



Osteoporosis in Men

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the quality or structure of bone changes. This can lead to a decrease in bone strength that can increase the risk of broken bones (fractures).

Osteoporosis is a major cause of fractures in women in post-menopause and in older men. These fractures can occur in any bone but are most common in bones of the hip, vertebrae in the spine, and wrist.

What are the risk factors for osteoporosis in men? *Men have some of the same risk factors for osteoporosis as women, including:*

- ☐ Chronic diseases, such as diabetes or rheumatoid arthritis
- ☐ Regular use of certain medications, such as glucocorticoids
- ☐ Parkinson's disease and other conditions that affect neurological function
- ☐ Low levels of the sex hormones testosterone and estrogen
- ☐ Unhealthy habits, such as smoking and drinking too much alcohol
- ☐ Weak muscles
- ☐ Being age 70 or older

What treatments are available for osteoporosis?

Osteoporosis treatment strategies are the same in men and women:

- ☐ Proper nutrition
- ☐ Lifestyle changes
- ☐ Exercise
- ☐ Fall prevention to help prevent fractures
- ☐ Medications

How can men and women prevent osteoporosis?

- ✓ Weight-bearing exercise, especially if you start at a young age, is a great way to strengthen bones and to help prevent osteoporosis. Exercise also helps prevent falls that lead to fractures.

Other steps that may help prevent osteoporosis and fractures are:

- ☐ Eating a well-balanced diet rich in calcium and vitamin D
- ☐ Drinking alcohol in moderation
- ☐ Quitting smoking, or not starting if you don't smoke

SOURCE: National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)



Improve Your Posture

- ✓ **Be mindful of your posture during everyday activities**, like watching television, washing dishes, or walking.
- ✓ **Take frequent breaks for stretching and moving your body** in different ways.
- ✓ **Stay active.**
- ✓ **Maintain a healthy weight.**
- ✓ **Make sure work surfaces are at a comfortable height for you**, whether you're working in an office, doing a hobby, preparing dinner, or eating a meal.
- ✓ **Wear comfortable, low-heeled shoes.**

SOURCE: National Institutes of Health | News in Health

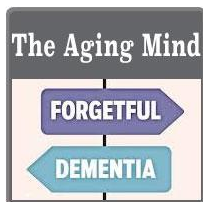
**WHEN YOUR EARS HEAR ONE THING,
AND YOUR EYES, SEE ANOTHER...
USE YOUR BRAIN. -Frank Sonnenberg**

HAPPY FATHER'S DAY ♦ SUN, JUNE 15

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

Age-Related Forgetfulness or Signs of Dementia?



Many people can become more forgetful as they age. Learn the differences between age-related forgetfulness and signs of dementia.

Age-related forgetfulness:

- ☐ Making a bad decision once in a while
- ☐ Missing a monthly payment
- ☐ Forgetting which day it is and remembering later

- ☐ Sometimes forgetting which word to use

- ☐ Losing things from time to time

Signs of dementia:

- ☐ Making poor judgments and decisions a lot of the time
- ☐ Problems taking care of monthly bills
- ☐ Losing track of the date or time of year
- ☐ Trouble having a conversation
- ☐ Misplacing things often and being unable to find them

- ✓ **Talk with a doctor if you notice any changes in memory or thinking that concern you.**

Tips for Dealing with Forgetfulness

There are a variety of techniques that may help you stay healthy and deal better with changes in memory and mental skills. **Here are some tips:**

- ✓ Learn a new skill.
- ✓ Follow a daily routine.
- ✓ Plan tasks, make to-do lists, and use memory tools such as calendars and notes.
- ✓ Put your wallet or purse, keys, phone, and glasses in the same place each day.
- ✓ Stay involved in activities that can help both the mind and body.
- ✓ Volunteer in your community, at a school, or at your place of worship.
- ✓ Spend time with friends and family.
- ✓ Get enough sleep, generally seven to eight hours each night.
- ✓ Exercise and eat well.
- ✓ Prevent or control high blood pressure.
- ✓ Get help if you feel depressed for weeks at a time.
- ✓ Avoid or limit alcohol.

SOURCE: National Institute on Aging

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.**

LEARN MORE BREATHE BETTERSM



WHAT IS ASTHMA?

We know a lot more about asthma today than we did just a decade ago, and we have a much better understanding of how to treat it.

BASIC FACTS ABOUT ASTHMA

- **Asthma is a lung disease.** It's a physical and medical problem that needs treatment. It's not something that you imagined or made up. Don't let anyone tell you your asthma is just in your head. It's in your lungs, and it's real.
- **Asthma is serious.** A person can die during an asthma attack. That's why knowing how to take care of your asthma and when to get emergency help is so important.
- **Asthma doesn't go away and it can't be cured.** Once you develop asthma, you're likely to have it for a lifetime. Even when you have no symptoms—even when you're feeling just fine—the asthma is still there and can flare up at any time.
- **Asthma can be managed.** Like diabetes and high blood pressure, asthma takes ongoing monitoring and management to keep it under control.
- **Asthma symptoms result from ongoing inflammation (swelling) that makes your airways very sensitive and narrower than normal.** Inflammation protects our bodies, but it can also be harmful when it occurs at the wrong time or stays around after it's not needed.
- **The symptoms of asthma are different for different people.** Your symptoms and their frequency can also change.

For more information and resources on lung health, visit NHLBI's Learn More Breathe Better program at nhlbi.nih.gov/BreatheBetter.

ASTHMA

People who have asthma say it feels like breathing through a straw.

SYMPTOMS

Most people who have asthma have one or more of these symptoms:

- ✓ **Coughing.** Coughing from asthma is often worse at night, making it hard to sleep. Sometimes coughing brings up mucus.
- ✓ **Wheezing.** Wheezing is a whistling or squeaky sound when you breathe.
- ✓ **Chest tightness.** This can feel like something is squeezing or sitting on your chest.
- ✓ **Shortness of breath.** Some people say they can't catch their breath, or they feel out of breath—like they can't get enough air out of their lungs.



National Heart, Lung,
and Blood Institute

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HOW ASTHMA AFFECTS YOUR AIRWAYS

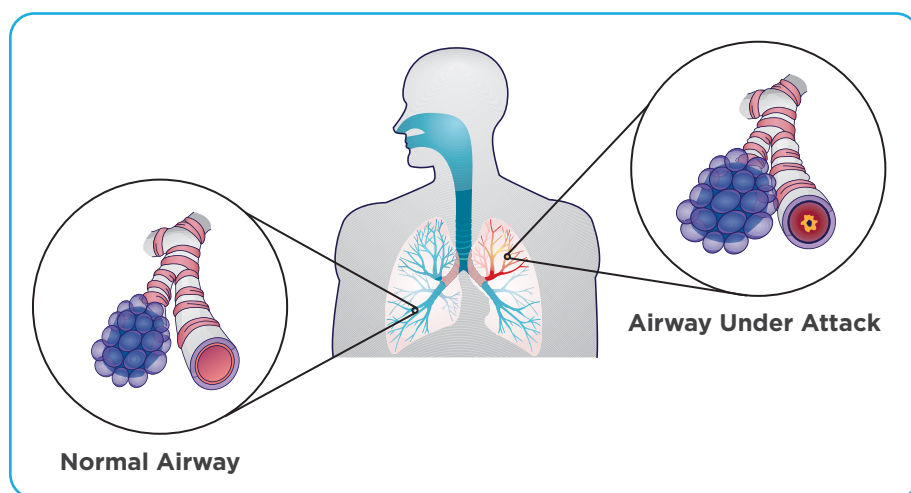
The airways in your lungs are very sensitive to substances, such as tobacco smoke, dust, chemicals, and pollen, or to getting a cold or the flu. We call these asthma “triggers,” because your immune system overreacts to them by triggering the release of cells and chemicals, which cause:

- The inner linings of the airways to become more inflamed (swollen), leaving even less room in the airways for the air to move through.
- The muscles surrounding the airways to get bigger and tighten. This squeezes the airways and makes them smaller. (This is called bronchospasm.)
- Glands in the airways to produce lots of thick mucus, which further blocks the airways.

These changes can make it harder for you to breathe. They also can make you cough, wheeze, and feel short of breath.

If you don’t treat asthma-related inflammation, each time you’re exposed to your asthma triggers, the inflammation increases and your symptoms are likely to get worse.

Normally, your airway is open, so the air you breathe moves in and out of your lungs freely.



When exposed to your asthma triggers, the sides of your airways swell and the muscles tighten, leaving less room for the air to move freely.

Adapted from American College of Chest Physicians



MANAGING YOUR ASTHMA

Discuss your asthma with your health care provider. Together, you can create a treatment plan that will help you:

- ✓ **Reduce impairment**—so you can keep asthma symptoms away, keep up with your usual daily activities, and sleep through the night.
- ✓ **Reduce risk**—so you can prevent asthma attacks, stay out of the emergency room or hospital, and have fewer side effects from your medicines.

Managing your asthma means working with your health care provider, taking your medicines as prescribed, avoiding your triggers, and watching for any changes in your asthma.



Migraine is a complex neurological disorder

What is migraine?

Pain is often described as an **intense pulsing or throbbing** in one area of the head



Migraine is more than a headache

- 🧠 Aura (e.g., visual disturbances)
- 🧠 Nausea and/or vomiting
- 🧠 Sensitivities to light and/or sound



Common triggers/exacerbating factors

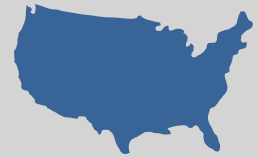
- 🧠 Bright lights
- 🧠 Stress
- 🧠 Anxiety
- 🧠 Lack of sleep
- 🧠 Hormonal changes
- 🧠 Lack of food
- 🧠 Diet
- 🧠 Dehydration



Who gets migraine?

15.3%

of adult Americans¹



3x
more common
in women²

11th

leading cause of
disability in US³



Research at the NIH

Understanding migraine, treatment, and prevention

<https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page>



Complementary health approaches (e.g., mindfulness, acupuncture)

<https://www.nccih.nih.gov/health/headaches-in-depth>



Migraine Trainer®: an app to track migraines and health habits

<https://newsinhealth.nih.gov/2019/08/migraine-trainer>



References

- 1) <https://www.cdc.gov/acute-pain/migraine/index.html>
- 2) <https://www.ninds.nih.gov/Disorders/All-Disorders/Migraine-Information-Page>
- 3) <https://www.thelancet.com/lancet/visualisations/gbd-compare>

crispy oven-fried chicken

Ingredients

1/2 cup fat-free milk
or buttermilk

1 teaspoon poultry seasoning

1 cup cornflakes, crumbled

1 1/2 tablespoons onion powder

1 1/2 tablespoons garlic powder

2 teaspoons black pepper

2 teaspoons dried hot
pepper, crushed

1 teaspoon ginger, ground

8 pieces chicken, skinless
(4 breasts, 4 drumsticks)

a few shakes paprika

1 teaspoon vegetable oil



1. Preheat oven to 350°F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs, and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk and shake to remove excess. Quickly shake in bag with seasonings and crumbs, and remove the chicken from the bag.
5. Refrigerate chicken for 1 hour.
6. Remove chicken from refrigerator and sprinkle lightly with paprika for color.
7. Space chicken evenly on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30-40 minutes or until meat can easily be pulled away from the bone with fork. Drumsticks may require less baking time than breasts. Crumbs will form crispy "skin."

Note: Do not turn chicken during baking.

Yield 10 servings, **Serving Size** 1/2 breast or 2 small drumsticks, **Calories** 117, **Total Fat** 3g, **Saturated Fat** 1g, **Cholesterol** 49mg, **Sodium** 67mg, **Total Fiber** 1g, **Protein** 17g, **Carbohydrates** 6g, **Potassium** 1mg



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