

Mammograms

Make time for a Mammogram



Mammograms are an important tool that can help find breast cancer in its early stages. A mammogram is a low-dose x-ray picture of the breast.

Why should I have one?

Mammograms can help save lives. They are still the best way to screen for breast cancer. They

can find breast lumps when they are too small for a woman or her doctor to feel.

Mammograms cannot find all problems. So, every woman should work with her doctor to check her breasts. Call your doctor or clinic if you notice any change in your breasts like:

- ☐ a lump
- ☐ thickening
- ☐ liquid leaking from the nipple or changes in how the nipple looks

What should I know before I get a mammogram?

- ✓ Do not wear deodorant, perfume, lotion or powder under your arm or on your breasts on the day of your exam. It might show up on the x-ray.
- ✓ Tell the clinic if you have breast implants when you make your appointment. They may need to take more pictures than a regular mammogram.
- ✓ Tell the clinic if you have physical disabilities that may make it hard for you to sit up, lift your arms or dress yourself. Also, let them know if you use a wheelchair or scooter.
- ✓ Talk with the staff about how they will handle issues of modesty that you may have due to your religion.

October 17, Friday is National Mammography Day

Take the time now to schedule your routine mammogram or encourage someone you love to schedule theirs.

To find a certified site near you,

- Go to the FDA website and put in your zip code:
www.fda.gov/findmammography
- You should also look for the FDA MQSA Certificate at your facility.

SOURCE FDA (U. S. Food and Drug Administration) Office of Women's Health



Prevent Falls to Protect Bones

To prevent falls at home:

- ✓ Keep rooms free of clutter, especially on floors.
- ✓ Don't walk in socks, stockings, or slippers.
- ✓ Be sure rugs have skid-proof backs or are tacked to the floor.
- ✓ Keep a flashlight next to your bed to guide you in the dark.

Exercises to improve balance:

- ✓ Stand on one leg at a time for a minute. Slowly increase the time. Try to balance with your eyes closed or without holding on.
- ✓ Stand on your toes for a count of 10, and then rock back on your heels for a count of 10.
- ✓ Move your hips in a big circle to the left, and then to the right. Do not move your shoulders or feet. Repeat five times.

SOURCE: National Institutes of Health | News in Health

YOUR BELIEFS DON'T MAKE YOU A BETTER PERSON. YOUR BEHAVIOR DOES.

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

Why is the Flu More Dangerous for Older Adults?



The flu is more dangerous for older adults for a few reasons.

- One reason is that the immune system — which helps your body fight infections — weakens as you age. For example, because your body is busy fighting off the flu, you might pick up a secondary infection such as pneumonia.
- A second reason is that older adults are also more likely to have other health conditions, like diabetes, that increase their risk for complications from the flu.

The good news is the flu vaccine reduces your risk of getting the flu and of getting seriously ill if you do get sick with the flu. Flu vaccination is especially helpful for people with chronic health conditions.

How can you prevent the flu?

The most effective way to prevent the flu is to get a flu vaccine every year. Everyone 6 months and older should get a flu vaccine.

It makes it less likely that you will get the flu. It also reduces your chances of being hospitalized or dying if you do get sick with the flu.

You can help stop the spread of flu by:

- ✓ Washing your hands
- ✓ Covering your mouth when you cough or sneeze
- ✓ Avoiding touching your eyes, nose, or mouth
- ✓ Staying home when you are sick
- ✓ Avoiding close contact with people who are sick
- ✓ Cleaning and disinfecting frequently touched surfaces at home, work, or school

Why do you need a flu vaccine every year?

You need a flu vaccine every year for two reasons.

- 1 Flu viruses change and the flu vaccine is updated each year to target the flu viruses that are anticipated to spread that year.
- 2 The protection you get from a flu vaccine lessens with time, especially in older adults. Getting your flu vaccine every fall gives you the best protection from that year's flu viruses.

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.

What is a mammogram?

A mammogram is an X-ray image of the breast. It can find breast cancer in a person who doesn't have any **warning signs or symptoms**, even when the breast cancer is too small to feel. This is called a **screening mammogram**. It's the best screening test we have today to find breast cancer in most women.

A mammogram can also be used as a follow-up test known as a **diagnostic mammogram**. It may be done after a change is found:

- On a screening mammogram.
- During a clinical breast exam.
- By you or your partner.

While a diagnostic mammogram can't diagnose breast cancer, it can help rule it out. Other imaging tests may be done after a diagnostic mammogram if cancer can't be ruled out. If the findings suggest breast cancer, a **biopsy** will be needed to diagnose (or rule out) breast cancer.

Digital breast tomosynthesis (DBT, tomo, 3D mammography)

Today, most women have mammography with digital breast tomosynthesis (DBT). DBT can also be called "tomo" or 3-dimensional (3D) mammography. DBT takes multiple 2-dimensional (2D) digital images of the breast. Computer software combines the 2D images to create a 3D image. A trained radiologist reads the mammogram by studying the images to look for signs of breast cancer.

When scheduling your mammography appointment, check if your insurance covers DBT.

What to expect on the day of the mammogram

A screening mammogram takes about 15 minutes.

- Wear a shirt you can remove easily since you'll undress from the waist up before the mammogram.
- Don't use deodorant, antiperspirants, perfume, powders or lotion on your breasts and underarm areas on the exam day. Ingredients in these products can appear on a mammogram, making it harder to read.



Findings on a mammogram

A mammogram may show:

- No signs of breast cancer.
- A **benign (not cancer) condition** or other change that does not suggest cancer.
- An **abnormal finding** that needs follow-up tests to rule out cancer.

You should receive your results within 2 weeks. If you haven't received them by then, call your doctor or the mammography center.

Breast density on a mammogram

Breast density is a measure used to describe mammogram images, it's not how the breasts feel. Breasts are made up of breast tissue and fat, with connective tissue helping to hold everything in place. Breast density compares the amount of breast tissue to the amount of fat seen on a mammogram. Breast tissue is denser than fat, which can make it hard for a radiologist to read a mammogram.

- High breast density = More breast tissue than fat.
- Low breast density = More fat than breast tissue.

Having dense breasts is a risk factor for breast cancer. It's common, too; it occurs in about 40-50% of women ages 40-74.

The Food and Drug Administration (FDA) requires all mammography centers in the U.S. to notify women about their breast density after having a mammogram.

If you have any concerns about your breast density or your risk of breast cancer, talk with your doctor.

This fact sheet is intended to be a brief overview. For more information, visit [komen.org](https://www.komen.org) or call Susan G. Komen's Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 a.m. to 10 p.m. ET, or email at helpline@komen.org. Se habla español.

Resources

Susan G. Komen®
1-877 GO KOMEN
(1-877-465-6636)
komen.org

Related educational resources:

- [Breast Self-Awareness Messages](#)
- [Benign Breast Conditions](#)
- [Breast Density](#)
- [Breast Density – Questions to Ask Your Doctor](#)
- [Breast Cancer Screening & Follow-Up Tests](#)
- [If You Find a Breast Lump or Change](#)
- [Screening Mammograms – Questions to Ask Your Doctor](#)
- [What is Breast Cancer?](#)



Questions & answers about mammography

When should I get a screening mammogram?

Talk with your doctor about when and how often to get a screening mammogram. Susan G. Komen® believes all women should have access to regular screening mammograms when they and their doctor decide it's best, based on their risk of breast cancer.

Are mammograms painful?

You may feel some pressure, but getting a mammogram shouldn't hurt. Tell the technologist if you have any concerns or if you feel any discomfort during the test.

Is the radiation from a mammogram harmful?

You're exposed to a small amount of radiation during a mammogram. Although this exposure might increase the risk of breast cancer over time, this increase is very small. Studies show the benefits of mammography outweigh this risk, especially for women ages 50 and older.

What should I do if I'm told I have dense breasts?

There are no special screening recommendations for women with dense breasts. However, your doctor may suggest other types of breast imaging in addition to regular mammograms, depending on your risk.

What if I can't afford a mammogram?

The Affordable Care Act requires most health insurance plans to cover screening mammograms with no co-payment, every 2 years for women 50 and older, and as recommended by a health care provider for women 40-49. This includes Medicare and Medicaid. Call the Komen Patient Care Center at 1-877 GO KOMEN (1-877-465-6636) or email helpline@komen.org for information about low-cost programs in your area.

This content provided by Susan G. Komen® is designed for educational purposes only and is not exhaustive. Please consult with your personal physician.

A Strong Defense Against Flu: Get Vaccinated!

FIGHT FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

What are some key reasons to get a flu vaccine?

- Every year, flu vaccination prevents illnesses, medical visits, hospitalizations, and deaths.
- Flu vaccination also is an important preventive tool for people with chronic health conditions. For example flu vaccination has been associated with lower rates of some cardiac events among in people with heart disease.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.



Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- [Standard dose flu shots made from virus grown in eggs.](#)
- [Shots made with adjuvant and high dose for older adults.](#)
- [Shots made with virus grown in cell culture instead of eggs.](#)
- Shots made using a [recombinant vaccine production technology](#) that does not require the use of a flu virus.
- [Live attenuated influenza vaccine \(LAIV, the nasal spray vaccine\)](#), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.



Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm.

What are the side effects of flu vaccines?

Flu shots: Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

Nasal spray flu vaccines: The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Visit: www.vaccinefinder.org to find a flu vaccination clinic near you.

For more information, visit: www.cdc.gov/flu or call **1-800-CDC-INFO**

autumn salad

Ingredients

1 medium Granny Smith apple, sliced thinly (with skin)

2 tablespoons lemon juice

1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)

$\frac{1}{2}$ cup dried cranberries

$\frac{1}{4}$ cup walnuts, chopped

$\frac{1}{4}$ cup unsalted sunflower seeds

$\frac{1}{3}$ cup low-fat raspberry vinaigrette dressing



1. Sprinkle lemon juice on apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with $\frac{1}{3}$ cup of raspberry vinaigrette dressing, to lightly cover the salad.

Yield 6 servings, **Serving Size** 1 cup, **Calories** 138, **Total Fat** 7g, **Saturated Fat** 1g, **Cholesterol** 0mg, **Sodium** 41mg, **Total Fiber** 3g, **Protein** 3g, **Carbohydrates** 19g, **Potassium** 230mg



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