


For Men: Tips for Good Health in Later Life



Screening, or checking, for early signs of certain health problems can help diagnose them early. The following approaches are generally recommended for older men. Ask your healthcare provider if they're right for you.

- ✓ **Bone health evaluation**—Periodically. Your healthcare provider should evaluate your risk and possibly recommend further testing.
- ✓ **Blood pressure check**—At least once a year.
- ✓ **Cholesterol test for high blood cholesterol levels**—Screening frequency depends on your age and general health.
- ✓ **Diabetes check**—At least once; if you have high blood pressure or high blood cholesterol levels, or diabetes runs in your family, talk to your healthcare provider.
- ✓ **Screenings for Prostate Cancer and Colorectal Cancer**—Talk to your healthcare provider if you have any concerns about these screenings.
- ✓ **Hearing and vision screening**—Every year.
- ✓ **Depression screening**—Untreated depression is bad for your mental and physical health. Talk to your healthcare provider and get the treatment you need.
- ✓ **Abdominal aortic aneurysm screening**—once between the ages of 65 and 75 if you've ever smoked.
- ✓ **Dental check-up**—As often as your dentist recommends, and at least once a year. Your dentist should clean your teeth and check for cavities and other signs of diseases of the mouth, including cancer. If you wear dentures, they should be checked to make sure they still fit properly.
- ✓ **Sexually transmitted disease screening**—If you are sexually active but not in a monogamous relationship, these screenings are important at any age. Talk with your healthcare provider about this and how to practice safe sex.
- ✓ **Discussion about sexual concerns**—Erectile dysfunction (ED), or difficulty getting or maintaining an erection, is relatively common among older men. You should let your healthcare provider know if you have ED both because it can be treated and because it can be an early warning sign of heart and artery disease.
- ✓ **Other screening tests**—As recommended by your healthcare provider.

SOURCE/IMAGES: Healthy Aging Foundation



Headache Pain

A **headache** may feel like a pain inside your brain, but it's not. Most headaches begin in the many nerves of the muscles and blood vessels that surround your head, neck, and face. These pain-sensing nerves can be set off by stress, muscle tension, enlarged blood vessels, and other triggers. Once activated, the nerves send messages to the brain, and it can feel like the pain is coming from deep within your head.

Tips to Prevent Headaches:

- Ease stress.
- Get enough quality sleep.
- Eat regularly scheduled, healthy meals.
- Exercise regularly and maintain a healthy weight.
- Ask your doctor if medications might help prevent returning headaches.

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

WASTE NO MORE TIME ARGUING WHAT A GOOD MAN SHOULD BE. BE ONE. —Marcus Aurelius

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.

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Recognizing Cataracts: Watch for Vision Changes as You Age



One cause of impaired eyesight later in life is cataracts. A **cataract** is a clouding of the lens in the eye. People with cataracts may notice cloudy vision or halos around lights when driving at night. If left untreated, cataracts can greatly limit vision. *Check with an eye care professional if you have any of these symptoms.*

Cataract Symptoms:

- Cloudy or blurry vision
- Poor night vision
- Colors seem faded
- Glare—headlights, lamps or sunlight may appear too bright. A halo may appear around lights.
- Double vision or multiple images in one eye. (This symptom may clear as the cataract gets larger.)
- Frequent prescription changes in your eyeglasses or contact lenses.

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



Communication Access: A Basic Human Right

Aphasia affects a person's ability to communicate, not their intellect. People with aphasia—and countless others—face barriers to communication on a daily basis.

- **Simplify your Talking:** Use short, simple sentences
- **Use Gestures and Body Language:** Show what you mean
- **Show Pictures and Diagrams:** Write key words and share visuals
- **Confirm Understanding:** Ask yes/no questions and then verify

SOURCE/IMAGE: National Aphasia Association



Keep Your Heart & Brain Healthy

- ✓ Be active or walk every day.
- ✓ Keep your brain active, and stay active.
- ✓ Get at least seven hours of sleep each night.
- ✓ Eat more fruits and vegetables and less salt and sugar.
- ✓ Take your medicine for blood pressure and diabetes even if you feel good.
- ✓ If you smoke, stop now to reduce your risk for stroke and dementia.
- ✓ If you are overweight, try to lose weight with exercise and a healthy diet.
- ✓ Read food labels to see how much salt (sodium) or fat is in your food.
- ✓ Limit alcoholic drinks.

SOURCE: Centers for Disease Control and Prevention

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.**

HAPPY FATHER'S DAY



MEN: Get It Checked.

Checkup and Screening Guidelines for Men



Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
EKG Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
Tetanus Booster Prevents lockjaw.	Every 10 years	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year		*	<input checked="" type="checkbox"/>
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			<input checked="" type="checkbox"/>
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician			Age 60
Self Exams Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Testosterone Screening Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

For more information about men's health, contact: Men's Health Network: 202-543-MHN-1, www.menshealthnetwork.org



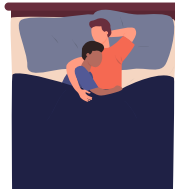
HIV TESTING 101

Many HIV tests are quick, **FREE**, and painless. You can also use an HIV self-test to learn your HIV status at home or in a private location.

SHOULD I GET TESTED FOR HIV?

- **Everyone aged 13 to 64** should get tested for HIV at least once.

- You should get tested at least once a year if:
 - You're **a man who has had sex with another man**.
 - You've had sex with **someone who has HIV**.
 - You've had **more than one partner** since your last HIV test.
 - You've **shared needles**, syringes, or other equipment to inject drugs.



- You've **exchanged sex** for drugs for money.
- You have **another sexually transmitted disease**, hepatitis, or tuberculosis.
- You've had sex with anyone who has done anything listed above or with someone whose **sexual history you don't know**.
- Sexually active **gay and bisexual men** may benefit from testing every 3 to 6 months.
- If you're **pregnant or planning to get pregnant**, get tested as early as possible to protect yourself and your baby.

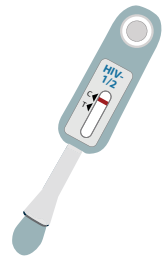
WHERE CAN I GET TESTED?



Ask your health care provider or find a testing site near you by

- visiting gettested.cdc.gov, or
- calling **1-800-CDC-INFO (232-4636)**.

Many testing locations are **FREE and confidential**. You can also buy an HIV self-test at a pharmacy or online. Most HIV tests are covered by health insurance.



WHAT IF MY TEST RESULT IS NEGATIVE?

- You probably don't have HIV, but the accuracy of your result **depends on the window period**. This is the time between HIV exposure and when a test can detect HIV in your body.
- To stay negative, take actions to prevent HIV. Visit www.cdc.gov/hiv/basics/prevention.html to learn more.

WHAT IF MY TEST RESULT IS POSITIVE?

- You may need a **follow-up test** to confirm the result. If you're diagnosed with HIV, **start treatment right away**.
- HIV treatment can make the viral load so low that a test can't detect it (*undetectable viral load*). Having an undetectable viral load is the best way to stay healthy, and means you will not transmit HIV to your sex partner. Learn more at www.cdc.gov/hiv/basics/livingwithhiv.



Scan to learn more!

For more information, please visit www.cdc.gov/hiv.



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS®



Warm Peas with Eggs

2 servings

15 minutes

Ingredients

1/2 White Onion (diced)
3 tbsps Water
3 cups Frozen Peas
1/4 tsp Sea Salt
4 Egg

Nutrition

Amount per serving	
Calories	341
Fat	10g
Fiber	11g
Sugar	12g
Protein	25g
Cholesterol	372mg
Sodium	611mg
Potassium	442mg
Vitamin A	5581IU
Vitamin C	26mg
Calcium	122mg
Iron	5mg
Vitamin D	82IU
Magnesium	68mg
Zinc	3mg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor, Use broth or oil instead of water.

Additional Toppings, Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



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.

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. 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 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 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 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