

About Cholesterol

Blood cholesterol is a waxy, fat-like substance made by your liver. It is essential for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods. Cholesterol is measured in milligrams per deciliter (mg/dL). When you go to a health care professional to get your cholesterol checked, this test (also called a lipid panel or lipid profile) will usually check the levels of cholesterol and triglycerides in your body.

What Do Blood Cholesterol Numbers Mean?	
HDL (High Density Lipoprotein) Good Cholesterol	LDL (Low Density Lipoprotein) Bad Cholesterol
high levels of it can lower your risk of heart disease and stroke	having high levels of LDL cholesterol can lead to plaque buildup in your arteries and result in heart disease or stroke
Triglycerides, a type of fat in your blood that your body uses for energy. The combination of high levels of triglycerides with low HDL cholesterol or high LDL cholesterol levels can increase your risk for heart attack and stroke.	
Total cholesterol, the total amount of cholesterol in your blood based on your HDL, LDL, and triglycerides numbers.	

SOURCE: Centers for Disease Control and Prevention



Prostate Problems

What Is the Prostate? The prostate is a small gland in men that helps make semen. Located just below the bladder in front of the rectum, it wraps around the tube that carries urine and semen out of the body. It tends to grow larger as you get older. If

your prostate gets too large, it can cause a number of health issues.

Common Problems:

Here are some examples of non-cancer prostate problems:

- **Benign prostatic hyperplasia, or BPH**, is very common in older men. It means your prostate is enlarged but not cancerous.
- **Acute bacterial prostatitis** usually starts suddenly from a bacterial infection. See your doctor right away if you have fever, chills, or pain in addition to prostate symptoms.
- **Chronic bacterial prostatitis** is an infection that comes back again and again. This rare problem can be hard to treat.
- **Chronic prostatitis, also called chronic pelvic pain syndrome**, is a common prostate problem. It can cause pain in the lower back, in the groin, or at the tip of the penis.

Symptoms of Prostate Problems

See your doctor right away if you have any of these symptoms:

- Frequent urge to urinate
- Need to get up many times during the night to urinate
- Blood in urine or semen
- Pain or burning urination
- Painful ejaculation
- Frequent pain or stiffness in lower back, hips, pelvic or rectal area, or upper thighs
- Dribbling of urine

SOURCE: National Institute on Aging

**A GRANDPARENT IS A LITTLE BIT PARENT,
A LITTLE BIT TEACHER, AND A LITTLE BIT BEST FRIEND.**
HAPPY GRANDPARENT'S DAY — SEPTEMBER 10

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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What to Do if Your Pain Medication Isn't Working



If you're in pain and your medication isn't working well enough, it can be tempting to stop or increase the dosage. However, trying to manage pain on your own without talking to your health care provider can have serious consequences, including unpleasant or dangerous side effects—or even death.

If your pain medication isn't working, call your health care provider.

Remember:

- 1 Don't change the dosage without talking to your health care provider.
- 2 Don't abruptly stop taking your medication.
- 3 Take medicines only as directed.

When you talk to your health care provider:

- Tell them about all the medicines you take, including prescriptions, over-the-counter medications, and any vitamins, supplements, or herbal medications.
- Describe what has happened since your last visit.
- Verify that you were prescribed the right medication.
- Ask what the medication is supposed to do and when it will start working.
- Write down any information the health care provider gives you about making a change in your treatment.
- Ask questions if the health care provider's instructions are unclear.
- Ask about non-pharmacologic treatment options.

✓ **A good patient-provider relationship is a partnership.**

You and your health care providers can work as a team to address your problems with pain and keep you healthy. And, as always, do not share with others—prescription medications should always be monitored by a licensed prescriber or health care provider.

SOURCE: National Institute on Drug Abuse



If you or someone you know needs support now, **call or text 988 or chat 988lifeline.org**. The **988 Lifeline** provides **24/7, free and confidential support** for people in distress, prevention and crises resources for you and your loved ones.

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.**

Newsletter Comments and Contributions: Please contact harveygrossmd@ehmchealth.org

Look forward to the future.

Get a comprehensive dilated eye exam to see well for a lifetime.

Aging is a process that brings about many opportunities and changes, from major transformations, such as becoming a grandparent or going back to school to simple lifestyle changes, such as starting a new exercise program. Don't miss out on any of these opportunities. Take stock of your eye health to make sure your eyes are healthy and you are seeing your best.

While vision loss and blindness are not a normal part of aging, some vision changes such as losing focus, having trouble distinguishing between colors such as blue and black, and needing more light to see well are common. These changes can often be corrected with contact lenses or glasses and improved lighting.

People are also at higher risk for vision loss from certain eye diseases and conditions as they age, including the following:

- Age-related macular degeneration (AMD), which gradually destroys the macula (the part of the eye that provides sharp, central vision)
- Cataract, a clouding of the lens in the eye
- Diabetic retinopathy, a complication of diabetes that damages blood vessels in the retina (the light-sensitive tissue at the back of the eye)
- Glaucoma, a group of diseases that can cause fluid and pressure to build up in the eye and damage the optic nerve
- Low vision, a visual impairment that cannot be corrected by regular glasses, contact lenses, medication, or surgery that interferes with the ability to perform everyday activities
- Dry eye, a condition that occurs when the eye does not produce tears properly or when tears evaporate too quickly

There are many things you can do to reduce your risk of vision loss from eye disease and make sure your eyes are healthy. Follow these simple steps to continue to look forward to the future.



HAVE A COMPREHENSIVE DILATED EYE EXAM. You might think your vision is fine or that your eyes are healthy, but getting a comprehensive dilated eye exam is the only way to really be sure. During this exam, your eye care professional places drops in your eyes to dilate, or widen, the pupil to allow more light to enter the eye the same way an open door lets more light into a dark room. This enables your eye care professional to get a good look at the back of your eyes and examine them for any signs of damage or disease. Your eye care professional can also let you know if your vision can benefit from glasses or contact lenses.



KNOW YOUR RISK FACTORS. As you get older, you are at higher risk of developing age-related eye diseases and conditions such as AMD, cataract, diabetic eye disease, dry eye, and glaucoma. Having a family history of eye disease also puts you at higher risk. And being overweight or obese increases your risk of developing diabetes and other systemic conditions that can lead to vision loss. If you are having trouble maintaining a healthy weight, talk to your doctor.



EAT RIGHT TO PROTECT YOUR SIGHT. You've heard carrots are good for your eyes, but eating a diet rich in fruits and vegetables—particularly dark leafy greens such as spinach, kale, or collard greens—is important for keeping your eyes healthy, too. Research has also shown that there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut. A healthy diet can also help you maintain a healthy weight, which can help protect your vision.



WEAR YOUR SHADES AND A BRIMMED HAT. Sunglasses and a brimmed hat are great fashion accessories, but their most important job is to protect your eyes from the sun's harmful rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation. Prolonged sun exposure is associated with developing cataract and AMD.



DON'T SMOKE. Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing AMD, cataract, and optic nerve damage, all of which can lead to vision loss and blindness.



USE PROTECTIVE EYEWEAR. Wear protective eyewear such as goggles, safety glasses, face shields, and eye guards when playing sports or doing activities around the home and encourage your family and friends to do the same. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics. Many eye care providers sell protective eyewear, as do some sporting goods stores.

The National Eye Institute, one of the National Institutes of Health and the federal government's principal agency for vision research, offers additional eye health information and tips for people to protect their vision as they age. Visit www.nei.nih.gov/agingeye.

Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.

Feeling Lonely or Socially Isolated?



Everyone needs social connections to survive and thrive. But as people age, they often spend more time alone. Being alone makes people more vulnerable to loneliness and social isolation. Studies show that loneliness and social isolation are linked to higher risks for serious health problems such as heart disease, depression, and cognitive decline.

Are You at Risk?

You or a loved one may be more likely to feel lonely or socially isolated if any of the following apply:

- ☐ Live alone
- ☐ Can't leave home
- ☐ Are a caregiver
- ☐ Have trouble hearing
- ☐ Had a major loss or life change, such as the death of a partner
- ☐ Live in a rural and/or unsafe neighborhood
- ☐ Feel a lack of purpose

If you are feeling lonely or isolated, talk with your doctor about your concerns.

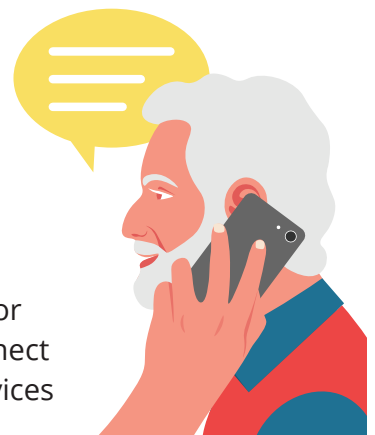
Tips for Staying Connected

You can help protect against the negative effects of loneliness and social isolation by staying active and connecting with others. Consider these tips:

- ☒ Schedule time each day to contact family, friends, and neighbors in person, by phone, email, video chat, or social media.
- ☒ Restart an old hobby.
- ☒ Take a class to learn something new. Sign up for an online or in-person class at your local public library or community center.
- ☒ Volunteer to help others in your community.
- ☒ Adopt a pet if you are able to care for them.

For More Information

Find tips and resources at www.nia.nih.gov/CommitToConnect, or call the Eldercare Locator at **800-677-1116** to connect with resources and services in your community.





Slow Cooker Moroccan Lentils

8 servings

8 hours

Ingredients

- 2 cups Dry Lentils (brown or green, uncooked)
- 2 Tomato (medium, diced)
- 1 Yellow Onion (medium, diced)
- 3 Garlic (cloves, minced)
- 1/2 cup Parsley (chopped and divided)
- 1 tbsp Cumin
- 1 tbsp Paprika
- 2 tsps Sea Salt
- 8 cups Water

Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Garnish with remaining parsley and enjoy!

Notes

Serve it With, Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

Leftovers, Refrigerate in an airtight container up to 5 days. Freeze if longer.

Nutrition

Amount per serving	
Calories	187
Fat	1g
Fiber	6g
Sugar	2g
Protein	13g
Cholesterol	0mg
Sodium	614mg
Potassium	463mg
Vitamin A	1189IU
Vitamin C	12mg
Calcium	64mg
Iron	5mg
Vitamin D	0IU
Magnesium	36mg
Zinc	2mg



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 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