

High Blood Pressure and Women



High blood pressure—also known as **hypertension** develops when blood flows through your arteries at higher-than-normal pressures. It affects men and women of all ages and can cause serious health problems. Everyone should work to keep their blood pressure under control. But women should be especially mindful of their numbers.

■ Pay Attention to You

Although you generally can't feel high blood pressure, you may have warning signs that you write off as just stress or hormone-related. These include tiredness, low energy, sleeping problems, hot flashes, fluid retention, headaches, blurred vision, or chest pain, which some women report as their bra feeling "too tight." If something doesn't feel right, don't tough it out—check it out. Have your blood pressure checked and ask your healthcare provider what to do if it's high.

■ Check Your Blood Pressure

Have your blood pressure checked at least once a year. Your healthcare provider may suggest that you check it yourself, too.

Here's how to do it the correct way:

- ✓ 30 minutes before your test, don't exercise, drink caffeine, or smoke
- ✓ Right before your test, go to the bathroom.
- ✓ During the test, rest your arm on a table at the level of your heart and put your feet flat on the floor. Relax and don't talk.

SOURCE National Heart, Lung and Blood Institute



Transitioning Into Menopause?

Menopause isn't a disease or disorder. It's a normal part of a woman's life. **Menopause marks the end of menstrual cycles and fertility.** Even though it's a natural process, the transition to menopause can be difficult for some women. The menopausal transition starts when this process changes and production of hormones like estrogen begins to decline. Most women start this transition (also called perimenopause) in their late 40s. But it can happen earlier or later. *Perimenopause symptoms can be different for everyone and include:*

- Changes in your period.** Periods happening very close together or farther apart than usual; heavy bleeding or spotting; periods that last for more than a week.
- Hot flashes.** A sudden feeling of heat in the upper part or all of your body.
- Night sweats.** Hot flashes that happen during sleep.
- Sleep problems.** Trouble falling asleep or staying asleep.
- Bladder issues.** Sudden urges to urinate, or urine leaking during exercise, sneezing, or laughing.
- Changes in vaginal health and sexuality.** Vaginal dryness; discomfort or pain during sex; changes in sexual desire.
- Mood changes.** Feeling moody or more irritable; feelings of anxiety or depression.
- Changes in body composition.** Muscle loss or fat gain; skin can become thinner; joints and muscles may feel stiff or achy.

SOURCE: National Institutes of Health | News in Health

Know Stroke. See the Signs. Act F.A.S.T.



Stroke is a medical emergency.

Stroke, a leading cause of disability and death, can take away your ability to talk, walk, and think clearly. And stroke can happen to anyone—even if you're young. About 80% are ischemic strokes, which disrupts blood to the brain. The rest are hemorrhagic strokes, caused by bleeding in or around the brain. The longer blood flow is cut off, the greater the damage. That's why recognizing the signs and calling 911 the moment you notice them is so crucial.

F – Face Drooping

Does one side of the face droop when smiling?

A – Arm Weakness

When arms are raised, does one drift down?

S – Speech Difficulty

Is speech slurred or strange?

T – Time to Call 911

Do not drive — call an ambulance immediately.

More Sudden Stroke Symptoms:

- Numbness** or weakness of face, arm, or leg, especially on one side of the body
- Confusion**, trouble speaking, or trouble understanding
- Trouble Seeing** in one or both eyes
- Trouble Walking**, dizziness, or loss of balance or coordination
- Severe Headache** with no known cause
- ✓ *Getting to a hospital quickly saves lives and increases the chances for successful recovery.*

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.**

BEING A MOM IS THE BEST REASON YOU'LL EVER HAVE TO TAKE CARE OF YOU.



SUN, MAY 11 • HAPPY MOTHER'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

MEASLES

R U B E O L A

Measles is a highly contagious respiratory virus that causes febrile rash illness. Measles has been eliminated (no sustained circulation) in the United States for decades. However, there can still be measles cases, as **it is easily imported by unvaccinated travelers and can spread in under-immunized communities.**

•• DISEASE COURSE

The incubation period is typically 11–12 days from exposure to measles virus until the first symptoms appear (prodromal symptoms). A rash follows the prodromal symptoms 2–4 days later and usually lasts 5–6 days. Measles is infectious 4 days before and 4 days after rash onset.

•• SYMPTOMS

Prodromal: Fever, cough, coryza, or conjunctivitis. Koplik spots (tiny white spots inside the mouth) may also appear 2–3 days after symptoms first appear.

Rash: A maculopapular rash (rash of both flat and raised skin lesions) begins on the head and face and then spreads downward to the neck, trunk, arms, legs, and feet. The spots may become joined together as they spread from the head to the body.

Fever may spike to more than 104° F when rash appears.

•• COMPLICATIONS

Most common complications: Diarrhea and otitis media.

Most severe complications: Pneumonia, encephalitis, and death. Patients may require hospitalization. Children younger than 5, adults older than 20, pregnant women, and immunocompromised persons are at most risk of serious complications.

•• WHAT TO DO IF YOU HAVE A SUSPECTED CASE

1. Immediately mask and isolate the patient in a room with a closed door (negative pressure room if available). Follow standard and airborne precautions.
2. Only allow health care workers with presumptive evidence of measles immunity* to attend the patient; they must use N-95 masks.
3. Evaluate the patient and order measles confirmatory testing (collect a throat or nasopharyngeal swab for RT-PCR and serum for IgM measles testing).
4. Contact infection control if available at your facility.
5. Immediately report this suspected case to your local and/or state health department.

For questions regarding specimen collection, storage, and shipment, please visit <https://www.cdc.gov/measles/php/laboratories/>

•• RESOURCES

Measles information for healthcare providers: <https://www.cdc.gov/measles/hcp/clinical-overview/>

Measles vaccine recommendations: <https://www.cdc.gov/measles/hcp/vaccine-considerations/>

Infection control guidelines for measles: <https://www.cdc.gov/infection-control/hcp/measles/>

Surveillance manual chapter on measles: <https://www.cdc.gov/vaccines/pubs/surv-manual/chpt07-measles.html>

Measles on the face



Measles on the trunk of body



* Presumptive evidence of measles immunity for healthcare workers (one of the following): documentation of two doses of measles-containing vaccine, laboratory evidence of immunity (positive IgG), laboratory evidence of disease, or birth before 1957. Consider vaccinating healthcare workers born before 1957 who do not have other evidence of immunity to measles. Self-reported doses and a history of vaccination provided by a parent or other caregiver, or a clinical diagnosis of measles, should not be accepted.



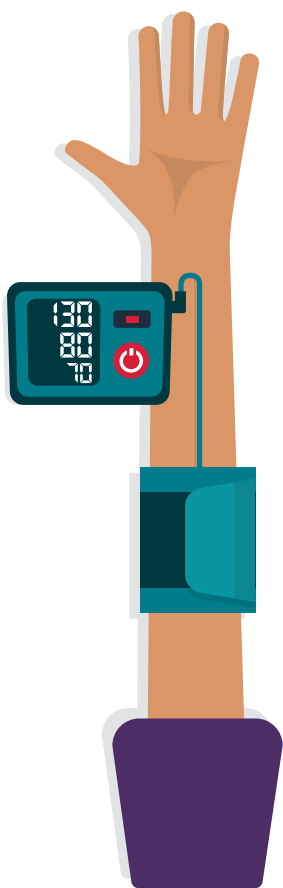
Healthy Blood Pressure for Healthy Hearts

Small Steps To Take Control



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.



High blood pressure is a "silent killer."

It doesn't usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
 - Heart disease
 - Stroke
 - Kidney disease
 - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

Some things put us at greater risk for high blood pressure.



Age: Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



Genes: High blood pressure often runs in families.



Sex: Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.



Race or ethnicity: While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



Lifestyle habits: Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.

What steps can you take to lower your blood pressure?

Set targets

Work with your doctor to set blood pressure numbers that are healthy for you. Use our worksheet at [nhlbi.nih.gov/hypertension](https://www.nhlbi.nih.gov/hypertension) to track your progress.

Take control

Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.

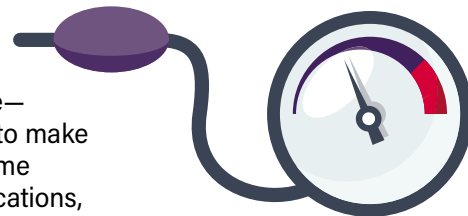
Work together

Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.



Taking the first step toward a healthy blood pressure.

Making lifestyle changes now can help keep your blood pressure in a healthy range—whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.



Why should I change?



Eat Healthy Foods

A diet **low in sodium and saturated fat**—like the DASH eating plan—can lower your blood pressure as effectively as medicines.



Move More

Get at least 2½ hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.



Aim for a Healthy Weight

Losing just 3 to 5 percent of your weight can improve your blood pressure. If you weigh 200 lbs., that's a weight loss of 6 to 10 lbs.



Manage Stress

Stress can contribute to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.



Stop Smoking

The **chemicals in tobacco smoke** can harm your heart and blood vessels. Quitting is hard. But many people have done it, and you can, too.

How can I change?

- Add **one fruit or vegetable** to every meal.
- If you get fast food, ask for a **salad instead of fries**.
- Give **Meatless Monday** a try.
- Commit to **one salt-free day a week**. Use herbs for flavor instead.

- Invite a colleague for **regular walks or an exercise class**.
- Give the elevator a day off and **take the stairs**.
- Take a break to **play outside** with your kids.
- March in place** during commercial breaks while watching television with your family.

- Join a **weight loss program** with a buddy.
- Sign "social support" agreements** with three family members or friends.

- Practice **mindful meditation** for 10 minutes a day.
- Share a **funny video, joke, or inspirational quote** with a friend.
- Talk with your doctor** if you have trouble managing stress on your own

- Visit **Smokefree.gov** or **BeTobaccoFree.hhs.gov** to connect with others trying to quit.
- Sign up for a **support group** at work or your local clinic.
- Join a **sewing, knitting, or woodworking group** to keep your hands busy when you get urges.

Take control of your blood pressure today! Learn more at www.nhlbi.nih.gov/hypertension



mexican lasagna

Ingredients

10 6-inch corn tortillas

2 cups canned low-sodium black beans, rinsed

4 cups Super Quick Chunky Tomato Sauce (See separate recipe card for details.)

1 1/2 cup Monterey Jack cheese, grated

1 10-ounce bag baby spinach leaves, rinsed

2 cups grilled chicken, diced

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

nonstick cooking spray



1. Preheat oven to 400°F.
2. Lightly spray a 9- by 13-inch baking pan with cooking spray. Place two to three corn tortillas on the bottom, trimming as necessary for a good fit.
3. Add beans, 1 cup tomato sauce, and 1/2 cup grated cheese. Top with two to three more corn tortillas.
4. Add 1 cup tomato sauce, spinach, and 1/2 cup cheese. Top with two more corn tortillas.
5. Add chicken and 1 cup tomato sauce. Top with two more corn tortillas.
6. Add 1 cup tomato sauce, 1/2 cup cheese, and cilantro.
7. Bake for 30 minutes, or until the cheese is melted and browned and chicken is reheated.
8. Let stand for 5 minutes. Cut into eight even squares, and serve.

Yield 8 servings, **Serving Size** 1 square, **Calories** 304, **Total Fat** 10 g, **Saturated Fat** 4 g, **Cholesterol** 52 mg, **Sodium** 275 mg, **Total Fiber** 6 g, **Protein** 23 g, **Carbohydrates** 31 g, **Potassium** 550 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