

Bladder Infection in Adults



A **bladder infection** is an illness most often caused by bacteria that enter your bladder and multiply. **Bladder infections are the most common type of urinary tract infection (UTI).** If untreated, bladder infections can spread to the kidneys and develop into a more serious infection.

What are the symptoms of a bladder infection?

- ☐ a burning feeling when you urinate
- ☐ frequent or intense urges to urinate, even when you have little urine to pass
- ☐ pain or discomfort in the lower abdomen
- ☐ cloudy, bloody, or strong-smelling urine

When should I seek a health care professional's help?

- ✓ *Contact a health care professional if you have symptoms of a bladder infection.* Bladder infections can spread to one or both kidneys. Quick treatment is important if you have symptoms of a kidney infection, such as:
 - ☐ fever and chills
 - ☐ nausea or vomiting
 - ☐ pain in your back, side, or groin

Kidney infections may cause severe pain and serious health problems if not treated early.

What causes a bladder infection?

Bladder infections are most often caused by bacteria. Rarely, fungi may cause a bladder infection. Normally, the body keeps bacteria in the urinary tract in balance. Emptying your bladder, or urinating, is one way the body helps keep a healthy number of bacteria in your bladder.

Can drinking liquids help prevent or relieve bladder infections?

- ✓ Drinking enough liquids can keep you hydrated and help prevent or relieve bladder infections. *Water is best.*

SOURCE National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)



Connect with Others

Growing evidence now suggests that social connections may also be key to good health.

- ✓ **Learn something new.** Join a group interested in a hobby, such as knitting, hiking, birdwatching, painting, or wood carving.
- ✓ **Volunteer.** Consider helping out at a school, library, museum, hospital, or animal shelter.
- ✓ **Stay in touch with family, friends, and neighbors.** Connect in person, online, or by phone.
- ✓ **Share your knowledge.** Teach a favorite pastime or skill, like chess or baking, to a new generation.
- ✓ **Take the stage.** Take part in a local theater troupe, sing in a community choral group, or play in a local band or orchestra.
- ✓ **Help others.** Run errands for people with limited mobility or access to transportation.
- ✓ **Get moving.** Take a class in yoga, tai chi, or other physical activity.
- ✓ **Be more active in your local community.** Take part in senior or community center events. Join a faith-based organization that aligns with your beliefs.

SOURCE: National Institutes of Health (NIH)

How To Find Reliable Health Information Online



There are thousands of medical websites. Some provide up-to-date medical news and reliable health information, and some do not. Choosing trustworthy websites is an important step in gathering reliable health information.

Where can I find reliable health information online? The **National Institutes of Health website** is a good place to start for reliable health information. The **Centers for Disease Control and Prevention website** is another one. As a rule, health websites sponsored by federal government agencies are accurate sources of information.

Checklist: Finding Reliable Health Information Online

Use the following checklist to help ensure the health information you are reading online can be trusted. You might want to keep this checklist by your computer.

- ☐ **Why was the site created? Is the mission or goal of the website owner or sponsor made clear?**
- ☐ **Is the website owner or sponsor a federal agency, medical school, hospital, or large professional or nonprofit organization, or is it related to one of these?**
- ☐ **Is the website written by a medical or scientific professional or does it reference one of the trustworthy sources mentioned above for its health information? Does the site offer contact information?**
- ☐ **When was the information written and last updated?**
- ☐ **Is your privacy protected? Is the website secure?**
- ☐ **Does the website offer quick and easy solutions to resolving health problems?**
- ☐ **Trust yourself and talk with your doctor. Use your good judgment when gathering health information online. Discuss what you find with your doctor before making any changes to your health care.**

SOURCE: National Institute on Aging

.....

GREAT MINDS DISCUSS IDEAS.
AVERAGE MINDS DISCUSS EVENTS.
SMALL MINDS DISCUSS PEOPLE.

-Eleanor Roosevelt

.....

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@ehmchealth.org

What You Need to Know About Heart Disease and Adult Vaccines

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases. **Getting vaccinated is an important step in staying healthy.**



Why Vaccines Are Important for You

Heart disease can make it harder for you to fight off certain diseases or make it more likely that you will have serious complications from certain diseases.

Some vaccine-preventable diseases, like the flu, can increase the risk of another heart attack or stroke.

Immunization provides the best protection against vaccine-preventable diseases.

Vaccines are one of the safest way to protect your health, even if you are taking prescription medications.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Getting Vaccinated

You may regularly see a cardiologist, or your primary care provider. Either is a great place to start! If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, visit www.cdc.gov/vaccines/adults.

What vaccines do you need?

Flu vaccine every year to protect against seasonal flu

Pneumococcal vaccines to protect against serious pneumococcal diseases

Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)

Zoster vaccine to protect against shingles if you are 50 years or older

There may be other vaccines recommended for you so be sure to talk with your health-care professional about what is right for you.

DON'T WAIT. VACCINATE!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Dear contact lens wearer,

YOU ONLY HAVE ONE PAIR OF EYES



SO TAKE CARE OF THEM!

When it comes to wearing contacts, healthy habits mean healthy eyes. Follow these tips to help prevent eye infections.



YOUR EYE DOCTOR



Visit your eye doctor once a year—
or more often **if needed.**



Ask questions about how to care for
your lenses and case.



**Take out your contacts and call your
eye doctor** if you have eye pain, red
eyes, or blurred vision.

ALWAYS BE PREPARED!



Carry a pair of glasses in case you
need to take out your contacts.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/contactlenses



hawaiian huli huli chicken

Ingredients

12 ounces boneless, skinless chicken breasts, cut into 1-inch cubes (24 cubes) (about 2 large breasts)

1 cup fresh pineapple, diced (24 pieces) (or canned pineapple chunks in juice)

8 6-inch wooden or metal skewers

For sauce:

2 tablespoons ketchup

2 tablespoons lite soy sauce

2 tablespoons honey

2 teaspoons orange juice

1 teaspoon garlic, minced (about 1 clove)

1 teaspoon ginger, minced



1. Preheat a broiler or grill on medium-high heat.
2. Thread three chicken cubes and three pineapple chunks alternately on each skewer.
3. Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.
4. Grill skewers for 3–5 minutes on each side. Brush or spoon sauce (from the bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.
5. To prevent chicken from drying out, finish cooking skewers in a 350°F oven immediately after grilling (to a minimum internal temperature of 165°F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.

Note: If you use wooden skewers, soak them in water for 30 minutes before using.

Yield 4 servings, **Serving Size** 2 skewers, **Calories** 156, **Total Fat** 2 g, **Saturated Fat** 1 g, **Cholesterol** 47 mg, **Sodium** 320 mg, **Total Fiber** 0 g, **Protein** 18 g, **Carbohydrates** 16 g, **Potassium** 255 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