

Tips for Taking Blood Pressure Medication



Untreated high blood pressure can increase your risk of serious health problems. If your doctor prescribes medication to lower your blood pressure, remember:

✓ **If you take blood pressure medication and your blood pressure goes down, it means medication and lifestyle changes are working.**

If another doctor asks if you have high blood pressure, the answer is, "Yes, but it is being treated."

- ✓ **Healthy lifestyle changes may help lower the dosage you need.**
- ✓ **Get up slowly from a seated or lying position and stand for a bit before walking.** This lets your blood pressure adjust before walking to prevent lightheadedness and falls.
- ✓ **Tell your doctor about all the drugs you take.** Don't forget to mention over-the-counter drugs, as well as vitamins and supplements. They may affect your blood pressure. They also can change how well your blood pressure medication works.
- ✓ **Blood pressure medication should be taken at the same time each day as part of your daily routine.** For example, take it in the morning with breakfast or in the evening before brushing your teeth. *Talk to the pharmacist if you have any questions about when or how to take your medication.*
- ✓ **Remember to refill your medication before you run out and bring it with you when traveling.** It's important to keep taking your medication unless your doctor tells you to stop.
- ✓ **Before having surgery, ask your doctor if you should take your blood pressure medication on the day of your operation.**

SOURCE: National Institute on Aging

Digging Into Vitamin D: The "Sunshine" Vitamin



Getting enough vitamins and minerals is important for your health, and there's a long list of essential ones. Vitamin D is one you may hear a lot about. *It helps your body absorb calcium, a mineral your body needs to build strong bones. Your heart, muscles, and nerves also need vitamin D. Even your immune system uses vitamin D to fight off*

germs. Vitamin D can be found in many foods and beverages:

- ☀️ **Fatty fish.** Trout, salmon, tuna, mackerel, sardine, and fish liver oils naturally contain high amounts of vitamin D.
- ☀️ **Dairy milk.** Almost all cow's milk in the U.S. is fortified with vitamin D. But be sure to check the label.
- ☀️ **Some plant-based milks.** Some brands of soy, almond, oat, or other milk alternatives are fortified with vitamin D. See the labels for how much they include.
- ☀️ **Many brands of breakfast cereals, orange juice, yogurt, and other foods** also contain added vitamin D.
- ☀️ **Egg yolks, cheese, and mushrooms.** These foods naturally contain a small amount of vitamin D.

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

A MOTHER'S HEART IS A PATCHWORK OF LOVE SEWN TOGETHER WITH MOMENTS AND MEMORIES.

♥️ HAPPY MOTHER'S DAY ♥️
 THANK YOU MOM FOR EVERYTHING YOU DO.

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

Lifestyle Changes to Prevent Stroke



A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). Many strokes may be prevented through blood pressure control, a healthy diet, regular physical activity and smoking cessation.

What steps can I take to be healthier and reduce my risk of stroke?

- ✓ **Don't smoke or vape and avoid secondhand smoke.**
- ✓ **Eat healthy foods low in saturated fat, trans fat and sodium (salt).**
- ✓ **Reduce sugary drinks.**
- ✓ **Do regular physical activity and keep a healthy weight.**
- ✓ **Limit alcohol** to one drink a day for women; two drinks per day for men.
- ✓ **Take your medications as directed.**
- ✓ **Know your blood pressure.** Optimal blood pressure is less than 120/80 mm Hg. Get your blood pressure checked regularly and work with your health care professional to manage it if it's high. *High blood pressure is a leading cause of stroke.*
- ✓ **Reduce stress**, which may contribute to behaviors such as overeating, lack of physical activity, unhealthy diet and smoking.
- ✓ **Have regular medical checkups**, including assessment of your risk for stroke.
- ✓ **Get adequate sleep**, 7-9 hours of sleep per night for adults; more for children and kids.

SOURCE: National Institutes of Health (NIH)



Tips for Staying Hydrated

- ✓ Get your fluids from water or other low-calorie beverages, such as plain coffee or tea, or sparkling or flavored waters.
- ✓ Carry a bottle of water and refill it as needed during the day.

- ✓ Drink at regular times. For example, drink with meals.
- ✓ Drink water before, during, and after exercise.
- ✓ Drink extra fluids during hot weather or when you are sick.
- ✓ Get medical help right away if you experience confusion, fainting, rapid heartbeat or breathing, or can't urinate.

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

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



National Institute
of Mental Health

Depression in Women:

4 THINGS TO KNOW



From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Feeling sad is a normal reaction to difficult times in life. Depression is different—it is a mood disorder that can affect how a person feels, thinks, and acts. Read this fact sheet to learn about depression in women and ways to get help.

Depression is a medical condition.

Depression is a common but serious mood disorder. Research suggests that depression is caused by a combination of genetic, biological, environmental, and psychological factors.

All people can feel depressed, but the disorder is especially common among women due to unique biological, hormonal, and social experiences.

Depression is not brought on by anything a woman has or has not done, and it is not something she can “snap out” of. Most women need treatment to feel better.



Depression has signs and symptoms to look out for.

Sadness is only one part of depression. Other common symptoms include:

- Anxiety or irritability
- Feelings of hopelessness, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue, lack of energy, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite
- Physical aches or pains that do not have a clear physical cause
- Thoughts of death or suicide or suicide attempts

These symptoms can make it hard to think, work, sleep, study, eat, and enjoy life. Talk to a health care provider if you experience symptoms most of the day, nearly every day, for at least 2 weeks. Depression does not look the same for everyone; some women may experience many symptoms, and others may experience only a few.

Communicating well with a health care provider can improve your care. NIMH provides ways to get help, find a health care provider, and access treatment at www.nimh.nih.gov/findhelp. For tips on preparing for and getting the most out of your health care visit, see www.nimh.nih.gov/talkingtips.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at **988** or chat at 988lifeline.org. In life-threatening situations, call **911**.

Certain types of depression are unique to women.

Certain types of depression occur at specific stages of a woman's life. Pregnancy, the postpartum period, the menstrual cycle, and perimenopause are associated with physical and hormonal changes that can bring on a depressive episode in some women.

- **Premenstrual dysphoric disorder** is a more intense form of premenstrual syndrome, or PMS, that occurs in the weeks before menstruation. The disorder causes severe symptoms, such as depressed mood, anger or irritability, suicidal thoughts, appetite changes, bloating, breast tenderness, and joint or muscle pain.
- **Perinatal depression** occurs during pregnancy or after childbirth. It is more than the “baby blues” many new moms experience after giving birth. Women with perinatal depression feel extreme sadness, anxiety, and fatigue that may make it difficult to carry out daily tasks, including caring for themselves or others. Learn more about perinatal depression at www.nimh.nih.gov/perinataldepression.
- **Perimenopausal depression** affects some women during the transition to menopause. Whereas abnormal periods, problems sleeping, mood swings, and hot flashes are common during the menopause transition, more extreme feelings of irritability, anxiety, sadness, or loss of enjoyment may be signs of depression.



You can get help for depression.

Even the most severe depression can be treated. Common treatments are antidepressant medication, talk therapy (virtual or in person), or a combination of medication and therapy.

There is no “one-size-fits-all” for treatment. It may take trial and error to find the best one for you. A health care provider can explain the different options and help you choose the best treatment based on your symptoms. With help, you can feel better.

For more information on treatments for depression, visit www.nimh.nih.gov/depression.

Find additional resources

The following agencies have more information on depression in women:

- Depression (Office on Women's Health) www.womenshealth.gov/mental-health/mental-health-conditions/depression
- Depression Among Women (Centers for Disease Control and Prevention) www.cdc.gov/reproductivehealth/depression
- Women and Depression (U.S. Food and Drug Administration) www.fda.gov/consumers/women/women-and-depression

The Substance Abuse and Mental Health Services Administration provides an online resource for finding mental health services in your area at <https://findtreatment.gov>.

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baked eggrolls

Ingredients

1 tablespoon vegetable oil

2 teaspoons sesame oil
(optional)

2 teaspoons ginger, minced
(or 1/2 teaspoon dried)

2 teaspoons garlic, minced
(about 2 cloves)

4 cups cabbage (napa or
Chinese), rinsed and shredded

2 cups carrots, peeled and sliced
thinly on an angle (julienned)

2 cups grilled boneless, skinless
chicken breasts, cut into strips
(about 4 small breasts)

1 teaspoon lite soy sauce
(low-sodium)

8 phyllo dough sheets

nonstick cooking spray



1. Preheat oven to 400°F.
2. Heat vegetable and sesame oils in a large wok or sauté pan over medium heat.
3. Add ginger and garlic. Stir fry quickly, about 30–45 seconds.
4. Add cabbage and carrots. Continue stir frying until the cabbage is soft, about 2–3 minutes.
5. Add chicken and soy sauce. Toss well and heat through.
6. Remove mixture from the pan, and place in a large colander to drain.
7. To assemble eggrolls, cover layers of phyllo with a damp cloth to stay moist. Place one sheet of phyllo dough on a cutting board. Spray it lightly with cooking spray. Top with another layer of phyllo dough, and spray again. Repeat for a total of four layers. Prepare a second stack with the remaining four layers.
8. Cut layered dough into four squares. Divide filling evenly (about 1 cup portions) into the center of each stack of squares. Fold one corner of the square into the middle (on top of the filling). Fold in the two sides, and roll the eggroll over so the folded parts are on the bottom.
9. Place the rolls on a nonstick baking sheet, and bake for 15–20 minutes, or until brown and crisp and chicken is reheated. Serve immediately.

Yield 4 servings, **Serving Size** 2 eggrolls, **Calories** 324, **Total Fat** 11 g, **Saturated Fat** 2 g, **Cholesterol** 60 mg, **Sodium** 320 mg, **Total Fiber** 3 g, **Protein** 26 g, **Carbohydrates** 30 g, **Potassium** 416 mg



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