



The ABCDEs of Melanoma

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- ✓ **ASYMMETRY:** One half is unlike the other half.
- ✓ **BORDER:** Irregular, scalloped or poorly defined border.
- ✓ **COLOR:** Varied from one area to another; has shades of tan, brown or black; sometimes white, red, or blue.
- ✓ **DIAMETER:** Typically greater than 6mm (the size of a pencil eraser) when diagnosed,
- ✓ **EVOLVING:** A mole or skin lesion that looks different from the rest or is changing in size, they can be smaller. shape or color.

If you notice a new spot or an existing spot that changes, itches or bleeds, make an appointment to see a board-certified dermatologist.

SOURCE/IMAGES: American Academy of Dermatology



Secondhand Smoke is Dangerous

Did you know:

- Breathing in someone else's cigarette, pipe or cigar smoke can make you and your children sick.
- Children who live in homes where people smoke may get sick more often with coughs, wheezing, ear infections, bronchitis or pneumonia.
- Children with asthma may have asthma attacks that are more severe or occur more often.
- Opening windows or using fans or air conditioners will not stop secondhand smoke exposure.
- The U.S. Surgeon General says that secondhand smoke can cause Sudden Infant Death Syndrome, also known as SIDS.
- Secondhand smoke also can cause lung cancer and heart disease.
- ✓ **Protect Your Family**
 - Make your car and home smoke-free.
 - Family, friends or visitors should never smoke inside your home or car.
 - Keep yourself and your children away from places where smoking is allowed. If you smoke, smoke only outside.
 - Ask your doctor for ways to help you stop smoking.

SOURCE: U.S. Environmental Protection Agency | EPA



Be Sun Wise

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression.

The UV Index forecasts the strength of the sun's harmful rays. The higher the number, the greater the chance of sun damage.

| EXPOSURE CATEGORY | UVI RANGE |
|-------------------|-----------|
| Low | < 2 |
| Moderate | 3 to 5 |
| High | 6 to 7 |
| Very High | 8 to 10 |
| Extreme | 11+ |

SOURCE: U.S. Environmental Protection Agency | EPA



Healthy Blood Pressure for Healthy Hearts

Small Steps To Take Control

High blood pressure is a "silent killer." It doesn't usually cause symptoms, but it can damage your body over time. If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:

- Heart disease
- Stroke
- Kidney disease
- Dementia

The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless. If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

Why Should I Change?

- ✓ **Eat Healthy Foods:** A diet low in sodium and saturated fat—like the DASH eating plan—*can lower your blood pressure as effectively as medicines.*
- ✓ **Move More:** Get at least 2 1/2 hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.
- ✓ **Aim for a Healthy Weight:** Losing just 3 to 5 percent of your weight *can improve your blood pressure.*
- ✓ **Manage Stress:** Stress can contribute to high blood pressure and other heart risks.
- ✓ **Stop Smoking:** The chemicals in tobacco smoke can harm your heart and blood vessels. *Quitting is hard. But many people have done it, and you can, too.* SOURCE/IMAGE: National Heart, Lung & Blood Institute



Know the Sudden Signs of Stroke

Stroke is a medical emergency. Every minute counts when someone is having a stroke. Learn how to recognize the symptoms of stroke and what you can do to improve the chances for a successful recovery.

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.**

MOTHERS CAN LOOK THROUGH A CHILD'S EYES AND SEE TOMORROW. -Reed Markham

THANKS **MOM** FOR ALL THAT YOU DO!
HAPPY MOTHER'S DAY

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

WOMEN:

Get It Checked.

Checkup and Screening Guidelines for Women



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 | ✓ | ✓ | ✓ |
| Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs. | Every year | ✓ | ✓ | ✓ |
| 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 | ✓ | ✓ | ✓ |
| 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 Baseline | ✓ | ✓ | ✓ |
| EKG Electrocardiogram screens for heart abnormalities. | Every 2 years Every year | Age 30 | ✓ | ✓ |
| Tetanus Booster Prevents lockjaw. | Every 10 years | ✓ | ✓ | ✓ |
| Rectal Exam Screens for hemorrhoids, lower rectal problems, and colon cancer. | Every Year | ✓ | ✓ | ✓ |
| Breast Health Clinical exam by health provider. Mammography: X-ray of breast. | Every Year Every 1-2 years Every Year | ✓ | ✓ | ✓ |
| Hemocult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer. | Every Year | | ✓ | ✓ |
| 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 | | | ✓ |
| 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 | | ✓ | ✓ |
| Bone Health Bone mineral density test. Testing is best done under the supervision of your physician. | Postmenopausal | | | ✓ |
| Self Exams Breast: To find abnormal 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. | Monthly by self | ✓ | ✓ | ✓ |
| Estrogen Peri-menopausal women should consider screening for FSH (follicle stimulating hormone) and LH (leutenizing hormone) to determine if a supplemental estrogen therapy is needed. | Discuss with a physician | | | ✓ |
| 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 | ✓ | ✓ | ✓ |
| Reproductive Health PAP test/Pelvic exam. | Every 1-3 years after 3 consecutive normal tests. Discuss with a physician. | Age 18 | ✓ | ✓ |

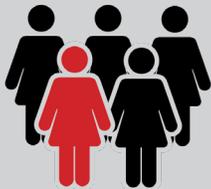
Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult 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 your health, contact: Men's Health Network: 202-543-MHN-1, www.menshealthnetwork.org



Women face higher risk of stroke

STROKE IN U.S. WOMEN BY THE NUMBERS



One in 5 women will have a stroke.
About 55,000 more women than men have a stroke each year.



#3
cause of death

Stroke is the No. 3 cause of death in women.
Stroke kills over 85,000 women a year.



Among women, Black women have the highest prevalence of stroke.

TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT HOW TO LOWER YOUR RISK

and use the American Heart Association/American Stroke Association prevention guidelines:

STROKE RISK INCREASES IN WOMEN WHO:



Are pregnant

Pregnant women are three times more likely to have a stroke as non-pregnant women of the same age.



Have preeclampsia

This dangerous condition of high blood pressure during pregnancy doubles stroke risk later in life.



Take birth control pills

These can double the risk of stroke, especially in women with high blood pressure.



Use hormone replacement therapy

It doesn't lower stroke risk if postmenopausal, as once thought.



Have migraines with aura and smoke

Strokes are more common in women who have migraines with aura and smoke, compared with other women.



Have atrial fibrillation

This quivering or irregular heartbeat can increase stroke risk fivefold.

STROKE RISK DECREASES IN WOMEN WHO:

Talk to their health care professional to **determine safest medication** if pregnant with high blood pressure.

Discuss with their health care professional **low-dose aspirin guidelines** starting in the second trimester (week 12) to lower preeclampsia risk.

Get their blood pressure checked before taking birth control pills and monitor every six months.

Review the risk and benefits of hormone replacement therapy with their health care professional and discuss if the benefit outweighs the risks. For some women, it might not.

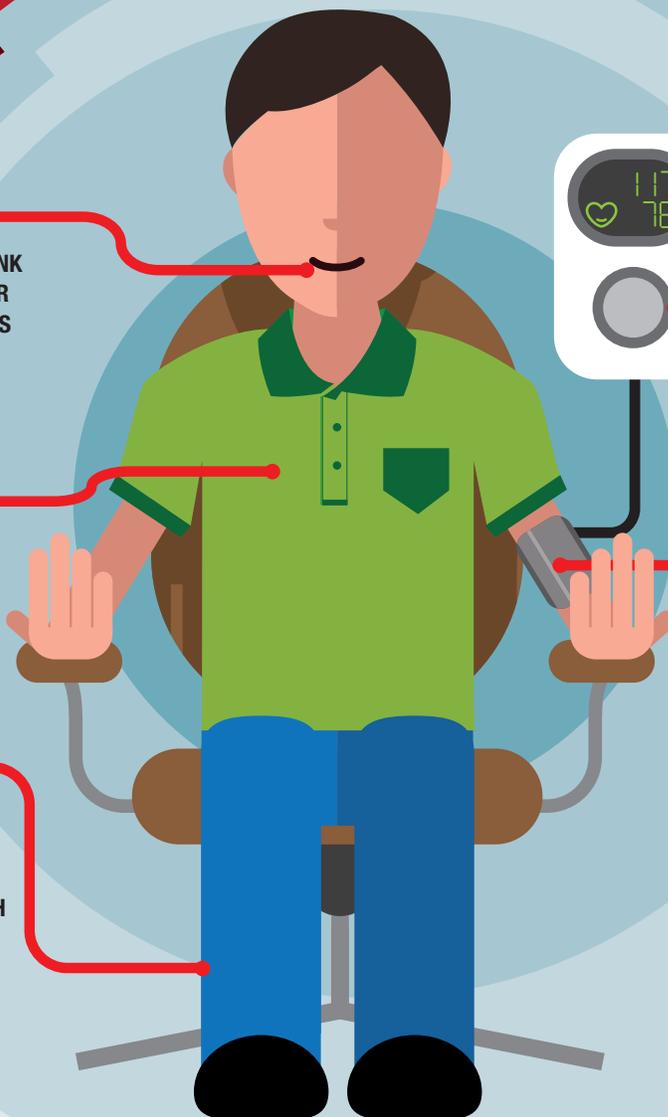
Quit smoking. All women who experience migraines and smoke should avoid smoking, nicotine use, vaping and e-cigarettes.

Get screened for atrial fibrillation if over the age of 75 as this condition then becomes more common in women.



American Heart Association.

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|---|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| ELEVATED | 120-129 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130-139 | or | 80-89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | or | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |



* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT HEART.ORG/HBP



Cabbage Egg Nests

1 serving
15 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 2 cups Purple Cabbage (shredded)
- 2 Egg
- 1/8 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 259 |
| Fat | 17g |
| Fiber | 4g |
| Sugar | 7g |
| Protein | 15g |
| Cholesterol | 372mg |
| Sodium | 485mg |
| Potassium | 571mg |
| Vitamin A | 2526IU |
| Vitamin C | 101mg |
| Calcium | 136mg |
| Iron | 3mg |
| Vitamin D | 82IU |
| Magnesium | 40mg |
| Zinc | 2mg |

Directions

- 1 Heat a skillet over medium heat and add the coconut oil. Once the pan is hot, add the cabbage and cook for 3 to 4 minutes, until softened.
- 2 Make two spaces in the cabbage and crack the eggs into each space. Season with sea salt and cover with a lid. Cook for 3 to 4 minutes or until the whites are set and the yolks are cooked to your preference. Serve and enjoy!

Notes

Leftovers, The eggs are best enjoyed the same day. Refrigerate the cabbage in an airtight container for up to four days.

No Avocado Oil, Use olive oil or coconut oil.

More Flavor, Add nutritional yeast, everything bagel seasoning and/or cook with ghee.

Additional Toppings, Top with sliced avocado.

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