

Know the Difference: Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease — what’s the difference? Because these terms sound so similar, people use them interchangeably.

Cardiovascular Disease | The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, heart failure, and peripheral artery disease.

Heart Disease | A type of cardiovascular disease

“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart’s structure and function. Keep in mind — all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease. The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.

Coronary Heart Disease | A type of heart disease

Coronary heart disease is often referred to simply as “heart disease,” although it’s not the only type of heart disease. Another term for it is coronary artery disease.

What you can do to protect yourself from cardiovascular diseases? There’s a lot you can do to protect your heart.

- Ask your doctor about your blood pressure, cholesterol, and A1C.
- Reduce the sodium, and increase the fruits, vegetables, and whole grains in your diet.
- Be physically active.
- Maintain a healthy weight.
- Don’t smoke.
- Keep your diabetes under control.
- Manage stress.

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

Are You at Risk for Heart Attack and Stroke?

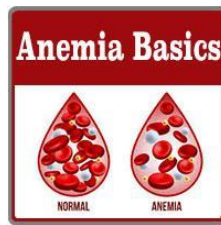
Many health conditions and other factors can increase the risk of a heart attack or stroke. These include:

- High blood cholesterol, or high levels of other fats in the blood (triglycerides)
- High blood pressure (hypertension)
- High blood sugar (diabetes)
- Overweight or obesity
- Smoking
- A lack of regular physical activity
- Family history of heart attack or stroke
- Previous heart attack or stroke
- Older age
- Preeclampsia or other pregnancy complications

✓ If you’re at risk for a heart attack or stroke, lifestyle changes and medications can help you lower that risk. Other steps you can take to reduce your risk of a heart attack or stroke include maintaining a healthy weight, getting enough sleep, and managing stress.

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

“BEING DEEPLY LOVED BY SOMEONE GIVES YOU STRENGTH, WHILE LOVING SOMEONE DEEPLY GIVES YOU COURAGE.” -Lao Tzu



Anemia at a Glance

Anemia is the most common blood disorder in the United States. It happens when your blood has lower-than-normal amounts of red blood cells or hemoglobin. There are many types of anemia, and it can develop in people of all ages, races, and ethnicities.

Signs and Symptoms

If you have anemia, your body does not get enough oxygen-rich blood, which can cause you to feel tired or weak. Speak to a healthcare professional if you’re experiencing any of the signs or symptoms of anemia.

Mild Anemia

- ♥ Tiredness, weakness, or pale or yellowish skin

Moderate Anemia

- ♥ Faintness or dizziness
- ♥ Increased thirst, sweating, weak and rapid pulse, or fast breathing

Severe Anemia

- ♥ Lower leg cramps while exercising
- ♥ Shortness of breath
- ♥ Abnormal heart rhythms, called arrhythmias
- ♥ Heart murmur
- ♥ Enlarged heart
- ♥ Sadness, low energy, and changing moods
- ♥ Heart failure

SOURCE: National Institutes of Health | News in Health



Stay Alert Without Caffeine

- ♥ Get enough sleep. Most adults need between 7 and 8 hours of sleep every night to feel rested.
- ♥ Eat regularly. When you don’t eat, your blood sugar levels drop, making you feel tired.
- ♥ Drink enough water. Staying hydrated can help you stay alert.
- ♥ Take a break for exercise. If you’re feeling drained in the middle of the day, it helps to move around.

SOURCE: National Institutes of Health | News in Health

REMINDERS for Your Office Visit

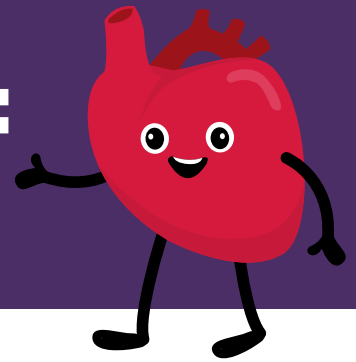
- Bring your **prescription bottles** or **list of medication** to your visit.
- Do you need **medication refills**? Tell us at your office visit.
- Did you let us know if you have **any change(s) in your personal information** such as address, phone number and insurance?
- Do you need a **Referral for 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.**

♥ HAPPY VALENTINE’S DAY ♥

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

Take Action for Your Heart: Get Started!



Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

Get Enough Quality Sleep

Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



Eat Better

A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.

- Follow the [Dietary Approaches to Stop Hypertension \(DASH\) eating plan](#), which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.

Stop Smoking

Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.

- Select a quit date and write yourself a contract that outlines your **plan for quitting**.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit smokefree.gov to get additional support.



Maintain a Healthy Weight

Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.

Be More Active

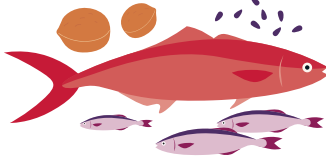
Getting enough physical activity helps to lower your risk of heart disease and stroke.

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!

Control Cholesterol

Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



Manage Stress

Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

Manage Blood Sugar

Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

Control Blood Pressure

Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.

Practice Self-Care & Find Social Support

Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.

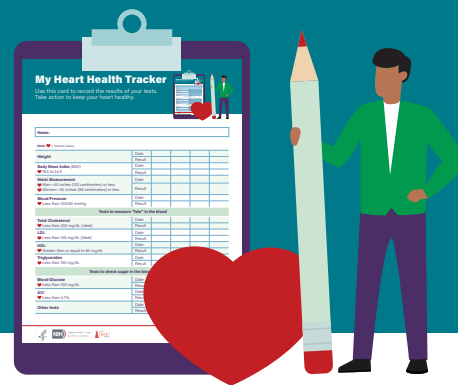
- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit [hearttruth.gov](https://www.hearttruth.gov)



My Heart Health Tracker

Keep track of important numbers related to your heart health.



Name: _____

Note: ♥ = Normal values

Weight	Date				
	Result				
Body Mass Index (BMI) ♥ 18.5 to 24.9	Date				
	Result				
Waist Measurement ♥ Men—40 inches (102 centimeters) or less ♥ Women—35 inches (88 centimeters) or less	Date				
	Result				
Blood Pressure ♥ Less than 120/80 mm Hg	Date				
	Result				

Tests to measure cholesterol

Triglycerides ♥ Less than 150 mg/dL	Date				
	Result				
Non-HDL cholesterol ♥ Less than 130 mg/dL	Date				
	Result				
HDL cholesterol ♥ Above 40 mg/dL in men ♥ Above 50 mg/dL in women	Date				
	Result				

Tests to check sugar in the blood for diabetes

Blood Glucose ♥ Less than 100 mg/dL	Date				
	Result				
A1C ♥ Less than 5.7%	Date				
	Result				
Other tests	Date				
	Result				



poached salmon

Ingredients

Relish

2 medium tomatoes, chopped

2 tablespoons yellow onion, finely chopped

2 tablespoons fresh parsley, finely chopped

1 teaspoon red pepper flakes, or to taste

1/4 cup red wine vinegar

2 tablespoons olive oil

black pepper, to taste

Salmon

4 5-ounce salmon steaks

3 cups water

4 black peppercorns

1 lemon, thickly sliced

3 parsley sprigs

1 small onion, thickly sliced

2 bay leaves



1. For relish, combine all ingredients in a bowl and set aside.
2. Using a pan large enough to hold salmon steaks, bring water to a boil and add peppercorns, lemon slices, parsley, onion and bay leaf.
3. Lower heat to a gentle simmer, cover and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add additional water if needed.
4. Cook, uncovered, for 10 to 12 minutes or until fish is just tender. It will flake easily when tested with a fork. Never let water boil or fish will toughen.
5. Place one salmon steak on each plate. Divide relish between the four plates.

Yield 4 servings, **Serving Size** 1 salmon steak and 1/4 cup relish, **Calories** 246, **Total Fat** 10g, **Saturated Fat** 3g, **Cholesterol** 93mg, **Sodium** 94mg, **Total Fiber** 2g, **Protein** 31g, **Carbohydrates** 7g, **Potassium** 945 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