



## Self-Care: Tips for Heart Health

**Heart disease** is the leading cause of death in the United States, but there's a lot you can do to prevent it. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

### ♥ What does "self-care" mean?

Researchers define **self-care** as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders.

### ♥ What parts of your self-care routine help your heart?

**Self-care** for your heart is really self-care for your whole self.

You can improve and protect your health overall when you:

- ✓ Get a daily dose of physical activity, such as a brisk, 30-minute walk
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ✓ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits. SOURCE/IMAGES: National Heart, Lung & Blood Institute | hearttruth.gov



## Lowering Your Cancer Risk

### Healthy Living for Cancer Prevention

Most people know someone who's had cancer: a family member, a friend, a loved one. Who gets it can sometimes seem random. But there are many things you can do to reduce your risk.

**Cancer** can start almost anywhere in the body. Normally, your cells grow and divide to form new cells as the body needs them. When a cell is old or becomes damaged, it dies. Then a new cell takes its place.

### Ask your Doctor | Ask About Reducing your Cancer Risk:

- ☐ What can you recommend to help me quit smoking?
- ☐ Have I had all the recommended vaccinations to prevent cancer?
- ☐ What cancer screening tests should I have at my age?
- ☐ What dietary changes can I make to help reduce my risk of cancer?
- ☐ How can I safely exercise to improve my health?
- ☐ Does my family medical history put me at higher risk for cancer?
- ☐ Is there anything else I should know about my cancer risk?

SOURCE/IMAGES: National Institutes of Health (NIH) | News in Health



## Healthy Body, Happy Heart

Ask your doctor about your risk of heart disease and what you can do to keep your heart healthy.

- ☐ Am I at risk for heart disease?
- ☐ What tests do I need?

- ☐ Is my blood pressure okay? If not, what should I do?
- ☐ Is my cholesterol level okay? If not, what should I do?
- ☐ Is my weight okay?
- ☐ How much exercise do I need?

- ☐ Am I at risk for diabetes?

- ☐ How can you help me quit smoking? SOURCE: News in Health



## Numbers that Can Change Your Life

Numbers that all women should know to take control of their **heart health** are:

- 1 Total Cholesterol**   **3 Blood Sugar**
- 2 Blood Pressure**   **4 Body Mass Index (BMI)**

Knowing these numbers can help women and their health care provider determine their risk for developing cardiovascular diseases.

### ✓ Understand Risk Factors

- ♥ There are some you can control like blood pressure, smoking, cholesterol, lack of regular physical activity, and some you can't control like age, gender and family history.
- ♥ That's why it is important to *Know Your Numbers*, learn your *Family History* and discuss all *Risk Factors* with your doctor.

### ✓ Know Your Numbers | Four numbers can change your life –

- ♥ Total Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index

### ✓ Take Action and Manage Your Numbers

- ♥ Schedule a separate visit with your health care provider to learn these numbers and commit them to memory.
- ♥ Work to improve your numbers, if necessary.

SOURCE & IMAGE: American Heart Association | Go Red for Women

## What is AMD (Age-Related Macular Degeneration)?

**AMD** is a leading cause of blindness in the United States. The macula, which is in the back of the eye, controls our sharp, central vision. For some people with AMD, the macula gets weak slowly, with gradual vision loss, while for others with AMD, the growth of abnormal blood vessels causing blood and fluid leakage can lead to sudden vision loss in one or both eyes. People over the age of 60 have a higher chance of getting AMD. The chances get even higher as you get older. You also have a higher chance if you are White, smoke, are overweight, or have a family history of AMD.

SOURCE: National Eye Institute

♥ **HAPPY VALENTINE'S DAY** ♥  
**TRUE LOVE CANNOT BE FOUND WHERE IT DOES NOT EXIST, NOR CAN IT BE DENIED WHERE IT DOES.**  
 -Torquato Tasso

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





# Heart attack: Know the signs

## Common symptoms



Breaking out in a cold sweat, fainting, or feeling dizzy or light-headed



Discomfort in the center of the chest — such as crushing pain, pressure, squeezing or fullness



Pain that spreads from the chest to the arms, jaw, teeth, back, shoulder, neck or stomach

## Not all heart attacks are alike

### WOMEN

Many women do have chest pain. But they are more likely than men to have other or less typical symptoms.

These may include upper abdominal pain, shortness of breath, coughing, nausea, vomiting, fatigue, weakness or what feels like indigestion.

### OTHERS

Older adults and people with diabetes may also have less typical symptoms without chest pain.



If you think you're having a heart attack or witnessing one, call

**911**  
right away.

Sources: National Heart, Lung, and Blood Institute; U.S. Department of Health and Human Services; American Heart Association

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# Move More

## Making Physical Activity Routine



**Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.**

### How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

Can't carve out a lot of time in your day?  
Don't **chuck** your goal, **chunk** it!  
Try 10 minutes a few times a day, for example.



### Only have 10 minutes? Consider:

- ✓ Walking briskly for 5 minutes, turning around and walking back
- ✓ Dancing (standing or seated) to three songs
- ✓ Getting off your bus early and walking the last stretch

### You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

### Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the [NHLBI website](https://www.hearttruth.gov/).

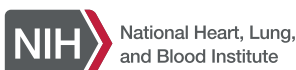
### Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

**All adults should avoid inactivity.**  
Start gradually and increase slowly.

Learn more about:

- [CDC Target Heart Rate and Estimated Maximum Heart Rate.](https://www.hearttruth.gov/)
- [Different types of physical activity.](https://www.hearttruth.gov/)
- [Recommendations for children, older people, and pregnant women.](https://www.hearttruth.gov/)



hearttruth.gov



## Get motivated

Try these tips to make being active part of your everyday routine:

### Add a friend or family member

- Take a yoga or other fitness class online with a friend.
- Share your fitness goals with your spouse or roommate.
- Commit to a walking schedule with a friend or family member, even if you can't walk together.

### Do what you love

- If you enjoy the outdoors, try biking, hiking, golf, or gardening.
- Play with the children in your life.
- Check out the track at a nearby school.
- Think of physical activity as a special time to refresh your body and mind.

### Build activities into your day

- Do strength exercises while watching TV or listening to a podcast..
- Use a workout game on your gaming console.
- Take a walk during lunch.
- Go for a walk or a bike ride before you sit down to enjoy dinner or a movie.

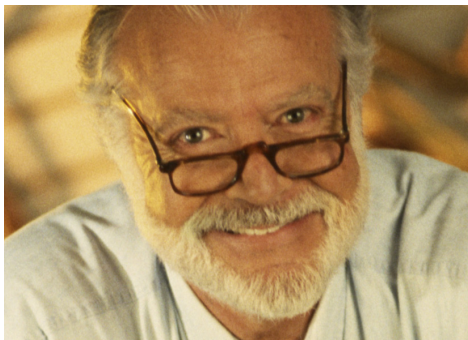
## When To Check With Your Doctor

Certain physical activities are safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms, talk with your doctor first.

**Learn more about the risks of physical activity for certain groups on the [NHLBI website](https://www.nhlbi.nih.gov/health-topics/physical-activity).**







# 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>





## Broccoli Almond Protein Salad

4 servings

20 minutes

### Ingredients

4 cups Broccoli (chopped into small florets)  
2 cups Frozen Edamame (shelled)  
4 stalks Green Onion (sliced)  
1/2 cup Almonds (chopped)  
1/4 cup Almond Butter  
1 tbsp Rice Vinegar  
1 tbsp Tamari (or Coconut Aminos)  
1 tbsp Maple Syrup  
1 tbsp Sesame Oil  
1 Garlic (clove, minced)  
2 tbsps Water

### Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

### Notes

Leftovers, Keeps well in the fridge up to 3 days.

### Nutrition

Amount per serving	
Calories	374
Fat	25g
Fiber	11g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	290mg
Potassium	916mg
Vitamin A	1278IU
Vitamin C	88mg
Calcium	208mg
Iron	4mg
Vitamin D	0IU
Magnesium	166mg
Zinc	3mg





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 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:** Yarndezzvous, 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