they:

- Use any medicine with side effects that can cause problems with how they think and remember, and the way their bodies perform.
- Take multiple medicines daily with these side effects.

How can I reduce my risk of falling or having a car crash?

- Use the **Personal Medicines List** to make a list of the medicines you take. Include all prescription medicines, over-the-counter medicines (OTCs), dietary supplements, and herbal products.
- Use the **Personal Action Plan** to help guide your conversation with your doctor or pharmacist at least once a year, or when you change your medicines.

Side effects of prescription medicines, over-the-counter medicines, dietary supplements, and herbal products may cause falls or car crashes.

Download the Fact Sheet, Personal Medicines List, and Personal Action Plan at bit.ly/CDC-MedicinesRisk.

Ask your doctor or pharmacist these questions:

- What is this medicine used for?
- Does this medicine interact with others I am taking?
- Could this medicine have side effects that might change my ability to drive safely or increase my risk of falling?
- Is there another medicine or dose I should try?
- If I stop or change this medicine, what side effects should I expect?



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control



Are Your Medicines Increasing Your Risk of a Fall or a Car Crash?

As we age, our bodies process what we eat and drink—including medicines—differently.

A medicine that worked well in the past could start causing side effects now or in the future.

What are some side effects to look out for?

- ☐ Changes in vision
- ☐ Changes in awareness
- ☐ Loss of balance
- ☐ Slower reaction time
- ☐ Fainting, or passing out
- ☐ Muscle weakness
- ☐ Lack of muscle coordination
- ☐ Tiredness
- ☐ Sleepiness
- ☐ A drop in blood pressure when you stand up from sitting or lying down— also known as postural hypotension— that causes dizziness, lightheadedness, or fainting.
- ☐ Lower alertness level or difficulty concentrating, leading to:
 - Lane weaving,
 - Increased risk of leaving roadway, or
 - Hesitant driving (second-guessing or over-correcting).

For more information visit:

bit.ly/CDC-MyMobilityPlan

The medicine categories and examples listed below can contribute to falls or car crashes.

Opioid or narcotic pain medicines:

- Oxycodone (e.g., OxyContin, Roxicodone)
- Hydrocodone (e.g., Lortab, Vicodin)

Anti-depression or mood medicines:

- Fluoxetine (e.g., Prozac)
- Amitriptyline (e.g., Elavil)

Anti-anxiety medicines:

- Diazepam (e.g., Valium)
- Alprazolam (e.g., Xanax)

Prescription and OTC sleep aids:

- Zolpidem (e.g., Ambien)
- Diphenhydramine (e.g., Benadryl)

High blood pressure/ heart medicines:

- Metoprolol (e.g., Toprol, Lopressor)
- Amlodipine (e.g., Norvasc)
- Furosemide (e.g., Lasix)

Muscle relaxing medicines:

- Carisoprodol (e.g., Soma)
- Cyclobenzaprine (e.g., Flexeril)

Anti-psychosis or mood stabilizing medicines:

- Risperidone (e.g., Risperdal)
- Quetiapine (e.g., Seroquel)

Note: This is not a complete list of all medicines or potential side effects. The examples provided are some of the most frequently used medicines in each category.

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



National Institute
of Mental Health

Seasonal Tips: Fall

PoisonHelp.HRSA.gov • 1-800-222-1222



HRSA
Health Resources & Services Administration

Poison Help

Kids are back in school. Cold-and-flu season is here. Holidays are just around the corner. Here are some tips to help you prevent poisonings during this busy time of year:



Medicines

- Keep medicines (as well as vitamins and diet supplements) in the containers they came in. Do this at home AND when traveling.
- Lock up medicines and household products where children can't see or reach them.
- Use containers that are made to keep children out. Replace caps tightly after using a product. Remember that no container can promise to keep children out.
- Tell your doctor about all medicines you are taking. Mention prescription AND over-the-counter drugs.
- Read and follow directions and warnings on the label before taking medicine. If you have questions about how to use your medicine, call your doctor or pharmacist.
- Read the label before taking or giving medicine EVERY TIME.
- Be careful when taking drugs together. Doing so can be risky. Some medicines should not be taken with food, alcohol, or other medicines. Read carefully the labels of any over-the-counter drugs you are taking. Be sure you are not using two or more products that contain the same drug. Be extra careful with the drug acetaminophen.
- Never take other people's prescription drugs. Take only those that are prescribed for you. Never share prescription drugs.
- Never take medicine in the dark.
- Talk to your doctor before taking any food supplements (like vitamins, minerals, or herbs).
- Products, like medicine, that taste, smell, or look like candy or drinks may attract children. Be sure to keep these products out of sight. Keep them out of reach and locked up.

- Children learn by imitating adults. Children who see adults taking medicine will try to do the same thing.
- Get rid of medicines that have expired or are no longer needed. Ask your local pharmacist how you can return unused, unneeded, or expired prescription drugs to pharmaceutical take-back locations for safe disposal. If this is not available, take the unused, unneeded, or expired prescription drugs out of their original containers. Mix the drugs with an undesirable substance, such as kitty litter, and put them in waterproof containers, such as empty cans or sealable bags, to make sure that they are not found and used by people or animals. Throw these containers in the trash. Your poison control center may have updated advice for your area, call 1-800-222-1222.



Berries

- Berries are often found on plants in the fall. Some berries can poison you.
- Berries may attract children. They may think these berries are just like the fruits at the food market.
- Some berries that can harm people do not harm birds and other animals.
- If you think someone ate one or more berries from a plant, call Poison Help (1-800-222-1222) right away. Poison control center experts probably WON'T be able to identify the plant on the phone. So, before a poisoning occurs, learn the names of plants around your home.
- A person at a greenhouse or plant nursery can help you identify the plant.

When accidents happen with chemicals or medicine, call Poison Help at 1-800-222-1222. Get help right away from a nurse, pharmacist, or other poison expert. If someone has trouble breathing, call 911 or your local emergency ambulance number right away. www.PoisonHelp.HRSA.gov





Back to School

- Children often use glue, paint, ink, and other art products at home, school, and day-care. These art products are mixtures of chemicals. They can be dangerous if not used correctly. Make sure children use art products safely.
- Young children are very likely to taste pretty, colorful art products. If splashed into eyes or spilled onto skin, these products can harm children of any age.
- Handle art products according to the directions on their labels. They will tell you how to use and store them safely. Read the warnings and pay attention to them.
- Art is an important part of early learning. **Here are some safety tips to follow when supervising children's use of art products:**
 - Read the label carefully. Follow directions for safe use and disposal.
 - Throw away products that have expired.
 - Do not eat or drink while using art products.
 - Wash skin after contact with art products. Clean equipment. Wipe tables, desks, and counters.
 - Never use products for painting skin unless the product says it is safe to do so.
 - Never use products to decorate food unless the product says it is safe to do so.
 - Keep art products in the containers they came in.



Mushrooms

- Only experts can tell poisonous mushrooms from safe mushrooms.
- Poisonous mushrooms, called "death caps," often grow in yards and parks.
- Eating even a few bites of certain mushrooms can cause liver damage that can kill you.



Carbon Monoxide (CO)

- Fall is usually the time we turn on heaters and generators. Make sure your heating system is running smoothly. Put fresh batteries in CO alarms.



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