



## National Prescription Drug TAKE BACK DAY – April 22 | 10am-2pm

The **National Prescription Drug Take Back Day** aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse

of medications.

- Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse.
- Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision.
- The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America.
- The majority of teenagers abusing prescription drugs get them from family and friends – and the home medicine cabinet.
- Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.
- **Take-back programs are the best way to dispose of old drugs.**

*But if a program is not available:*

- ✓ Take the meds out of their bottles
- ✓ Mix them with something unappealing like used kitty litter or coffee grounds
- ✓ Seal them in a bag or disposable container, and throw that away

For more information on prescription drug abuse, go to:

- ◆ [www.dea.gov](http://www.dea.gov)
- ◆ [www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com)
- ◆ [www.justthinktwice.com](http://www.justthinktwice.com)

SOURCE/IMAGES: DEA.GOV

## How Can Diabetes Harm Your Feet?



**Diabetes** is the main cause for non-traumatic loss of a toe, foot, or leg. Almost half of these cases could be prevented with daily foot care. People who have diabetes can lose feeling in their feet. When that happens, it can be hard to tell when you have a problem, like a blister, sore, callus, or cut on your foot.

Diabetes can reduce the amount of blood flow to your feet. Numbness and less blood flow in the feet can slow the time it takes for sores to heal and can lead to foot problems.

### To-do List for Healthy Feet

- ✓ Have a podiatrist examine your feet at least once a year.
- ✓ Keep your next podiatrist appointment.
- ✓ Ask your podiatrist to send your test results to your other doctors after every visit.
- ✓ Ask your primary care provider to check your feet at every visit.
- ✓ Check your feet every day.
- ✓ Keep your blood sugar at a healthy level.

**What Is a Podiatrist?** A **podiatrist** is a medical doctor who specializes in finding and treating foot and ankle problems.

SOURCE/IMAGES: CDC | National Diabetes Education Program

**MAKE GOOD CHOICES BECAUSE YOUR LIFE WILL GROW TO BE THE SUM OF THOSE DECISIONS.**



## Be Careful With Eye Makeup

There are several lifestyle choices women can make to reduce their risk of getting an eye disease and protect their vision.

### Here's How to Stay Safe:

- 👁️ **Keep your brushes and eyelash curler clean.** Deep clean with mild soap, thoroughly rinse, and air dry every week.
- 👁️ **Never share makeup**—that's a quick route to spreading bacteria.
- 👁️ **Replace eye makeup every 3 months.** If you do get an eye infection, be sure to replace all the makeup you were using—even if it's new.
- 👁️ **Sharpen your eyeliner pencil to keep it more precise** and to remove any buildup on the pencil tip.
- 👁️ **Don't spit into eye cosmetics.** The bacteria in your mouth can grow in the cosmetic and cause an infection later on.
- 👁️ **Store makeup in a dry place at room temperature**—not in a steamy bathroom, as extreme temperatures can break down preservatives in makeup (preservatives intended to prevent bacterial growth).
- 👁️ **Never apply makeup in a moving vehicle:** you can scratch your cornea, or worse.
- 👁️ Finally, **remove all of your eye makeup every night.** Consider cleaning eyelashes and lids with eyelid "scrubs," (found at most drugstores) to get rid of debris, oils, and build-up of tissue/oils around the lashes and bacteria around the eyelids.

SOURCE/IMAGES: Women's Eye Health/edX



## Food Allergy

Pay attention to how you feel after you eat and **learn how to recognize the symptoms of a food allergy.** Symptoms may include:

- coughing
- diarrhea
- tingling in the mouth
- nausea and vomiting
- stomach pain
- skin reactions like hives or itching

If you have a potentially life-threatening reaction—trouble breathing, dizziness, and fainting—seek immediate medical care by calling 911. SOURCE/IMAGES: News in Health | NIH

## 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@ehmhealth.org](mailto:harveygrossmd@ehmhealth.org)**

# WOMEN'S EYE HEALTH MAKE IT A PRIORITY

## DID YOU KNOW?



**2/3** of people living with blindness or visual impairment are **women**.<sup>1</sup>





**2.7 Million:**  
# of women age 40 and older who are visually impaired.<sup>2</sup>





**Women & Eye Diseases**  
Women have greater instances of eye diseases, such as **age-related macular degeneration, glaucoma, and cataract**.<sup>3</sup>

## WOMEN ARE AT GREATER RISK BECAUSE THEY:

 **Live longer.**<sup>4</sup>

 Are at a greater risk for **autoimmune diseases**.<sup>5</sup>

 Are more likely to undergo certain **cancer treatments** that may affect vision.<sup>6</sup>

 Experience normal **age-related hormonal changes** that may affect their eyes.<sup>7</sup>

## 5 STEPS TO KEEP YOUR EYES HEALTHY



Get a comprehensive **dilated eye exam**.



Use **protective eyewear** during sports and other recreational activities.



Know your **family's eye health history**.



Wear **sunglasses** that block out 99-100% of UVA/UVB rays.



Live a **healthy lifestyle**:

- Maintain a healthy weight
- Eat healthy foods
- Don't smoke
- Manage chronic health conditions

<sup>1</sup> <https://nei.nih.gov/content/womens-eye-health>

<sup>2</sup> <http://www.preventblindness.org/women-higher-risk-men-most-eye-diseases>

<sup>3</sup> [https://nei.nih.gov/eyedata/adultvision\\_usa](https://nei.nih.gov/eyedata/adultvision_usa)

<sup>4</sup> <http://www.tandfonline.com/doi/abs/10.1076/oep.8.1.39.1540>

<sup>5</sup> <http://www.tearfilm.org/dewsreport/pdfs/TOS-0502-DEWS-noAds.pdf>

<sup>6</sup> <http://www.friendsforsight.org/resources/eye-health-awareness/item/63-women-s-eye-health-and-safety-month-april>

<sup>7</sup> <https://nei.nih.gov/health/dryeye/dryeye>

For more information, visit [www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm)

2017

HEALTHY  
VISION MONTH



National Eye Institute

# It's Important to Safely Remove Opioids From Your Home



Help keep your family and community safe, starting in your home—get rid of any unused or expired prescription opioids that may be in cabinets, drawers, or anywhere else you store medicine. Remove these medicines as soon as possible to reduce the chance of accidental or intentional opioid misuse.

## WHAT IS AN OPIOID?

Prescription opioids are powerful pain-reducing medicines that include oxycodone, hydrocodone, morphine, and others. Doctors prescribe opioids after surgeries and for injuries; however, these medicines can have serious risks if they are misused by accident or on purpose.

## WHY IS OPIOID DISPOSAL IMPORTANT FOR ME AND MY FAMILY?

Prescription opioid misuse is one of the most common types of illegal drug use in the United States. Many people who misused prescription pain-reducing medicine said that they got it from a friend or relative.<sup>1</sup>

## HOW DO I SAFELY DISPOSE OF OPIOIDS?

Ask these questions to determine how to dispose of opioids:

1. Is a [medicine take-back option](#) readily available? If so, this is the preferred option.
2. If not, is the medicine on the FDA "[flush list](#)"? If it is, flush it down the toilet.
3. Otherwise, throw it away in the household trash, following the directions at [www.FDA.gov/DrugDisposal](http://www.FDA.gov/DrugDisposal).

For information about all three of these methods, visit [www.FDA.gov/DrugDisposal](http://www.FDA.gov/DrugDisposal).



**Keeping unused opioids in the home creates a serious health risk, especially if teens or children live with or visit you.**

Remember:

- ✓ Don't share your opioid prescription with others.
- ✓ Store opioids out of sight and out of reach of children or teens in your home.
- ✓ Dispose of unused opioids safely when there is no longer a medical need for them.

<sup>1</sup> Substance Abuse and Mental Health Services Administration. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data>

# HOME SAFE

## Yardwork



Whether you have a green thumb, or you just want to get out of the house to do something productive, a little yard work could be the perfect pastime. But before you dig in, check off these safety steps:

**MOWING:** I make sure no children are in the yard before mowing the lawn, and I never allow children to ride on the mower.

**GARDENING:** Garden hoses can be a tripping hazard, so I always watch my step when working in the yard.

**POWER TOOLS:** When using trimmers, edgers, or chainsaws, I always read and follow the instructions in the owner's manual to ensure that I'm using tools correctly and safely.

**Lawn Mower Safety:** Although homeowners generally use walk-behind power lawnmowers to cut their grass, many residents with large lawns have come to rely on riding mowers to maintain the landscape. It's important to remember that to keep children safe, children should never be in the yard while you're mowing. Children should never ride on a mower as a passenger. Additionally, before you start mowing, pick up objects like stones, branches and toys, which potentially could become flying objects if you run over them. Dress appropriately for the job: sturdy shoes with slip-resistant rubber soles, long pants and long-sleeved shirts, close-fitting clothes, eye protection, heavy gloves, and hearing protection, when needed. Do not mow in reverse, unless absolutely necessary, and always look down and behind you before and while going in reverse.

**Gardening:** During these uneasy times of COVID-19, gardening can be a real stress reliever. But before you start beautifying your landscape, make sure to wear protective clothing, like gardening gloves, long pants and well-built shoes to protect you from cuts and injuries. Every garden needs some water, so be mindful about where you place the watering hose to avoid trips and falls.

**Power Tools:** Your yardwork may include the use of power tools. Carefully inspect your tools before use, and do not use if damaged--worn wiring, motors, or other electrical parts can pose a shock or fire hazard. Plug corded power tools into a ground fault circuit protected receptacle or a portable GFCI, and avoid using corded power tools in wet or damp conditions. Never carry power tools by the cord, and protect cords from damage. When using battery-powered tools, only use the battery and charger provided by the manufacturer. Protect yourself, wear snug clothing, and remove jewelry that could get caught in tools. In addition, wear the appropriate eye protection (safety goggles, glasses, and face shields) to protect your eyes from flying debris. Always keep hands away from moving parts. Extreme caution is required when operating a chainsaw. Never cut over your head (kickback can land the chainsaw into your face or shoulder). Read and follow the manufacturer's instructions on safe use.

To report a dangerous product or a product-related injury go online to [www.SaferProducts.gov](http://www.SaferProducts.gov)



USCPSC





## Sweet Potato Black Bean Quinoa Bake

6 servings

55 minutes

### Ingredients

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Organic Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

### Nutrition

Amount per serving	
Calories	311
Fat	8g
Fiber	12g
Sugar	5g
Protein	12g
Cholesterol	0mg
Sodium	399mg
Potassium	869mg
Vitamin A	10727IU
Vitamin C	34mg
Calcium	75mg
Iron	4mg
Vitamin D	0IU
Magnesium	133mg

### Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

### Notes

**Baking Dish,** Use a 9x13-inch dish for six servings.

**No Green Onion,** Use a white or red onion instead.

**No Red Bell Pepper,** Use a green or yellow bell pepper instead.

**Leftovers,** Keeps well in the fridge for up to four days.

**More Flavor,** Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

## 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 3<sup>rd</sup> Thursday Monthly at 5:30 PM – 6:30 PM.



Cancer Support Community at Holy Name is excited to announce a new partnership with the Greater Bergen County [YMCA in New Milford](#). Beginning in January, select in-person programs will be offered at this location while virtual classes will remain available to accommodate all schedules.

Cancer Support Community programs include health and wellness sessions, support groups, creative arts workshops and educational presentations on cancer-related topics. Participating in these programs promotes social connections, decreases feelings of isolation and positively impacts emotional well-being. Cancer Support Community programs are open to those in treatment, post-treatment, caregivers, family members, and survivors. We welcome you to join us in-person or virtually!

**To view the schedule and register for programs, visit:**

[holyname.org/CancerSupport](http://holyname.org/CancerSupport) or call 201-833-3392 for more information.

**In-person classes at YMCA New Milford Center:**

**Address:** [1092 Carnation Drive, New Milford, NJ, 07646](#).

- [Chair Yoga](#): Wednesday, January 11, 2:00 p.m.
- [Essential Oils 101](#): Thursday, January 12, 5:00 p.m.
- [Quilting Club](#): Fridays, January 13 and 27, 11:00 a.m.
- [Yin Yoga and Meditation](#): Wednesday, January 18, 1:00 p.m.
- [Pilates for Strength and Balance](#): Thursday, January 19, 2:00 p.m.
- [Awareness through Movement](#): Tuesday, January 25, 2:00 p.m.

Register for these classes at [holyname.org/CancerSupport](http://holyname.org/CancerSupport). Please bring your own mat and water bottle for fitness sessions.

**Additional in person programs:**

[GYN Cancer Support Group](#): Tuesday, January 3, 5:00 p.m.

**Location:** Holy Name Cancer Center GYN Office, 2nd floor.

*Use Cancer Center entrance in rear of hospital.*

- [Not Your Grandmother's Needlepoint](#): Thursdays, January 10, 17, 24 & 31 at 1:00 to 3:00 p.m.  
**Location:** 3 University Plaza, Hackensack - Conference Room, Main Lobby.
- [Knit/Crochet Group](#): Every Thursday, 11:00 a.m. to 1:00 p.m.  
**Location:** Yarndezvous, 495 Cedar Lane, Teaneck (next to movie theater).

Register online at [holyname.org/CancerSupport](http://holyname.org/CancerSupport) or call 201-833-3392.

**New Virtual Presentations this Month:**

- [Importance of Exercise in Survivorship](#): Wednesday, January 4, 4:00 p.m.
- [iPhone Photography: A positive creative outlet](#): Thursdays, January 12 & 26, 2:00 p.m.

Register online at [holyname.org/CancerSupport](http://holyname.org/CancerSupport) or call 201-833-3392.

**Ongoing Monthly Classes Include:**

- Pilates for Strength and Balance
- Tai Chi and Qi Gong
- Yoga and Chair Yoga
- Morning and Evening Meditation Classes
- Lymphatic Movement
- Beginner and Advanced level Cancer Exercise classes

Register online at [holyname.org/CancerSupport](http://holyname.org/CancerSupport) or call 201-833-3392.



# 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](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515