

Get Back on Track with Routine Vaccinations



August is National Immunization Awareness Month (NIAM) to highlight the importance of getting recommended vaccines throughout your life. Talk to your healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

- ❑ Everyone should get a flu vaccine every year before the end of October, if possible.
- ❑ Adults need a Td vaccine every ten years.
- ❑ Healthy adults 50 years and older should get shingles vaccine.
- ❑ Adults 65 years or older need one dose of pneumococcal conjugate vaccine followed by one dose of pneumococcal polysaccharide vaccine.
- ❑ Adults younger than 65 years who have certain health conditions like heart disease, diabetes, cancer, or HIV should also get one or both of these vaccines.
- ❑ Adults may need other vaccines based on health conditions, job, lifestyle, or travel habits. SOURCE: Centers for Disease Control and Prevention



Living with Gout

Gout is a common and painful type of arthritis (swelling in one or more of your joints). It usually first appears in a big toe or lower limb. But other joints can be affected. Most types of gout are treatable, especially if caught early.

Gout is more common in men. It tends to first arise for them in middle age. *Women usually develop gout only after menopause.* Flares of gout often start suddenly at night, with intense pain that may wake you up. Usually, just one joint is affected. It may feel swollen, red, warm, and stiff. Flares usually get better within a couple of weeks. If left untreated, flares can begin to arise more often and last longer. They may be triggered by certain foods, alcohol, some medications, or illnesses.

Treatment plans are based on symptoms and the cause of your gout. Over-the-counter and prescription medications may help reduce pain and swelling during flares.

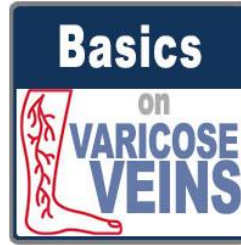
- ✓ Lifestyle changes can also help you manage gout and reduce flares.
- ✓ Eating a heart-healthy diet can help. Also, avoid alcohol, red meats, and seafood to reduce the chance of gout flares.
- ✓ Losing excess weight may help minimize the number of flares you have. SOURCE: News in Health | National Institutes of Health



Stay Healthy at 50+

- **Get moving.** Exercise can reduce the risk for age-related diseases and disability.
- **Eat a healthy diet.** Get tips at ChooseMyPlate.gov
- **Pay attention to weight and shape.** Extra weight, especially at the waist or with muscle loss, can raise health risks.
- **Don't smoke or use tobacco.**
- **Keep your brain active.** Get tips for a healthy brain.
- **Be good to yourself:** Get enough sleep. Stay in touch with family and friends. And surround yourself with people you enjoy.
- **Get regular medical checkups.**
- **Drink only in moderation** if you drink alcohol. SOURCE: News in Health | National Institutes of Health

Bulging Veins: What to Do About Varicose Veins



Varicose Veins are swollen, twisted veins that lie just underneath the skin's surface. They aren't just a cosmetic issue. If they aren't treated, they can also cause health problems.

Varicose veins are caused by blood pooling in the veins. This makes them bulge out. Varicose veins most often occur in the

legs, but they can appear other places too.

Lifestyle Changes For Varicose Veins

- ✓ **Get physical activity.** Move your legs to improve muscle tone. Get up and walk around every 30 minutes. When sitting, avoid crossing your legs.
- ✓ **Put your legs up.** Keep your legs raised when sitting, resting, or sleeping—above the level of your heart if you can.
- ✓ **Try to lose weight if you are overweight or obese.** Losing weight can improve blood flow and ease the pressure on your veins.
- ✓ **Avoid wearing tight clothes,** especially around your waist, upper thighs, and legs. The exception is when your doctor recommends compression stockings.
- ✓ **Wear compression stockings,** if your doctor advises it. These create gentle pressure up the leg and help reduce swelling.

Varicose veins are a treatable medical condition. Your health care provider can usually diagnose them with a physical exam. They may also order an ultrasound or other tests to more fully evaluate the problem. Treatment depends upon the severity of the vein problems. They range from lifestyle changes to medical procedures.

If lifestyle changes aren't enough, surgical methods may be used. Talk with your health care provider about your options.

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.**

TIME IS LIKE A RIVER.

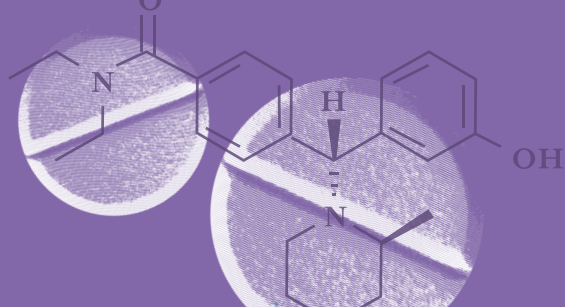
YOU CAN'T TOUCH THE SAME WATER TWICE, BECAUSE THE FLOW THAT HAS PASSED WILL NEVER PASS AGAIN.

SO ENJOY EVERY MOMENT IN LIFE.

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

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW



Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

As many as
1 in 4
PEOPLE*



receiving prescription opioids long term in a primary care setting struggles with addiction.

* Findings from one study

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



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

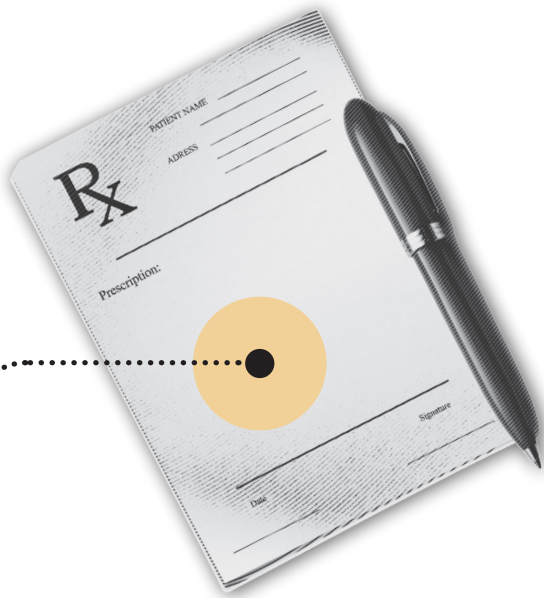


American Hospital
Association®

KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- ❑ Pain relievers such as acetaminophen, ibuprofen, and naproxen
- ❑ Some medications that are also used for depression or seizures
- ❑ Physical therapy and exercise
- ❑ Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.



Be Informed!

Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.



IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- ❑ Never take opioids in greater amounts or more often than prescribed.
- ❑ Follow up with your primary health care provider within ___ days.
 - Work together to create a plan on how to manage your pain.
 - Talk about ways to help manage your pain that don't involve prescription opioids.
 - Talk about any and all concerns and side effects.
- ❑ Help prevent misuse and abuse.
 - Never sell or share prescription opioids.
 - Never use another person's prescription opioids.
- ❑ Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- ❑ Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (www.fda.gov/Drugs/ResourcesForYou).
- ❑ Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- ❑ If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1-800-662-HELP.

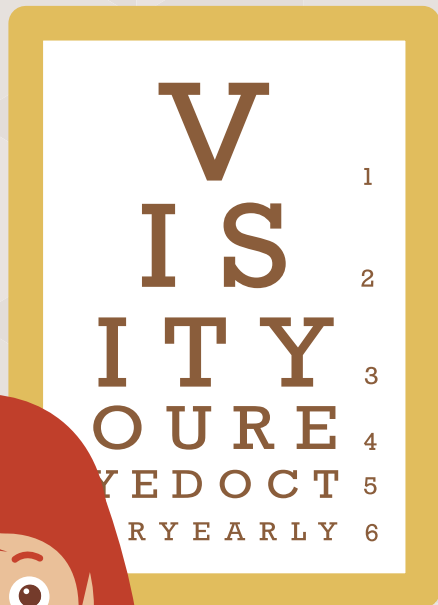
Dear contact lens wearer,

YOU ONLY HAVE ONE PAIR OF EYES



SO TAKE CARE OF THEM!

When it comes to wearing contacts, healthy habits mean healthy eyes. Follow these tips to help prevent eye infections.



YOUR EYE DOCTOR



Visit your eye doctor once a year— or more often **if needed.**



Ask questions about how to care for your lenses and case.



Take out your contacts and call your eye doctor if you have eye pain, red eyes, or blurred vision.

ALWAYS BE PREPARED!



Carry a pair of glasses in case you need to take out your contacts.



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

www.cdc.gov/contactlenses





Blueberry Overnight Steel Cut Oats

3 servings

8 hours

Ingredients

- 1 cup Steel Cut Oats
- 3 cups Water (boiling)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 3/4 cup Blueberries

Nutrition

Amount per serving	
Calories	307
Fat	9g
Fiber	9g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	112mg
Potassium	326mg
Vitamin A	353IU
Vitamin C	4mg
Calcium	390mg
Iron	2mg
Vitamin D	67IU
Magnesium	42mg
Zinc	0mg

Directions

- 1 Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
- 2 Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
- 3 When ready to eat, top with blueberries. Serve and enjoy!

Notes

Leftovers, Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

Nut-Free, Use coconut milk or hemp milk instead of almond milk.

More Flavor, Add cinnamon or maple syrup if you like it sweeter.

Additional Toppings, Top with coconut flakes, strawberries, raspberries or banana.

More Protein, Stir in your favorite protein powder when adding the milk.

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.



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 or call 201-833-3392 for more information.

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 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 or call 800-761-7575 ext. 1515