



Mammogram Basics

A **mammogram** is an X-ray image of the breast. Today, mammograms are digital images. A mammogram can find breast cancer in a person who doesn't have any warning signs or symptoms. It can find breast cancer when it's too small to feel. This is called a **screening mammogram**.

✦ A mammogram can also be used as a follow-up test. This is called a **diagnostic mammogram**. This may be done after a change is found:

- on a screening mammogram
- during a clinical breast exam or
- by you or your partner

A diagnostic mammogram can't diagnose breast cancer, but it can help rule out cancer. Other imaging tests may be done after a diagnostic mammogram if cancer can't be ruled out. *If the findings suggest breast cancer, a **biopsy** will be needed to diagnose (or rule out) breast cancer.*

✦ What to expect on the day of the mammogram

A screening mammogram takes about 15 minutes.

- Wear a shirt you can remove easily since you'll undress from the waist up before the mammogram.
- Don't use deodorant, perfume, powder or lotion under your arms or on your breasts. These products can show up on a mammogram and make it hard to read.

✦ Findings on a mammogram. A mammogram may show:

- No signs of breast cancer.
- A benign (not cancer) condition.
- An abnormal finding that needs follow-up tests to rule out cancer.

You should get the results within 2 weeks. If you don't, call your doctor or the mammography center. SOURCE: Susan G. Komen

Depression is a common problem among older adults, but it is not a normal part of aging. It can affect the way you feel, act, and think.

✦ Get Immediate Help: If you are thinking about harming yourself,

- ✓ Tell someone who can help immediately.
- ✓ Do not isolate yourself.
- ✓ Call a trusted family member or friend.
- ✓ Call 988 or go to a hospital emergency room to get immediate help.
- ✓ Make an appointment with your doctor.

Call or text the 24-hour **988 Suicide & Crisis Lifeline** at **988** or **800-273-TALK (800-273-8255)**



Learn Your Family History of Breast and Ovarian Cancer

Learning your family history of cancer, from both your mother's and father's sides, can help you know if you have a higher risk for getting breast or ovarian cancer at a young age.

Tips for talking with your family

- ✓ Explain that you are trying to create a record of your family's history of cancer to protect your health.
- ✓ Share that you have learned that breast and ovarian cancers can run in families.
- ✓ Invite your family members to respond in a way and at a time that is most comfortable to them.
- ✓ Word your questions carefully, be a good listener, and respect the privacy of others.
- ✓ Write down what you learn. SOURCE: CDC



Diet and Liver Health

How we eat can affect our overall health and our liver health. Eating an unhealthy diet can lead to obesity, type 2 diabetes, and high cholesterol which can lead to **nonalcohol-related fatty liver** (NAFLD). NAFLD is a condition in which excess fat builds up in the liver and, over time, can lead to liver inflammation and the development of scar tissue (fibrosis and cirrhosis).

Eating a healthy diet is also important for people who already have liver disease. A healthy diet that is lower in fat and higher in nutritional value benefits our health as well as the health of the liver.

✓ If you have a liver disease, there may be additional dietary guidelines you should follow. Speak to your liver specialist or a dietitian for guidance about your diet.

✦ Is Alcohol Safe as Part of a Healthy Diet?

Alcohol is toxic to liver cells. The more alcohol a person drinks, the higher the risk for developing liver disease. Medical experts usually tell people who already have any form of liver disease to avoid alcohol because even small amounts can cause further liver damage.

✦ Medicine and Liver Health

Medication includes prescription drugs and non-prescription drugs (also called "over the counter" medications). Vitamins and supplements are not "medicine", yet people often take them with or without their doctors' knowledge and approval. **It is very important to read all directions before taking any medication to avoid potential liver or other organ damage.** Acetaminophen is a compound in many medications. Taking too much acetaminophen can cause serious liver injury. It is best to avoid alcohol when on medication to avoid risk of liver damage.

SOURCE: American Liver Foundation

DON'T TRADE YOUR AUTHENTICITY FOR APPROVAL.

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.**

OCTOBER 18 IS NATIONAL MAMMOGRAPHY DAY
 TAKE THE TIME TO SCHEDULE YOUR ROUTINE MAMMOGRAM.

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

1. Know your risk

Talk to both sides of your family to learn about your family health history.
Talk to a doctor about your risk of breast cancer.

2. Get screened

Talk with a doctor about which screening tests are right for you if you're at higher risk.
Have a mammogram every year starting at age 40 if you're at average risk.*
Have a clinical breast exam at least every 3 years starting at age 25, and every year starting at age 40.*

*Per NCCN Guidelines

3. Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

4. Make healthy lifestyle choices

Maintain a healthy weight.
Make exercise part of your routine.
Limit alcohol intake.
Limit menopausal hormone use.
Breastfeed if you can.

For more information, visit [komen.org](https://www.komen.org) or call the Komen Patient Care Center's Breast Care Helpline at **1-877 GO KOMEN** (1-877-465-6636) Monday through Thursday, 9 a.m. to 7 p.m. ET and Friday, 9 a.m. to 6 p.m. ET or email at helpline@komen.org. Se habla español.

Did you know 6 of the 8 warning signs of breast cancer are visual?

The signs of breast cancer are not the same for everyone. It's important to know how your breasts normally look and feel. If you notice any change, see a doctor.

Changes that should be reported include:

- Lump, hard knot or thickening inside the breast or underarm area



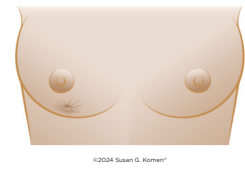
- Swelling, warmth, redness or darkening of the breast



- Change in the size or shape of the breast



- Dimpling or puckering of the skin



- Itchy, scaly sore or rash on the nipple



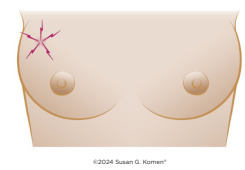
- Pulling in of your nipple or other parts of the breast



- Nipple discharge that starts suddenly



- New pain in one spot that does not go away



ALCOHOL-ASSOCIATED LIVER DISEASE

What is Alcohol-Associated Liver Disease?

Drinking large amounts of alcohol can lead to liver damage. Over time, the damage can progress to advanced liver disease that can be life-threatening.

How much alcohol is excessive?

One serving of alcohol equals one 12-ounce beer, one five-ounce glass of wine, or one one-ounce serving of hard liquor. Excessive alcohol intake for men is more than two alcoholic drinks per day. Excessive alcohol intake for women is more than one alcoholic drink per day.

Liver damage can also happen as a result of binge drinking, when more than four to five alcoholic beverages are consumed within a two-hour timeframe.

Types of Alcohol-Associated Liver Disease

One type of liver disease caused by alcohol is alcohol-associated fatty liver. Extra fat builds up in the liver cells. Most “heavy drinkers” develop this condition. It usually reverses if a person stops drinking alcohol.

Alcohol-associated hepatitis is inflammation (swelling) of the liver. Liver cells can be destroyed because of this condition. It can reverse if a person stops drinking alcohol.

Alcohol-associated cirrhosis is the most serious type of alcohol-associated liver disease. A liver with cirrhosis has become hardened with scar tissue. This makes it harder for the liver to function.

Diagnosis

Diagnosis includes a review of medical history, blood tests, scans and/or liver biopsy.

Complications

Complications can include fluid buildup in the abdomen, risk of internal bleeding, enlarged spleen, kidney failure, brain disorders, liver cancer, and coma.

Treatment

Treatment for alcohol-associated liver disease may include medications and nutrition therapy. Liver transplant may be an option for people with advanced alcohol-associated cirrhosis. People who are alcohol-dependent should speak to their doctor about how to safely stop drinking to avoid serious withdrawal symptoms.

To learn more about alcohol-associated liver disease, scan the QR code below. For a complete list of all of our free resources, please visit: liverfoundation.org/resource-center.

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For questions about liver wellness and disease, or for emotional support to patients at the point of crisis and information on local resources including physician referrals, please contact our Helpline at 1-800-465-4837.



Relationships, Safety, and Violence

Every woman has the right to live her life safely and free of violence. Yet one in four women in the United States experiences intimate partner violence,¹ including domestic abuse, verbal and emotional abuse, and stalking. Women experience violence in many ways, from physical abuse to sexual assault and from financial abuse to sexual harassment or human trafficking. Whatever form it takes, violence against women can have serious long-term physical and emotional effects. If you've experienced violence or abuse, it is never your fault, and you can get help.

Q: Am I being abused?

A: Signs of abuse may include a partner or family member:

- Keeping track of everything you do, where you go, and who you're with
- Being jealous, controlling, or angry
- Demeaning you (putting you down or humiliating you in front of others)
- Physically hurting, or threatening to hurt, you or your loved ones
- Forcing you to have sex or other intimate activity

Q: What can I do if I'm being abused?

A: Your safety is the most important concern. **If you are in immediate danger, call 911.**

If you are not in immediate danger, consider these options:

- **Get medical care.** If you are injured, go to a local hospital emergency room or urgent care center.
- **Call a helpline for free, anonymous help.** Call one of the hotlines listed on this fact sheet for 24-hour support and numbers for other resources, such as local domestic violence shelters.

- **Make a safety plan to leave.** You don't have to leave an abusive relationship right away. A safety plan with a safe place to go and a list of important documents and medicines to take will help if you need to leave in a hurry.
- **Save the evidence.** Keep evidence of abuse, such as pictures of your injuries or threatening emails or texts, in a place the abuser cannot get to.
- **Talk to someone.** This might be a supportive family member, friend, co-worker, or spiritual leader. Look for ways to get emotional help, like a support group or mental health professional.
- **Consider getting a restraining order.** Protection orders, often called restraining orders, are meant to keep you safe from a person who is harassing or hurting you. The police can arrest a person who violates a restraining order and charge them with a crime.

Q: What should I do if I've been sexually assaulted or raped?

A: If you can, get away from the person who assaulted you and get to a safe place as fast as you can.

- **Don't wash or clean your body.** Don't wash, brush, or clean any part of your body, including your teeth. You might wash away important evidence. Don't change clothes, if possible. Don't touch or change anything at the scene of the assault. That way, the local police will have physical evidence from the person who assaulted you.
- **Get medical care.** Call 911 or go to your nearest hospital emergency room. The doctor or nurse may give you medicine to prevent HIV and some other sexually transmitted infections (STIs) and emergency contraception to prevent pregnancy.

Ask if there is a sexual assault forensic examiner (SAFE) or a sexual assault nurse examiner (SANE) available. This person has special training to use a rape kit to collect evidence.

- **If you think you were drugged**, talk to the hospital staff about testing for date rape drugs, such as Rohypnol and GHB (gamma-hydroxybutyric acid). Date rape drugs pass through the body quickly and may not be detectable by the time you get tested.
- **Reach out for help.** The hospital staff can connect you with local sexual assault and rape resources that can help you cope with emotions and trauma afterward.
- **Report the assault or rape to the police.** You do not have to decide whether to press charges while at the hospital. An advocate or counselor can help you understand how to report the crime.
- **If the person who assaulted you was a stranger, write down as many details** as you can remember about the person and what happened.

Q: What are the effects of violence against women?

A: Violence against women, including sexual or physical violence, is linked to physical and mental health problems.

Physical effects of sexual violence can include:

- Vaginal bleeding or pelvic pain
- Unwanted pregnancy
- Sexually transmitted infections (STIs)
- Trouble sleeping or nightmares
- Health problems such as arthritis, asthma, digestive problems, heart problems, and problems with the immune system
- Chronic pain
- Migraine headaches
- Stress

Long-term mental health effects can include:

- Post-traumatic stress disorder (PTSD)
- Depression
- Anxiety

For more information...

about relationships, violence and safety, call the OWH Helpline at 800-994-9662 or contact the following organizations:

Centers for Disease Control and Prevention, (CDC), HHS

800-232-4636 • www.cdc.gov

National Coalition of Anti-Violence Programs

212-714-1141 • www.avp.org/index.php

National Domestic Violence Hotline

800-799-SAFE (7233) • www.thehotline.org

National Sexual Assault Hotline

800-656-HOPE (4673) • www.rainn.org

Victim Connect Resource Center, National Center for Victims of Crime

855-484-2846 • www.victimconnect.org

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¹ Reference: Smith, S.G., Chen, J., Basile, K.C., Gilbert, L.K., Merrick, M.T., Patel, N., Walling, M., & Jain, A. (2017). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010-2012 State Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

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www.twitter.com/WomensHealth



www.youtube.com/WomensHealthgov



couscous with carrots, walnuts, and raisins

Prep time: 5 minutes
Cook time: 12 minutes

this quick-cooking grain dish has a touch of sweet and nutty flavors to go with most main dishes

- 1 C **couscous (try whole-wheat couscous)**
- 1 tsp **olive oil**
- 2 Tbsp **walnuts, coarsely chopped**
- ¼ tsp **salt**
- ⅛ tsp **black pepper**
- ½ tsp **pumpkin pie spice or cinnamon**
- 1⅓ C **water**
- 2 Tbsp **raisins**
- ½ C **carrots, rinsed, peeled, and shredded or thinly sliced; cut in half**

- 1 In a 4-quart saucepan over medium heat, cook and stir couscous, olive oil, walnuts, salt, pepper, and spice just until couscous begins to brown.
- 2 Slowly add water, then raisins and carrots. Cover. Bring to a boil over high heat.
- 3 Remove from the heat, and let stand for 10 minutes.
- 4 Fluff with a fork. Serve immediately.



yield:

4 servings

serving size:

½ C couscous

each serving provides:

calories	218	total fiber	3 g
total fat	4 g	protein	6 g
saturated fat	0 g	carbohydrates	39 g
cholesterol	0 mg	potassium	168 mg
sodium	155 mg		

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