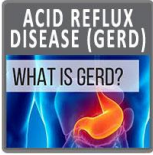


Acid Reflux (GER & GERD) in Adults



Gastroesophageal reflux (GER) happens when your stomach contents come back up into your esophagus. Gastroesophageal reflux disease (GERD) is a more severe and long-lasting condition in which GER causes repeated symptoms or leads to complications over time.

What are the symptoms of GER and GERD? Gastroesophageal reflux (GER) and gastroesophageal reflux disease (GERD) commonly cause symptoms such as *heartburn, a painful, burning feeling in the middle of your chest, behind your breastbone, rising from the lower tip of your breastbone toward your throat regurgitation, or stomach contents coming back up through your esophagus and into your throat or mouth, which may cause you to taste food or stomach acid.* However, not all adults with GERD have heartburn or regurgitation. Other symptoms may include:

- chest pain
- nausea
- problems swallowing or pain while swallowing
- symptoms of complications in the mouth, throat, or lungs, such as chronic cough or hoarseness.

✓ **You should see a doctor if you think you have GERD, or if your symptoms don't get better with over-the-counter medicines or lifestyle changes. You should also see a doctor if you have symptoms that could be related to GERD complications or other serious health problems, such as:**

- chest pain
- loss of appetite
- persistent vomiting
- unexplained weight loss
- problems swallowing or pain while swallowing
- signs of bleeding in the digestive tract, such as
 - ▶ vomit that contains blood or looks like coffee grounds
 - ▶ stool that contains blood or looks black and tarry

What should I avoid eating if I have GERD symptoms?

Some people who have GERD find that certain foods or drinks trigger symptoms or make symptoms worse. Foods and drinks that have been commonly linked to GERD symptoms include:

- alcoholic drinks
- high-fat foods
- chocolate
- mint
- coffee and other sources of caffeine
- spicy foods
- acidic foods, such as citrus fruits and tomatoes

✓ **Talk with your doctor about your diet and foods or drinks that seem to increase your symptoms.**

SOURCE: National Institute of Diabetes and Digestive and Kidney Diseases

☀ What You Need to Know About Sun Safety ☀

- Too much sun can cause skin cancer, which can be disfiguring and even deadly.
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Stay in the shade, especially during midday.
- Damage from exposure to UV rays builds up over a lifetime.
- Even on cloudy days, UV rays are present and can be reflected from water, sand, and snow.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that block UVA and UVB rays.
- Wear clothing that covers your arms and legs.
- Every 2 hours, apply sunscreen with SPF 15 or higher and UVA and UVB (broad-spectrum) protection. Reapply sunscreen after swimming, sweating, or toweling off.

SOURCE: CDC

Building Resilience



- ★ **Nurturing your body, brain, and social connections** can help you bounce back from stress.
- ★ **Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- ★ **Take time for yourself.** Make taking care of yourself part of your daily routine. Take time to notice the good moments or do something that you enjoy, like reading a book or listening to music.
- ★ **Look at problems from different angles.** Think of challenging situations as growth opportunities. Try to see the positive side of things. Learn from your mistakes and don't dwell on them.
- ★ **Practice gratitude.** Take time to note things to be thankful for each day.
- ★ **Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.
- ★ **Tap into your social connections and community.** Surround yourself with positive, healthy people. Ask friends, family, or trusted members of your community for information or assistance when you need it. Look for cultural practices that you feel help in times of stress.
- ★ **Get help for mental health and substance use disorders.** Talk with a health care professional if you're having trouble coping. Or call **SAMHSA's free national helpline at 1-800-662-HELP**. If you or someone you know is thinking about suicide, you can call the **National Suicide Prevention Lifeline at 1-800-273-TALK**. You can also text "HOME" to the Crisis Text Line at 741741. SOURCE: National Institutes of 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.**

MAY WE THINK OF FREEDOM, NOT AS THE RIGHT TO DO AS WE PLEASE, BUT AS THE OPPORTUNITY TO DO WHAT IS RIGHT. -Peter Marshall

★ HAPPY 4TH OF JULY ★

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

Walking Tips for Older Adults

Walking is the most popular form of exercise among older adults and it's a great choice.

If it's been a long time since you exercised, you may want to start out slowly. You can start with just 5 minutes and build up to the recommended 30 minutes a day. Your goal should be to get up to taking 100 steps a minute. Remember, the most important thing is to just get started.

► What can walking do for you?

- Strengthen muscles
- Help prevent weight gain
- Lower risks of heart disease, stroke, diabetes, and osteoporosis
- Improve balance
- Lower the likelihood of falling

Take These Steps to Get Walking

Join a walking program or walk with a buddy

Chances are you'll stick with a walking program if you have someone to walk with. Some shopping malls or town parks may have these programs.

The National Institute on Aging's website has many resources for walking and other kinds of physical activity (<https://www.nia.nih.gov/health/topics/exercise-and-physical-activity>).

Wear the right shoes

Comfortable sneakers work well for most people. If you have foot problems, you may want to look into orthopedic shoes or talk to your healthcare provider about how you can continue your walking program.

Don't let a cane or walker stop you

It's OK to use your cane or walker if you already have one. These can improve your balance and help take the load off painful joints.

Aim for the right pace

Try to walk as fast as you can, but still be able to chat with a friend while walking. Aim to work as hard as you do when you climb up the stairs.

Talk to your healthcare provider if you have any problems

Tell your healthcare provider if you have any pain or problems walking. Otherwise, don't let a health problem keep you from getting started. You may feel a little stiff and achy as you start walking, but many people feel better once they start moving!

▶ 3 Tips for Safe Walking

1

Be Aware of Your Surroundings

Plan to walk during the daytime or in well-lit areas in the evenings. Keep an eye out for uneven surfaces, possible obstacles, and other tripping hazards.

2

Keep Hydrated

Bring a bottle of water (or other low-calorie liquid) with you and be sure to drink plenty of fluids if you sweat.

3

Dress Properly for the Weather

If walking outside, wear layers of clothing so that you can take off a layer if you're hot, or put one on if too cold.

RECOMMENDED EXERCISE

Chair Rise Exercise

What it does: Strengthens the muscles in your thighs and buttocks.

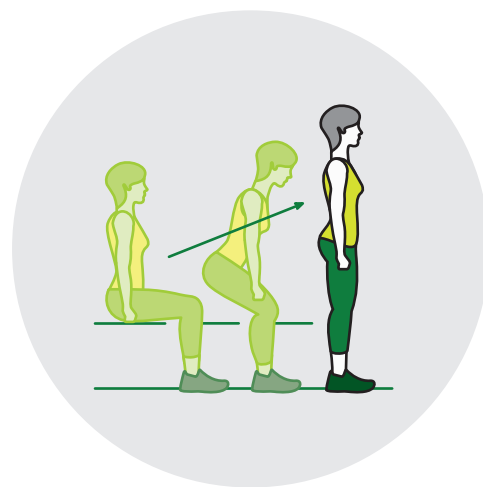
Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out, and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.



empañapita

Ingredients

2 cups canned low-sodium black beans, rinsed

2 cups frozen broccoli, corn, and pepper vegetable mix, thawed

2 cups grilled boneless, skinless chicken breasts, diced (about 4 small breasts)

$\frac{1}{2}$ cup shredded low-moisture part-skim mozzarella cheese

1 tablespoon fresh cilantro, rinsed, dried, and chopped (or substitute 1 teaspoon dried coriander)

2 tablespoons scallions (green onions), rinsed and chopped (or substitute red onions)

2 (6 $\frac{1}{2}$ -inch) whole-wheat pitas

1 cup Tangy Salsa (See separate recipe card for details.)



1. Preheat oven to 400°F.
2. Combine beans, vegetables, chicken, cheese, and seasonings. Mix well.
3. Cut pitas in half, and open the pockets. Divide filling evenly between the four halves (about 1 $\frac{1}{2}$ cup each).
4. Place pitas on a nonstick baking sheet, and bake for about 10 minutes until the filling is hot, cheese melts, and chicken is reheated.
5. Serve each empañapita with $\frac{1}{4}$ cup of Tangy Salsa.

Yield 4 servings, **Serving Size** 1 stuffed pita half, $\frac{1}{4}$ cup Tangy Salsa, **Calories** 373, **Total Fat** 4 g, **Saturated Fat** 1 g, **Cholesterol** 34 mg, **Sodium** 374 mg, **Total Fiber** 14 g, **Protein** 27 g, **Carbohydrates** 60 g, **Potassium** 741 mg



National Heart, Lung,
and Blood Institute

tangy salsa

Ingredients

1/2 cup jarred roasted red peppers, drained and diced (or substitute fresh roasted red peppers)

1/2 cup no-salt-added diced tomatoes (or substitute 1 medium tomato, chopped)

1 small lime, peeled and cut into small chunks

1/4 teaspoon ground black pepper

1/4 teaspoon ground cumin

1 tablespoon fresh cilantro, rinsed and chopped (or substitute 1 teaspoon dried coriander)



1. Combine all ingredients, and toss well.
2. Best to allow 1–2 hours for flavors to settle before serving.

Yield 4 servings, **Serving Size** 1/4 cup salsa, **Calories** 23, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 68 mg, **Total Fiber** 1 g, **Protein** 0 g, **Carbohydrates** 4 g, **Potassium** 18 mg



National Heart, Lung,
and Blood Institute



ENGLEWOOD
HEALTH

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