

Drug Take Back Programs

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The U.S. Drug Enforcement Administration (DEA) sponsors **National Prescription Drug Take Back Day** in communities nationwide.

When a take back option is not easily available, there are two ways to dispose of medicines at home, depending on the drug.

★ **Flushing medicines:** Because some medicines could be especially harmful to others, they have specific directions to immediately flush them down the sink or toilet when they are no longer needed, and a take-back option is not readily available.

★ **How will you know?** Check the label or the patient information leaflet with your medicine. Or consult the U.S. Food and Drug Administration’s list of medicines recommended for disposal by flushing when a take back option is not readily available. Remember, don’t flush your medicine unless it is on the flush list.

★ **Disposing medicines in household trash:** If a take back program is not available, almost all medicines, except those on the FDA flush list (see below), can be thrown into your household trash. These include prescription and over-the-counter (OTC) drugs in pills, liquids, drops, patches, and creams. **Follow these steps:**

1. Remove the drugs from their original containers and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs.
2. Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out.
3. Throw the container in the garbage.
4. Scratch out all your personal information on the empty medicine packaging to protect your identity and privacy. Throw the packaging away.

If you have a question about your medicine, ask your health care provider or pharmacist.

★ Disposing Fentanyl Patches

The fentanyl patch is an example of a product that contains a powerful opioid medicine that can be dangerous to people it’s not prescribed for. This adhesive patch delivers a strong pain medicine through the skin. Even after a patch is used, a lot of the medicine remains. That’s why the drug comes with instructions to flush used or leftover patches.

★ Disposing Inhaler Products

One environmental concern involves inhalers used by people who have asthma or other breathing problems, such as chronic obstructive pulmonary disease. Read handling instructions on the labeling of inhalers and aerosol products. These products could be dangerous if punctured or thrown into a fire or incinerator. To properly dispose of these products and follow local regulations and laws, contact your trash and recycling facility.

SOURCE U.S. Food & Drug Administration

“ONCE YOU CARRY YOUR OWN WATER,
 YOU WILL LEARN THE VALUE OF
 EVERY DROP.”

Foot Health and Diabetes



People who have diabetes need to pay special attention to their feet. Diabetes affects about one in 10 Americans. Most people with diabetes—about 60% to 70%—develop nerve problems. These can range from mild to severe. Diabetic nerve damage, or diabetic neuropathy, can make you lose feeling in your feet, which can be dangerous.

Basic Care for Healthy Feet

- ✓ Wash your feet every day and dry them completely.
- ✓ Change your socks at least once a day.
- ✓ Check your feet regularly for cuts, sores, swelling, dryness, and infected toenails. Apply treatment as needed.
- ✓ Wear well-fitting, protective footwear that provides proper support. Check your shoes regularly and replace them when they’re worn out.
- ✓ If visiting a salon for nail and foot care, choose a salon that is clean and licensed by your state’s cosmetology board. Make sure the salon sterilizes instruments (such as nail clippers, scissors, and other tools) after each use.
- ✓ See a health care provider if you have ongoing pain or numbness in your feet, or cuts or sores that don’t heal.

SOURCE: National Institutes of Health | News in Health



Making Exercise Part of your Routine

- ✓ **Get active with others.** Find a neighbor, family member, or friend that shares your goals.
- ✓ **Join a team,** an exercise group, or class.
- ✓ **Keep track of your progress.** Use an activity log or a fitness tracker. This can help you to set goals and stay motivated.
- ✓ **Find ways to make exercise more fun.** Dance, listen to music while you exercise, or do a combination of activities to keep from getting bored.
- ✓ **Do what you can.** Even five minutes of activity is better than none.

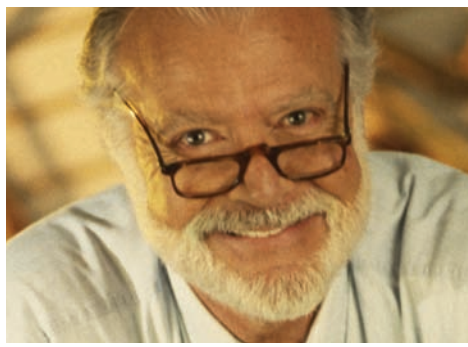
SOURCE: National Institutes of Health | News in Health

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.

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



Everyone's Vision Can Change With Age

As you age, it is normal to notice changes in your vision. Vision changes can make it difficult to perform everyday activities, such as reading, walking safely, taking medications, performing self-care and household tasks, and driving.

Some changes are normal. These changes include the following:

- Losing focus, making it harder to focus vision up close.
- Having trouble distinguishing colors, such as blue from black, or where an object ends and its background begins.
- Needing more light to see well and more time to adjust to changing levels of light (e.g., going from a room that is dark to one that is brightly lit).

These changes do not have to stop you from enjoying an active lifestyle or maintaining your independence.

These vision changes can often be corrected with the following:

- Glasses
- Contact lenses
- Improved lighting

Vision loss is not a normal part of aging. But, as you get older, you are at higher risk of developing the following age-related eye diseases and conditions that can lead to vision loss or blindness:

- Age-related macular degeneration
- Cataract
- Diabetic retinopathy
- Glaucoma

In their early stages, these diseases often have no warning signs or symptoms. The only way to detect them before they cause vision loss or blindness is through a comprehensive dilated eye exam. During a comprehensive dilated eye exam, your eye care professional will put drops in your eyes to dilate, or widen, the pupils. He or she will use a special magnifying lens to examine your eyes to look for signs of eye disease. A comprehensive dilated eye exam is not the same exam you have for glasses or contact lenses. But this exam can also help detect other vision problems, such as presbyopia (you lose the ability to focus up close, but your ability to focus on objects that are far away remains normal), nearsightedness, farsightedness, and astigmatism.

There Are Other Things You Can Do To Protect Your Vision

- Stop smoking.
- Eat a diet rich in green, leafy vegetables and fish.

- Exercise.
- Maintain normal blood pressure.
- Control diabetes (if you have it).
- Wear sunglasses and a brimmed hat any time you are outside in bright sunshine.
- Wear protective eyewear when working around your house or playing sports.

Be Prepared When You Visit Your Eye Care Professional

Have a list of all your questions and concerns ready when you visit your eye care professional. Also, be sure to tell him or her about all the medications you are taking. Some may have side effects that can affect vision.

Here are some good questions to ask:

- Am I at higher risk for eye disease?
- What changes can I expect in my vision?



Protect Your Vision.

- Will the changes in my vision get worse?
- Can the changes in my vision be corrected? How?
- What can I do to protect or prolong my vision?
- Will diet, exercise, or other lifestyle changes help?
- How often should I have an eye exam?

Where To Get More Information

For more information, visit the National Eye Institute Healthy Eyes Webpage:
www.nei.nih.gov/healthyeyes

Everyone over age 50 should have a comprehensive dilated eye examination. It is one of the best things you can do to protect your sight.

Even if you are not experiencing vision problems, it is still important to have a comprehensive dilated eye exam. Early detection and treatment can help save your sight.










Recognize and Respond to Anaphylaxis

For a suspected or active food allergy reaction





FOR ANY OF
THE FOLLOWING

SEVERE SYMPTOMS

-  **LUNG:** Short of breath, wheezing, repetitive cough
-  **HEART:** Pale or bluish skin, faintness, weak pulse, dizziness
-  **THROAT:** Tight or hoarse throat, trouble breathing or swallowing
-  **MOUTH:** Significant swelling of the tongue or lips
-  **SKIN:** Many hives over body, widespread redness
-  **GUT:** Repetitive vomiting, severe diarrhea
-  **OTHER:** Feeling something bad is about to happen, anxiety, confusion

OR MORE
THAN ONE

MILD SYMPTOM

-  **NOSE:** Itchy or runny nose, sneezing
-  **MOUTH:** Itchy mouth
-  **SKIN:** A few hives, mild itch
-  **GUT:** Mild nausea or discomfort

**1 INJECT
EPINEPHRINE
IMMEDIATELY**

2 Call 911
Request ambulance
with epinephrine.

Consider Additional Meds

(After epinephrine):

- » Antihistamine
- » Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

Next Steps

- » If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- » Transport to and remain in ER for at least 4 hours because symptoms may return.

Do not depend on antihistamines. When in doubt, give epinephrine and call 911.



FARE

Food Allergy Research & Education

foodallergy.org

chickadillo (chicken picadillo)

Ingredients

1 pound chicken breasts,
boneless, skinless, cut into
thin strips

2 teaspoons olive oil

1 large yellow onion, finely
chopped

1 medium green pepper, finely
chopped

1 medium red pepper, finely
chopped

3 cloves garlic, mashed

1/3 cup no-salt-added tomato sauce

1/3 cup low-sodium chicken broth

1/3 cup fresh lemon juice

1/3 cup water

1/4 teaspoon ground cumin

2 bay leaves

1/4 cup golden raisins

fresh cilantro leaves

1 tablespoon capers, drained

2 tablespoons green olives
chopped



1. Heat the olive oil in a large skillet over medium heat. Add the onion, peppers, and garlic, and sauté until the vegetables are soft, about 5 minutes.
2. Add the chicken and stirfry for another 5 to 10 minutes, until the chicken has cooked through.
3. Add the tomato sauce, chicken broth, lemon juice, cumin, bay leaves, water, and raisins to the vegetables and chicken.
4. Cover the pan and reduce the heat. Simmer for 10 minutes or until the chicken is tender.
5. Remove the bay leaves and serve with brown rice and black beans. Garnish with fresh cilantro, capers, and olives.

Yield 6 servings, **Serving Size** 3/4 cup, **Calories** 162, **Total Fat** 5g,
Saturated Fat 1g, **Cholesterol** 46mg, **Sodium** 133mg, **Total Fiber** 2g,
Protein 18g, **Carbohydrates** 13g, **Potassium** 380mg



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