



Tips to Prevent and Control Diabetes

■ Get active!

- ✓ Do physical activities with moderate effort for a total of at least 2 hours and 30 minutes each week.
- ✓ If ready, do physical activity with vigorous effort for a total of at least 1 hour and 15 minutes each week.
- ✓ Do muscle strengthening activities, like yoga or lifting weights, at least 2 days each week.

■ Eat less sodium, saturated fat, cholesterol, carbohydrates, and sugar.

- ✓ Trim the fat off meat and the skin off chicken.
- ✓ Bake, broil, boil, or grill instead of frying.
- ✓ Use a small amount of vegetable oil instead of lard or butter.
- ✓ Cut down on sausage, bacon, and fried foods.
- ✓ Drink water and sugar-free beverages.

■ Eat more fiber.

- ✓ Choose whole grains, vegetables, fruits, and beans.
- ✓ Add fruit to your lunch.
- ✓ Add vegetables and beans to soups and casseroles.

■ Stay at a healthy weight. Try to lose weight if you're overweight.

- ✓ Eat smaller portions—don't go back for a second serving.
- ✓ Drink water or other calorie-free drinks.

■ If you smoke, stop.

- ✓ Ask your healthcare provider, family, or friends to help you quit smoking.
- ✓ Find additional help at smokefree.gov

If you already have diabetes, add these steps to control it.

- ✦ Check your blood sugar levels as your healthcare provider tells you.
- ✦ Take medicines as your provider tells you, even when you feel fine.
- ✦ Check your feet every day. Check for cuts, bruises, red areas, or swelling.
- ✦ Brush your teeth and use dental floss every day.
- ✦ See your eye doctor once a year, or more often if you have eye problems.
- ✦ Find support to help you handle stress.

The ABCs of Diabetes: A-A1C Test, B-Blood Pressure, C-Cholesterol

Be sure to ask your healthcare provider:

- ▶ What are my ABC numbers?
- ▶ What should my ABC numbers be?
- ▶ What do I need to do to reach healthy ABC numbers?

SOURCE: National Heart, Lung and Blood Institute



What are Antibiotic-Resistant Bacteria?

Antibiotics can save lives, but anytime antibiotics are used, they can lead to antibiotic resistance.

Antibiotic resistance occurs when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. If antibiotics lose their effectiveness, then we lose the ability to treat infections, like those that lead to sepsis.

- ✓ Bacteria, not the body, develop the ability to defeat the antibiotics designed to kill them.
- ✓ When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.
- ✓ Some resistant bacteria can be harder to treat and can spread to other people.

Talk to your healthcare professional about how you can feel better when antibiotics are not needed.

SOURCE: CDC (Centers for Disease Control and Prevention)



Pain and Older Adults

Pain is a signal that something may be wrong in your body. It often goes away with treatment or as the body heals. However, sometimes pain lasts for a longer time. It is often a symptom of various diseases and is considered a disease itself when it continues beyond recovery from an injury or illness.

Everyone reacts to pain differently. Some people feel they should be brave and not complain when they hurt. Others are quick to report pain and ask for help. Some people put off going to the doctor because they think pain is part of aging and nothing can help. This is not true! **It is important to talk with a doctor if you have pain, especially if you have new pain.** They can help you find ways to stay physically and socially active despite having pain. Finding a way to manage pain is often easier if it is addressed early.

Many people have a hard time describing their pain.

Think about these questions when you explain how the pain feels:

- ❑ **Where does it hurt?**
- ❑ **When did the pain start? Does it come and go?**
- ❑ **Is the pain sharp, dull, or burning?**
- ❑ **Do you have other symptoms?**
- ❑ **What time of day do you most often feel the pain?** After eating or exercising?
- ❑ **Is there anything you do that makes the pain feel better or worse?** For example, does using a heating pad or ice pack help? Does lying down or sitting up make it better?
- ❑ **Which therapies, including prescription or over-the-counter medicines, have you tried?**

Your doctor or nurse may ask you to rate your pain on a scale of 0 to 10, with 0 being no pain and 10 being the worst pain you can imagine. Your doctor may also ask you to keep a diary of when and what kind of pain you feel every day. SOURCE: National Institute on Aging

ACKNOWLEDGING THE GOOD THAT YOU ALREADY HAVE IN YOUR LIFE IS THE FOUNDATION OF ALL ABUNDANCE. —ECKHART TOLLE

THU, NOV.27 - HAPPY THANKSGIVING

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.**

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

Viruses or Bacteria

What's got you sick?

Antibiotics are often prescribed when they are not needed for respiratory infections. Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms.

Common Respiratory Infections	Common Cause			Are Antibiotics Needed?*
	Virus	Virus or Bacteria	Bacteria	
Common cold/runny nose	✓			No
Sore throat (except strep)	✓			No
COVID-19	✓			No
Flu	✓			No
Bronchitis/chest cold (in otherwise healthy children and adults)		✓		No**
Middle ear infection		✓		Maybe
Sinus infection		✓		Maybe
Strep throat			✓	Yes
Whooping cough			✓	Yes

*Antiviral drugs are available for some viral infections, such as COVID-19 or flu.

**Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help patients feel better.



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



Prediabetes Risk Test

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



Seasonal Tips: Holidays

PoisonHelp.HRSA.gov • 1-800-222-1222



HRSA
Health Resources & Services Administration

Poison Help



Halloween

Treats

- Check all treats before your child eats them. Tell your child why doing this is important.
- Make sure your child eats treats **ONLY** if they are in their wrapper from the store. Throw away candy if wrappers are faded, have holes or tears, or if the candy has been unwrapped.
- Check fruit and homemade treats to make sure they are safe to eat. Allow your child to eat such items only if someone you know and trust offered them.
- Some treats (for example, chocolate) can be poisonous to pets.

Glow Sticks or Light Sticks

- Glow sticks, light sticks and other objects that glow sometimes break. Children can chew them open. While these chemicals are not very poisonous, the chemicals can irritate the skin and eyes. If swallowed, the chemicals can cause a burning feeling. Contact Poison Help (1-800-222- 1222) with any questions.

Makeup

- Some makeup products can cause mild to serious problems. When choosing Halloween makeup, look for makeup that is not poisonous (non-toxic).
- Wash skin with soap and water right away if a rash or other changes in the skin develop. Symptoms that could be expected from an allergy or sensitivity to a makeup product commonly include: swollen skin, small bumps on the skin, and itching.
- If any makeup is swallowed, treatment depends on the amount ingested, ingredients, and symptoms.



Thanksgiving

- Thaw turkey in the refrigerator. Allow 1–3 days for thawing. If there is less time, put the turkey in a plastic bag. Cover it with cold water. Keep ice in the water so it stays cold.
- Wash hands **AFTER** handling turkey or any meat.
- Stuffing should always be cooked and stored separately from turkey.
- Follow cooking directions for turkey on the label.
- Use a meat thermometer to test for doneness. Place the thermometer inside the thigh. Or place it in the thickest part of the breast. The turkey is done when the thermometer reads 165 degrees F at the minimum.
- Refrigerate turkey, gravy, and stuffing after your meal. They will quickly spoil if left out.



Holiday Decorations

- Most modern ornaments are made with non-poisonous materials. But ornaments more than 25 years old may contain lead.
- Make sure children don't put small ornaments in their mouths. Children can choke on them.
- Bulbs and tree lights may be poisonous if swallowed.
- Mistletoe berries can be poisonous if eaten in large numbers. If mistletoe is used in decorating, make sure children and pets can't reach it.
- Use fake snow only in a well-vented space. The fumes from this product can be dangerous.
- After the snow has dried, small amounts are not harmful if swallowed.



pupusas revueltas

Ingredients

- 1 pound ground chicken breast
- 1 tablespoon vegetable oil
- 1/2 small onion, finely diced
- 1 clove garlic, minced
- 1 medium green pepper, seeded and minced
- 1 small tomato, finely chopped
- 1/2 teaspoon salt
- 5 cups instant corn flour (masa harina)
- 6 cups water
- 1/2 pound low-fat mozzarella cheese, grated

Low-fat ground chicken and cheese help reduce the saturated fat and calories in this tasty Salvadoran dish.



1. In a nonstick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to make sure it is evenly cooked.
2. Add onion, garlic, green pepper, tomato, and salt and mix well. Cook until chicken mixture is cooked through (internal temperature, 165°F). Remove the skillet from the stove. Put the mixture in a bowl and cool in the refrigerator.
3. While the chicken mixture is cooling, place the corn flour in a large mixing bowl and gradually stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls. Press a hole in each ball with your thumb.
6. Put about a tablespoon of the chicken mixture into the hole in each ball. Fold the dough over the completely enclose it. Press the ball out with your palms to form a disk.
7. In a very hot iron skillet, cook the pupusas on each side until golden brown.
8. Serve hot with Encurtido Salvadoreño. (See separate recipe card for details.)

Yield 12 servings, **Serving Size** 2 pupusas, **Calories** 290, **Total Fat** 7g, **Saturated Fat** 3g, **Cholesterol** 33mg, **Sodium** 223mg, **Total Fiber** 5g, **Protein** 14g, **Carbohydrates** 38g, **Potassium** 272mg



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