



## Get a Good Night's Sleep

Like eating well and being physically active, **getting a good night's sleep is vital to your well-being. Here are 13 tips to help you:**

- **Stick to a sleep schedule.** Go to bed and wake up at the same time each day—even on the weekends.
- **Exercise is great, but not too late in the day.** Try to exercise at least 30 minutes on most days but not later than 2–3 hours before your bedtime.
- **Avoid caffeine and nicotine.** The stimulating effects of caffeine in coffee, colas, certain teas, and chocolate can take as long as 8 hours to wear off fully. Nicotine is also a stimulant.
- **Avoid alcoholic drinks before bed.** A “nightcap” might help you get to sleep, but alcohol keeps you in the lighter stages of sleep. You also tend to wake up in the middle of the night when the sedating effects have worn off.
- **Avoid large meals and beverages late at night.** A large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause you to awaken frequently to urinate.
- **Avoid medicines that delay or disrupt your sleep, if possible.** Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns.
- **Don't take naps after 3 p.m.** Naps can boost your brain power, but late afternoon naps can make it harder to fall asleep at night. Also, keep naps to under an hour.
- **Relax before bed.** Take time to unwind. A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual.
- **Take a hot bath before bed.** The drop in body temperature after the bath may help you feel sleepy, and the bath can help you relax.
- **Have a good sleeping environment.** Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or a TV or computer in the bedroom. Also, keeping the temperature in your bedroom on the cool side can help you sleep better.
- **Have the right sunlight exposure.** Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day.
- **Don't lie in bed awake.** If you find yourself still awake after staying in bed for more than 20 minutes, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.
- **See a doctor if you continue to have trouble sleeping.** If you consistently find yourself feeling tired or not well rested during the day despite spending enough time in bed at night, you may have a sleep disorder.

✓ **Your family doctor or a sleep specialist should be able to help you.**

SOURCE: National Heart, Lung and Blood Institute

**“TRUTH DOES NOT MIND BEING QUESTIONED.  
 A LIE DOES NOT LIKE BEING CHALLENGED.”**

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**MARCH 30 IS NATIONAL DOCTOR'S DAY**

**THANK YOU TO OUR DOCTORS FOR WORKING TIRELESSLY TO  
 PROVIDE EXCEPTIONAL CARE AND COMFORT TO ALL OUR PATIENTS.**

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](mailto:harveygrossmd@ehmchealth.org)**

## Age 50 and Over? Get the Shingles Vaccine!



Shingles is a painful skin rash caused by the same virus as chickenpox. **Here are three things to know:**

- **Your risk increases with age.** 1 in 3 adults will develop shingles. If you had chickenpox earlier in life, you are at risk for developing shingles.
- **Shingles can be serious.** For many people, shingles symptoms are mild, but others may develop more severe symptoms like intense or long-lasting pain. For some people, the symptoms of shingles are mild. They might just have some itching. For others, shingles can cause intense pain that can be felt from the gentlest touch or breeze. It's important to talk with your doctor if you notice any shingles symptoms.
- **It's preventable!** The shingles vaccine is more than 90% effective at preventing the disease, and it's recommended for most adults age 50 and older. Talk with a doctor and learn more about shingles.

SOURCE: National Institute on Aging



## What To Ask About Colorectal Screening

**Colorectal cancer is the second-leading cause of cancer death nationwide.** But it can usually be cured when caught early. Screening tests like colonoscopy can save lives by catching problems before symptoms even appear, when treatments might work best.

**Everyone ages 50 to 75 (and younger people at increased risk) needs to have a plan for colorectal cancer screening. Ask your doctor:**

- *When should I start getting screened for colorectal cancer?*
- *Which screening test do you recommend for me?*
- *How can I prepare for the test?*
- *What should I expect during the test?*
- *Are there any risks involved?*
- *Who will perform the exam?*
- *Will I need someone to come with me?*
- *Who will give me the results, and when?*

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**.

# Get to Know Your Kidneys

**March is National Kidney Month!**

**Did you know your kidneys filter all of your blood 25 times a day?**

**No matter your age, getting to know your kidneys can help you lead a healthier life and may prevent or slow the progression of kidney disease.**



Your kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.




Your kidneys filter your blood and make urine. They balance the water, salts, and minerals in your blood and remove waste, acid, and extra fluid.



If your kidneys are struggling, they will work harder to keep up—you can lose up to 60% of your kidney function before you notice any problems.

Ways to protect your kidneys include eating healthy foods, being physically active, and managing diabetes, high blood pressure, and heart disease.

**Get to know more about your kidneys today!** |     

Talk with a health care professional and visit [niddk.nih.gov](https://niddk.nih.gov) for more information.



# Lung Health Basics: Sleep

Lung health and sleep are linked in complex ways. People with lung disease often have trouble sleeping. Symptoms of lung diseases like chronic obstructive pulmonary disease (COPD) or asthma can cause sleep problems. In turn, poor sleep can cause lung disease symptoms to worsen. Sleep is critical to overall health, so take the first step to sleeping better: learn these sleep terms, and find out about treatments that can help with sleep apnea.

**Sleep health** refers to consistently getting enough sleep that is of good quality to wake up feeling rested and alert, at the appropriate time for sleep. Maintaining sleep health promotes physical and mental well-being.

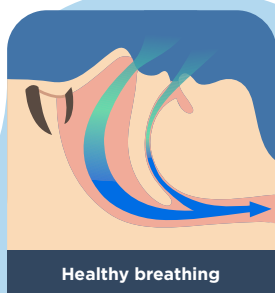
**Sleep deficiency** occurs if you experience one or more of the following:

- Not getting enough sleep.
- Sleeping at inconsistent times.
- Not sleeping well or getting the different types of sleep the body needs, such as deep sleep, which is when the body repairs itself.
- Having a sleep disorder that prevents getting enough sleep or causes poor quality sleep.



## Sleep Terms

- Sleep health
- Sleep deficiency
- Insomnia
- Obstructive sleep apnea



Healthy breathing



Obstructive sleep apnea

**Insomnia** is a common sleep disorder. With insomnia, a person may have trouble falling asleep, staying asleep, or getting good quality sleep, leading to impairments in daytime functioning. It may get in the way of your daily activities, and make a person feel sleepy during the day.

**Obstructive sleep apnea** happens when the upper airway becomes blocked many times while you sleep, which reduces or completely stops airflow into the lungs. This is the most common type of sleep apnea.

## Sleep Terms

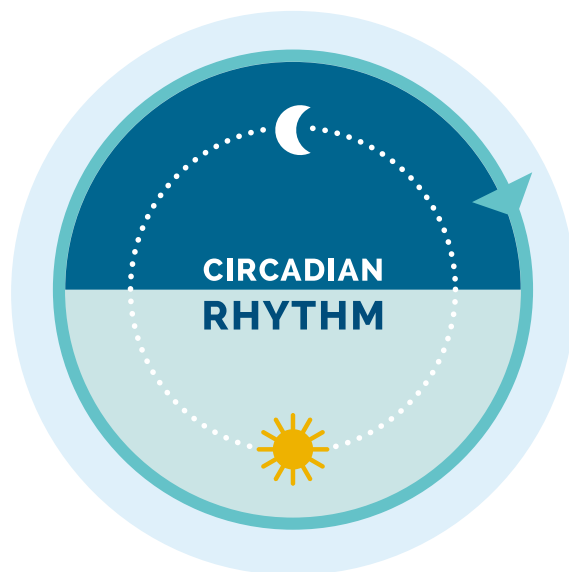
- GERD
- Circadian rhythms
- Sleep study
- CPAP
- BiPAP
- APAP
- HGNS
- Oral devices

**Gastroesophageal reflux disease (GERD)** happens when a muscle called a sphincter at the end of your esophagus does not close properly. This allows stomach contents to leak back, or reflux, into the esophagus and irritate it. Some people with obstructive sleep apnea also have GERD, which can disrupt sleep.

### Circadian rhythms

are 24-hour cycles of the body's internal clock that control the activity of cells and organs and influence behavior.

A **sleep study** is a test that measures different body functions while you sleep, such as breathing, heart rate, and brain activity. It may be done at home, in a hospital, or in a sleep study clinic.



A **continuous positive airway pressure (CPAP)** machine uses mild air pressure to keep the airway between your nose and your throat open while you sleep. A healthcare provider may prescribe it for sleep-related breathing disorders like sleep apnea.

### Bilevel positive airway pressure (BiPAP)

machines are like CPAP machines, but they deliver different pressure based on whether you are inhaling or exhaling.

### Automatic positive airway pressure (APAP)

automatically adjusts the air pressure a person receives during sleep.

**Hypoglossal nerve stimulation (HGNS)** is a sleep apnea treatment that uses electrical pulses that activate the hypoglossal nerve to keep the airway between the nose and throat open.

**Oral devices** are worn in your mouth while you sleep. They hold your jaw or tongue in a position that helps keep your airway open.

For more information about sleep health and research, visit [www.nhlbi.nih.gov/sleep](https://www.nhlbi.nih.gov/sleep)





# baked tilapia with tomatoes

## Ingredients

nonstick vegetable oil spray

4 tilapia fillets

4 medium tomatoes, peeled  
and chopped

2 tablespoons olive oil

1 1/2 teaspoons thyme

1/4 cup pitted black olives,  
diced

1/4 teaspoon red pepper flakes

2 cloves garlic, minced

1/2 cup red onion, diced

1 tablespoon lime juice

parsley and lemon wedges  
for garnish



1. Preheat oven to 400°F.
2. Spray baking dish with vegetable oil spray.
3. Arrange fillets in the baking dish. The dish should be large enough so the fillets do not overlap.
4. Mix remaining ingredients in a bowl.
5. Spoon the tomatoes mixture evenly over the fillets.
6. Bake uncovered 15 to 20 minutes or until the fish flakes easily with a fork.
7. Garnish with parsley and a lemon wedge.

**Yield** 4 servings, **Serving Size** 1 fillet, **Calories** 265, **Total Fat** 16g, **Saturated Fat** 2g, **Cholesterol** 58mg, **Sodium** 172 mg, **Total Fiber** 3g, **Protein** 22g, **Carbohydrates** 9g, **Potassium** 635 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 3<sup>rd</sup> 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](http://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](http://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](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515