

5 Things You Need to Know About Shingles



Shingles is a disease that causes a painful skin rash. About 1 in 3 people will get shingles, and your risk increases as you age. It comes from the same virus that causes chickenpox. Although there is no cure, shingles can be prevented and treated.

5 Things you Need to Know about Shingles:

1. Anyone who has recovered from chickenpox, and even children, can get shingles.
2. Symptoms of shingles include burning or shooting pain, tingling or itching, chills, fever, headache, upset stomach, and rashes or blisters that develop on one side of the body, usually on your face or around your waist. There are medicines that may help.
3. Healthy adults age 50 and older should talk to their healthcare professional about getting the shingles vaccine to reduce their risk.
4. Generally shingles is not contagious, but a person with active shingles can spread the virus when the rash is in the blister phase. It's important to keep the rash covered.
5. Most cases of shingles last 3-5 weeks. Most people get shingles only one time, but, it is possible to have it more than once. If you think you might have shingles, talk to your doctor as soon as possible.

SOURCE/IMAGES: National Institute on Aging



Building Paths to Better Kidney Care

With innovative research, the future will bring more paths for preventing and treating kidney disease. *The path you build should be **personalized**, a plan you can stick to, and gives you flexibility to make adjustments along the way.*

Remember, what works for someone else may not work for you, but every step you take can help keep your kidneys healthier longer.

Some ways you can personalize your kidney care include:

- ✓ **Partnering with your health care team** to create a treatment plan that fits your lifestyle, mobility, health status, and dietary needs.
- ✓ **Building a healthy meal plan** with foods and beverages you enjoy.
- ✓ **Picking physical activities you can stick to**—aim for at least 30 minutes of activity each day.
- ✓ **Maintaining a healthy weight**—if you are overweight, losing even small amounts of weight can help to relieve strain on your heart and kidneys.
- ✓ **Developing a sleep routine** that allows you to get 7 to 8 hours of sleep a night.
- ✓ **Taking steps to quit smoking and limit alcohol.**
- ✓ **Staying up to date on recommended vaccines**, including COVID-19 and the flu.

SOURCE/IMAGES: National Institute of Diabetes and Digestive and Kidney Diseases

HAPPY DOCTOR'S DAY - 3/30



DEDICATED
OBSERVANT
COMPASSIONATE
THOROUGH
ORGANIZED
RELIABLE

THANK YOU FOR ALL YOU DO!



KINDNESS

BEGINS WITH THE
UNDERSTANDING
THAT WE ALL
STRUGGLE.

—Charles Glassman

10 Surprising Things That Can Spike Your Blood Sugar



Look out for these surprising triggers that can send your blood sugar soaring:

1. **Sunburn**—the pain causes stress, and stress increases blood sugar levels.
2. **Artificial sweeteners**—more research is needed, but some studies show they can raise blood sugar.
3. **Coffee**—even without sweetener. Some people's blood sugar is extra-sensitive to caffeine.
4. **Losing sleep**—even just one night of too little sleep can make your body use insulin less well.
5. **Skipping breakfast**—going without that morning meal can increase blood sugar after both lunch and dinner.
6. **Time of day**—blood sugar can be harder to control the later it gets.
7. **Dawn phenomenon**—people have a surge in hormones early in the morning whether they have diabetes or not. For people with diabetes, blood sugar can spike.
8. **Dehydration**—less water in your body means your blood sugar is more concentrated.
9. **Nose spray**—some have chemicals that trigger your liver to make more blood sugar.
10. **Gum disease**—it's both a complication of diabetes and a blood sugar spiker. SOURCE: CDC (Centers for Disease Control and Prevention)



What to Ask About Colorectal Screening

Everyone ages 50 to 75 (and younger people at increased risk) needs to have a plan for colorectal cancer screening. **Ask your doctor:**

- When should I start getting screened for colorectal cancer?
- Which screening test do you recommend for me?
- How can I prepare for the test? What should I expect during the test?
- Are there any risks involved?
- Who will perform the exam?
- Will I need someone to come with me?
- Who will give me the results, and when?

SOURCE/IMAGES: 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.**

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

Are You at Risk for Type 2 Diabetes?

Diabetes Risk Test

About 1 in 5 Americans with diabetes is undiagnosed. Could you be one of the 8.5 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

1 How old are you?

- a. Less than 40 years (0 points)
- b. 40–49 years (1 point)
- c. 50–59 years (2 points)
- d. 60 years or older (3 points)

Write your score
in the box.



2 Are you a man or a woman?

- a. Man (1 point)
- b. Woman (0 points)

3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?

- a. Yes (1 point)
- b. No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?

- a. Yes (1 point)
- b. No (0 points)

5 Have you ever been diagnosed with high blood pressure?

- a. Yes (1 point)
- b. No (0 points)

6 Are you physically active?

- a. Yes (0 points)
- b. No (1 point)

7 What is your weight status? (see chart at right)



Height	Weight					
	lbs.	kilos	lbs.	kilos	lbs.	kilos
4'10"	119–142	54.0–64.4	143–190	64.9–86.2	191+	86.6+
4'11"	124–147	56.2–66.7	148–197	67.1–89.3	198+	89.8+
5'0"	128–152	58.1–68.9	153–203	69.4–92.1	204+	92.5+
5'1"	132–157	59.9–71.2	158–210	71.7–95.3	211+	95.7+
5'2"	136–163	61.7–73.9	164–217	74.4–98.4	218+	98.9+
5'3"	141–168	64.0–76.2	169–224	76.7–101.6	225+	102.1+
5'4"	145–173	65.8–78.5	174–231	78.9–104.8	232+	105.2+
5'5"	150–179	68.0–81.2	180–239	81.6–108.4	240+	108.9+
5'6"	155–185	70.3–83.9	186–246	84.4–111.6	247+	112.0+
5'7"	159–190	72.1–86.2	191–254	86.6–115.2	255+	115.7+
5'8"	164–196	74.4–88.9	197–261	89.4–118.4	262+	118.8+
5'9"	169–202	76.7–91.6	203–269	92.1–122.0	270+	122.5+
5'10"	174–208	78.9–94.3	209–277	94.8–125.6	278+	126.1+
5'11"	179–214	81.2–97.1	215–285	97.5–129.3	286+	129.7+
6'0"	184–220	83.5–99.8	221–293	100.2–132.9	294+	133.4+
6'1"	189–226	85.7–102.5	227–301	103.0–136.5	302+	137.0+
6'2"	194–232	88.0–105.2	233–310	105.7–140.6	311+	141.1+
6'3"	200–239	90.7–108.4	240–318	108.9–144.2	319+	144.7+
6'4"	205–245	93.0–111.1	246–327	111.6–148.3	328+	148.8+
	(1 Point)		(2 Points)		(3 Points)	
You weigh less than the amount in the left column (0 points)						

❖ Add up Your Score

The higher your score, the higher your risk.

❖ If you scored 5 or more: You are at increased risk for having type 2 diabetes. Talk to your doctor about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

❖ If you scored below 5: Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 35, have overweight or obesity, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

You are more likely to develop type 2 diabetes if you are African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) offers health information in English and Spanish.

The National Institute of Diabetes and Digestive and Kidney Diseases

1-800-860-8747 • TTY: 711

Adapted from the American Diabetes Association's Diabetes Risk Test.

www.niddk.nih.gov

SMOKING AND DIABETES



This fact sheet is for public health officials and others who are interested in learning about the impact of smoking on diabetes. People who want to lower their risk for diabetes, and people who already have diabetes, should not smoke.

WHAT YOU NEED TO KNOW ABOUT SMOKING AND DIABETES

The 2014 Surgeon General's Report has found that smoking is a cause of type 2 diabetes, which is also known as adult-onset diabetes. Smokers have a greater risk of developing type 2 diabetes than do nonsmokers. The risk of developing diabetes increases with the number of cigarettes smoked per day.

Diabetes is a disease that causes blood sugar levels in the body to be too high and puts the body at risk for many serious health conditions. More than 25 million adults suffer from diabetes in the United States, where the disease is the seventh leading cause of death. It is also a growing health crisis around the world.

HOW SMOKING CAUSES TYPE 2 DIABETES

Smoking increases inflammation in the body. Inflammation occurs when chemicals in cigarette smoke injure cells, causing swelling and interfering with proper cell function. Smoking also causes oxidative stress, a condition that occurs as chemicals from cigarette smoke combine with oxygen in the body. This causes damage to cells. Evidence strongly suggests that both inflammation and oxidative stress may be related to an increased risk of diabetes.

The evidence also shows that smoking is associated with a higher risk of abdominal obesity, or belly fat. Abdominal obesity is a known risk factor for diabetes because it encourages the production of cortisol, a hormone that increases blood sugar. Smokers tend to have higher concentrations of cortisol than nonsmokers.

WHAT SMOKING MEANS TO PEOPLE WITH DIABETES

Studies have confirmed that when people with type 2 diabetes are exposed to high levels of nicotine, insulin (the hormone that lowers blood sugar levels) is less effective. People with diabetes who smoke need larger doses of insulin to control their blood sugar.

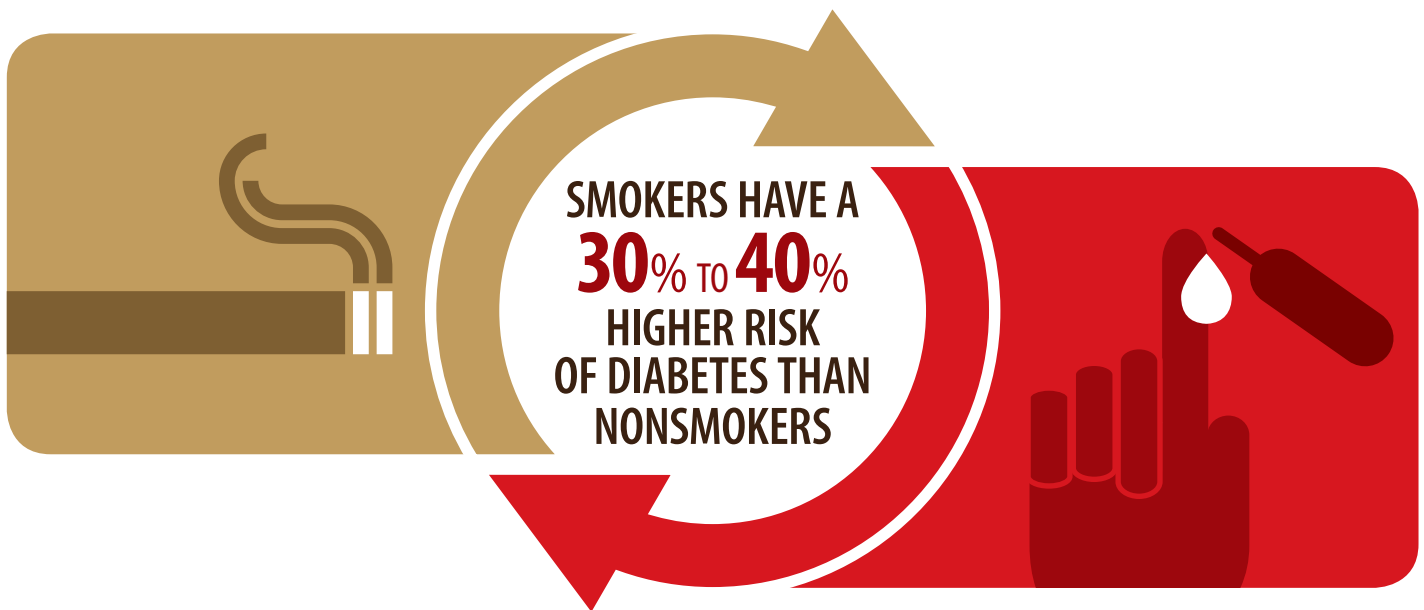
Smokers who have diabetes are more likely to have serious health problems, including:

- heart and kidney disease;
- poor blood flow in the legs and feet that can lead to foot infections, ulcers, and possible amputation of toes or feet;
- retinopathy (an eye disease that can cause blindness); and
- peripheral neuropathy (damaged nerves to the arms and legs that cause numbness, pain, weakness, and poor coordination).



Even though we don't know exactly which smokers will develop type 2 diabetes, we do know that all diabetic smokers should quit smoking or using any type of tobacco product immediately. The health benefits of quitting begin right away. People with diabetes who quit have better control of their blood sugar. Studies have shown that insulin can start to become more effective at lowering blood sugar levels eight weeks after a smoker quits.

People who want to quit smoking can get help from their doctors. Free help is also available at 1-800-QUIT-NOW and at smokefree.gov and cdc.gov/tips.



Most people find a combination of resources works best. Many smokers do not quit on their first attempt. Many need several tries to successfully quit. But the benefits are well worth it. Keep trying.

RESOURCES FOR QUITTING

- Call 1-800-QUIT-NOW.
- www.smokefree.gov
- www.cdc.gov/tips



Centers for Disease
Control and Prevention
Office on Smoking
and Health

Home Safe with Seniors

Are you a senior, or living with one? Check off these simple safety steps.

- ☐ **Fire Safety:** I have tested my smoke alarms and they are working. I don't wear loose clothing when I cook. I stay in the kitchen while my food is cooking on the stovetop.
- ☐ **Falls Prevention:** I make sure my stairs are well-lighted, free from tripping hazards and the hand rail is secure. My area rugs are secured to avoid tripping.
- ☐ **Medicines:** I keep my medicine in child-resistant containers. If I'm having any memory or confusion issues, I have my medicines clearly labeled to avoid mistakes.
- ☐ **Cleaning Products:** I have locked up my cleaning products and store them up and away from children.

Prevent Fires: Keep all clothing away from flames and ignition sources. Loose clothing can catch fire easily. Seniors are 16% of the population but account for 74% of the deaths from clothing fires—largely from loose robes or other clothing. Always “stand by your pan” and avoid being distracted while cooking. Make sure you have a fire extinguisher in your kitchen and working smoke alarms on every floor and inside every bedroom. Smoking materials can ignite clothing. Don't smoke while drowsy and safely extinguish smoking material. Test your smoke alarms every month.

Prevent Falls: Falls are the #1 cause of injuries and deaths for seniors in the home. Avoid falls by keeping stairs well lighted and always grip the handrails when using the stairs. Keep stairs and floors cleared and slip resistant, and remove items you could trip over such as area rugs and cords. Install grab bars and slip-resistant surfaces in your bathroom and only use step stools with a top hand rail. Never climb ladders alone.

Prevent Medication Poisonings: Medicines are often swallowed by young children who find them where their parents or grandparents have left them in a purse, on a nightstand, in a pill container or some other convenient place. All adults should use child resistant packages wherever young children live or visit. If child-resistant packaging is not an option, keep medicines in a locked container, out of reach and out of sight of children. Seniors who may have memory or confusion issues should make sure that medications are properly labeled for their safety.

Prevent Poisonings from Cleaning Products and Laundry Packets: Store household cleaning products and laundry packets in their original containers and in cabinets with child safety latches or locks. Never transfer these products to a different bottle without a child-resistant closure and a label. Children and others can mistake them and drink or eat the contents. Put the Poison Control Center's hotline (800-222-1222) in your cell phone.

For more Home Safe with Senior tips, go to: <https://www.cpsc.gov/s3fs-public/701.pdf>



USCPSC



Shamrock Smoothie

March is National Nutrition Month! Enjoy this filling nutritious breakfast beverage loaded in protein, dietary fiber, calcium, iron, and potassium. This is an excellent way to maximize your vegetable intake at breakfast time!

Makes: makes 1 serving

Prep time: 10 mins

Ingredients

- 1 banana, *fresh or frozen* small
- 1/2 cup cauliflower, *frozen*
- 1 (5.3 oz.) container Greek yogurt, vanilla, non-fat
- 1 cup spinach
- 1/4 cup flax milk or milk of choice
- 1/4 avocado
- 1 Tbs flaxseed, milled
- 1/4 tsp peppermint extract



Directions

1. Add all ingredients except chocolate chips to your blender and blend until smooth.
2. Pour into a glass, top with chocolate chips (if using) and sprinkle with extra flaxseed, if desired.

Tips: Option to use half a banana and 1/8th avocado to cut some calories, carbohydrates, and fat.

Nutrition per serving: 352 calories, 10.6 g Fat, 19 g protein, Sodium 101 mg, cholesterol 5 mg, Carbohydrates 50 g, Fiber 10g, Vitamin D 1mcg 13% · Calcium 250mg 24% · Iron 10mg 53% · Potassium 1087mg 23%

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: Yarndezzvous, 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