



TAKE DIABETES TO HEART

Linking Diabetes and Cardiovascular Disease

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke.

Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.

The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

	<p>Manage your A1C, blood pressure, and cholesterol levels. Ask your health care team what your goals should be.</p>
	<p>Develop or maintain healthy lifestyle habits. Follow your healthy eating plan and make physical activity part of your routine.</p>
	<p>Learn ways to manage stress. Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.</p>
	<p>Stay on top of your medications. Take medicines as prescribed by your doctor.</p>
	<p>Stop smoking or using other tobacco products. You can start by calling 1-800-QUITNOW or visiting smokefree.gov.</p>

Visit niddk.nih.gov for more information on diabetes.

☎ 1-800-860-8747

✉ healthinfo@niddk.nih.gov

🐦 @NIDDKgov

📘 @NIDDKgov

Visit nhlbi.nih.gov for more information on cardiovascular disease.

☎ 1-877-645-2448

✉ nhlbiinfo@nhlbi.nih.gov

🐦 @TheHeartTruth

📘 @TheHeartTruth

Tips to Quit Smoking



Smoking increases your chances of developing heart disease or having a stroke.

Get ready

- **Set** a quit date.
- **Write down** your reasons for quitting and your triggers.
- **Plan** how you'll respond to urges to smoke.
- **Talk** to your healthcare provider about using a nicotine patch or other medications to help you quit.
- **Don't let** people smoke in your home.
- **Don't try** to cut back by buying just one cigarette at a time instead of buying the pack. This costs more money, and you can lose count and end up smoking more cigarettes.
- **Review** your past attempts to quit. Think about what worked and what didn't.
- Once you quit, **don't smoke—NOT EVEN A PUFF!** One cigarette can cause you to start smoking again.

Line up support

- **Tell** your family, friends, and coworkers that you're going to quit and want their help. Ask them not to smoke around you.
- **Connect** with others who have quit. Hearing about other people's success can be a great motivator.
- **Get** individual, group, phone, or online counseling. The more counseling you have, the better your chances are of quitting.
- **Try** meditation, yoga, or other relaxation techniques (such as guided imagery). It might help you quit.
- **Find out** whether any local organizations sponsor quit-smoking clinics or other activities that will support you.

Find ways to relax

- **Try to distract** yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- **Change** your routine. Use a different route to work.
- **Try** warm milk to help you relax at night.
- **Reduce** stress by listening to music, doing yoga, watching a show, or dancing to your favorite music—whatever works for you.
- **Plan** something enjoyable to do every day.
- **Drink** a lot of water when you feel the urge to smoke.

Contact

- Call the National Cancer Institute Smoking Quitline at 1-877-448-7848, or visit [cancer.gov/contact](https://www.cancer.gov/contact).
- States also have quit lines with trained counselors. Call 800-QUIT-NOW (1-800-784-8669) to connect to your state's quit line.
- The websites [smokefree.gov](https://www.smokefree.gov) and [betobaccofree.hhs.gov](https://www.betobaccofree.hhs.gov) have many free resources to help you quit, including apps, a chat line, a motivational text service, and more.



Seasonal Affective Disorder (SAD):

More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

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

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.



scrumptious meat loaf

Ingredients

1 pound ground beef, extra lean
1/2 cup tomato paste
1/4 cup onion, chopped
1/4 cup green pepper
1/4 cup red pepper
1 cup fresh tomatoes, blanched,
chopped
1/2 teaspoon mustard,
low sodium
1/4 teaspoon ground black
pepper
1/2 teaspoon hot pepper,
chopped
2 cloves garlic, chopped
2 scallions, chopped
1/2 teaspoon ginger, ground
1/8 teaspoon nutmeg, ground
1 teaspoon orange rind, grated
1/2 teaspoon thyme, crushed
1/4 cup bread crumbs, finely
grated



1. Preheat oven to 350°F.
2. Mix all ingredients together.
3. Place in 1-pound loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
4. Uncover pan and continue baking for 12 minutes.

Yield 6 servings, **Serving Size** One 1 1/4-inch thick slice, **Calories** 193, **Total Fat** 9g, **Saturated Fat** 3g, **Cholesterol** 45mg, **Sodium** 91mg, **Total Fiber** 2g, **Protein** 17g, **Carbohydrates** 11g, **Potassium** 513mg



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