

What Can I Do to Reduce My Risk of Colorectal Cancer?



Overall, the most effective way to reduce your risk of colorectal cancer is **to get screened for colorectal cancer routinely**, beginning at age 45. Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. Such polyps can be present in the colon for years before invasive cancer develops. They may not cause any symptoms, especially early on.

Colorectal cancer screening can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented. Screening can also find colorectal cancer early, when treatment works best.

- ✓ **Diet** | Research is underway to find out if changes to your diet can reduce your colorectal cancer risk. Medical experts often recommend a diet low in animal fats and high in fruits, vegetables, and whole grains to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. This diet also may reduce the risk of colorectal cancer.
- ✓ **Healthy Choices** | Some studies suggest that people may reduce their risk of developing colorectal cancer by increasing physical activity, keeping a healthy weight, limiting alcohol consumption, and avoiding tobacco. SOURCE: Centers for Disease Control & Prevention (CDC)



March is National Kidney Month

Did you know kidney disease is often referred to as a “silent disease,” because there are usually no symptoms during its early stages? The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage.

Take Steps to Help Protect Your Kidneys:

- ✓ **Know Your Risk** | Even if you feel healthy, if you are over 60 or have risk factors like diabetes, high blood pressure, or heart disease, consider talking with your doctor about getting tested for kidney disease. Your doctor can use your test results to work with you to develop a kidney care plan.
- ✓ **Schedule Your Test** | Your doctor will use two quick tests to check for kidney disease—a urine test to check for damage and a blood test to check how well your kidneys are removing wastes from your blood. If your kidneys show signs of damage, your doctor may refer you to a *kidney specialist*, called a *nephrologist*, or recommend annual or more frequent testing.
- ✓ **Follow Your Kidney Health** | Your doctor can work with you to create a treatment or monitoring plan that fits your lifestyle, mobility, health status, and dietary needs. Your plan may include managing your existing risk factors for kidney disease, collaborating with a registered dietician to create a meal plan, or getting help to quit smoking. Because chronic kidney disease is progressive, it is very important to continue to follow your kidney health and to update your care plan as needed.

SOURCE: National Institute of Diabetes and Digestive and Kidney Diseases

THE REAL THINGS HAVEN'T CHANGED.
 IT'S STILL BEST TO BE HONEST AND TRUTHFUL;
 TO MAKE THE MOST OF WHAT WE HAVE;
 TO BE HAPPY WITH SIMPLE PLEASURES AND
 HAVE COURAGE WHEN THINGS GO WRONG. —Laura Ingalls Wilder

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



Shingles (Herpes Zoster)

Shingles is a painful, usually itchy, rash that develops on one side of the face or body. The rash consists of blisters that typically scab over in 7 to 10 days and fully clear up within 2 to 4 weeks. **Know your risk for having shingles and related complications:**

- About 1 in every 3 people in the United States will have shingles in their lifetime.
- If you had chickenpox, you are at risk for shingles.
- More than 99% of Americans born before 1980 had chickenpox, even if they don't remember it.
- As you get older, your risk for having shingles and serious complications increases.
- About 10% to 18% of people who have shingles develop nerve pain that lasts for months or years after the rash goes away. This nerve pain is called postherpetic neuralgia, or PHN. PHN is the most common complication of shingles.
- Shingles can lead to serious complications involving the eye, including vision loss.
- Very rarely, shingles can also lead to:
 - Infection of the lung (pneumonia)
 - Hearing problems
 - Brain inflammation (encephalitis)
 - Death

SOURCE: Centers for Disease Control and Prevention (CDC)



Safe Sleep for Older Adults

Try to set up a safe and restful place to sleep. Make sure you have smoke alarms on each floor of your home. Before going to bed, lock all windows and doors that lead outside.

Other ideas for a safe night's sleep are:

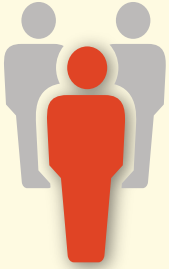
- ✓ Keep a telephone with emergency phone numbers by your bed.
- ✓ Have a lamp within reach that is easy to turn on.
- ✓ Put a glass of water next to the bed in case you wake up thirsty.
- ✓ Don't smoke, especially in bed.
- ✓ Remove area rugs so you won't trip if you get out of bed during the night.

SOURCE: National Institute on Aging

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.**

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.

Here are 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 health care 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. To learn more about shingles, visit www.nia.nih.gov/health/shingles



Risk Factors & Symptoms

Colorectal Cancer Screening Saves Lives

Risk Factors

Getting screened for colorectal cancer starting at age 45 can save your life. Colorectal cancer is the second leading cancer killer in the U.S. among cancers that affect both men and women. But it doesn't have to be. Routine screening for colorectal cancer beginning at age 45 can save lives! Screening finds abnormal growths so they can be removed before they turn into cancer.

You may be at increased risk if:

- ▶ You or a close relative have had colorectal polyps or colorectal cancer.
- ▶ You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- ▶ You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. If you think you may be at increased risk, talk to your health care provider about the routine screening tests that are right for you.

What Are the Symptoms of Colorectal Cancer?

Someone could have colorectal cancer and not know it. People do not always have symptoms especially at first (or in early stages).

If there are symptoms, they may include:

- ▶ Changes in your bowel habits.
- ▶ Blood in or on your stool (bowel movement).
- ▶ Abdominal pain, aches, or cramps that don't go away.
- ▶ Unexplained weight loss.

Contact your health care provider if you notice any of these symptoms.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

<https://www.cdc.gov/cancer/colorectal/>
Call 1-800-CDC-INFO (1-800-232-4636)
For TTY, call 1-888-232-6348



Follow Your Kidney Health

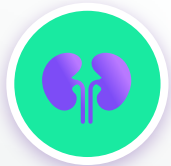


March is National Kidney Month!

Did you know?




More than **1 in 7 U.S. adults** are estimated to have **chronic kidney disease**.



Early kidney disease usually has **no symptoms**.



You are at **higher risk for kidney disease** if you are over 60, have diabetes, high blood pressure, heart disease, or a family history of kidney failure.

How can you protect your kidneys? **Get tested!** 



A urine test and a blood test can **check for kidney disease**.



Finding kidney disease early allows you time to try lifestyle changes and medicines that could keep your kidneys healthier for longer, and reduce your risk for heart attack and stroke.



Start following your kidney health today!
Visit niddk.nih.gov for more information.

quinoa and black bean salad

Ingredients

1/2 cup dry quinoa
1 1/2 cups water
1 1/2 tablespoons olive oil
3 tablespoons lime juice
1/4 teaspoon cumin
1/4 teaspoon ground coriander
(dried cilantro seeds)
2 tablespoons cilantro, chopped
2 medium scallions, minced
1 15-ounce can black beans,
rinsed and drained
2 cups tomato, chopped
1 medium red bell pepper,
chopped
1 medium green bell pepper,
chopped
2 fresh green chilis (or to taste),
minced
black pepper (to taste)



1. Rinse the quinoa in cold water. Boil water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. When quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Yield 6 servings, **Serving Size** 1 cup, **Calories** 208, **Total Fat** 5g, **Saturated Fat** 1g, **Cholesterol** 0mg, **Sodium** 284mg, **Total Fiber** 7g, **Protein** 9g, **Carbohydrates** 34g, **Potassium** 619mg



National Heart, Lung,
and Blood Institute

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