



Your Feet & Diabetes: Could You Have Nerve Damage?

Diabetes can reduce blood flow and damage nerves, making a wound more likely to get infected and harder to heal, and increasing the risk of amputation. Anyone with diabetes can develop

nerve damage, but **these factors increase your risk:**

- Blood sugar levels that are hard to manage.
- Having diabetes for a long time, especially if your blood sugar is often higher than your target levels.
- Being overweight.
- Being older than 40 years.
- Having high blood pressure and high cholesterol.

Nerve damage and poor blood flow—another diabetes complication—put you at risk for developing a foot ulcer (a sore or wound). With diabetes, a foot ulcer could get infected and not heal well. If an infection doesn't get better with treatment, your toe, foot, or leg may need to be amputated (removed by surgery). This is done to prevent the infection from spreading and to save your life.

Prevent or Delay Nerve Damage

Keep your blood sugar in your target range as much as possible.

This is one of the most important things you can do to prevent nerve damage or stop it from getting worse. Other good diabetes management habits can help, too:

- Don't smoke. Smoking reduces blood flow to the feet.
- Get physically active—10 to 20 minutes a day is better than an hour once a week. And both are better than none!
- Take medicines as prescribed by your doctor.
- Follow a healthy eating plan. SOURCE: Centers for Disease Control and Prevention

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:

- 1 **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.
- 2 **Shingles can be serious.** For many people, shingles symptoms are mild, but others may develop more severe symptoms like intense or long-lasting pain.
- 3 **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.

Is shingles contagious? If you are in contact with someone who has shingles, you will not get the symptoms of shingles yourself. However, direct contact with fluid from a shingles rash can still spread the varicella-zoster virus, which can cause chickenpox in people who never had chickenpox or who haven't had the chickenpox vaccine.

You can limit spreading the virus to other people by:

- ✓ Staying away from anyone who has not had chickenpox or the chickenpox vaccine, or who might have a weakened immune system
- ✓ Keeping the rash covered
- ✓ Not touching or scratching the rash
- ✓ Washing your hands often

APR 26 NATIONAL PRESCRIPTION DRUG TAKE BACK DAY 10 AM – 2 PM

YOUR LEGACY IS EVERY LIFE YOU TOUCH. -Maya Angelou

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



Ten Tips to Stay Healthy at Work or While Working from Home

- 1 Ensure that your workspaces in the office and at home are ergonomically set up to prevent injuries.
- 2 Take a break from sitting every 30 minutes. A brief 5–10-minute break can help rejuvenate your mind and prevent chronic pain.
- 3 Walk and use the stairs whenever possible.
- 4 Alternate sitting and standing throughout the day.
- 5 Offer walking meetings as alternatives to sitting in conference rooms.
- 6 Schedule time to exercise daily as a priority—as you would plan other important work responsibilities.
- 7 Break up physical activity into smaller durations of time—such as 10 minutes before work, 10 minutes at lunch, and 10 minutes after work—if longer durations of exercise do not fit within your schedule.
- 8 Incorporate microbreaks of 1–2 minutes every 30–60 minutes to stand up and stretch your entire body.
- 9 Use a hands-free headset for your phone so you can move around easily.
- 10 Eat nutritious meals and keep healthy snacks available.

SOURCE: NASA Headquarters Fitness Center-DeskFit



Reduce Your Allergies

A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame. Take steps to reduce your exposure to allergens.

To reduce allergies:

- Avoid going outdoors when you're having allergies.
- If you go outside, wash your hair and clothing when you come inside.
- Keep humidity levels low in the home.
- Avoid upholstered furniture and carpets.
- Wash your bedding in hot water once a week.
- Talk with your doctor about medications and allergy shots.
- Vacuum the floors once a week. SOURCE: National Institutes of 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.**

Stress Less for a Healthier Heart



Stress happens. You can't always prevent or avoid it. But you can change how you respond to it. Try these tips. You may feel better—and have a healthier heart, too!

Know How Stress Affects Your Body

Whether it's from everyday deadlines, the work-life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow—and especially over the long term that's not healthy! Research shows that stress can make us more likely to get heart disease and have a heart attack.

The origins of heart disease begin at a young age, so the earlier in life you learn how to de-stress, the happier you and your heart will be.

Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and gut. You may not see the connection, and healthcare providers may not ask about your stress. So try to listen to your body while thinking about what's going on in your life.

Turn On Your Relaxation Response

Did you know your body also has a relaxation response? Your breathing slows and **blood pressure** and heart rate decrease. The good news is you can trigger that response.

Ways to do so often combine breathing deeply and focusing your attention on pleasing thoughts and images.

Here are a few relaxation response techniques to try. You can do these on your own or find a teacher or class to start. They may take some practice!

Progressive muscle relaxation

This approach calls for tightening individual muscles in your body and then releasing the tension. Start by tensing and relaxing your toes, then your calves, and on up to your face. Do one muscle group at a time.



Meditation

This is one of the most-studied approaches for handling stress. There are a variety of ways to do it, including through **mindfulness meditation**. Most meditation styles involve:

- Being in a quiet location with as few distractions as possible
- Being physically comfortable either sitting, lying, or walking
- Focusing your attention on a specific word or set of words, an object, or your breathing
- Having an open attitude and letting distractions, including thoughts, come and go without judgment



Guided imagery

This involves a series of steps that include relaxing and visualizing the details of a calm, peaceful setting, such as a garden. Learn more about stress and try a [guided imagery session](#).



Deep breathing

This is something you can do anytime, anywhere. Take in a slow, deep breath, let your stomach or chest expand, then exhale slowly. Repeat a few times.



Find Your Way to Healthy Relaxing

There's no one way to control stress. You may want to try a stress management program, do yoga, talk to a professional counselor, take an art class, or join friends for a brisk walk. Being in nature is very soothing for some people.

If you're short on time, make a list of three-minute activities you love. Add one to each day of your calendar. Consider:

- Listening to a favorite tune during lunch
- Stretching after a warm shower
- Catching a few minutes of the sunrise or sunset



Finding healthy relaxation exercises is just one way to protect your heart. Combine de-stressing with other **heart-healthy habits**: eat nutritious foods, move your body more and exercise, get enough sleep, and develop a strong social support system.

Know When It's More Than Just Stress

If you're feeling overwhelmed and unable to cope, are using drugs or alcohol more frequently, or are having suicidal thoughts, **seek professional help right away**. Resources are available from the [National Institute of Mental Health](#).



How to Dispose of Medicines Properly

DON'T: Flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

DO: Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal below.

1ST CHOICE: DRUG TAKE-BACK EVENTS

To dispose of prescription and over-the-counter drugs, call your city or county government's household trash and recycling service and ask if a drug take-back program is available in your community. Some counties hold household hazardous waste collection days, where prescription and over-the-counter drugs are accepted at a central location for proper disposal.



Drug Take-Back Event

Courtesy: Upper Watauga Riverkeeper
and Appalachian Voices

2ND CHOICE: HOUSEHOLD DISPOSAL STEPS*



1. Take your prescription drugs out of their original containers.



2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.



3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.



4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with permanent marker or duct tape, or by scratching it off.



5. The sealed container with the drug mixture, and the empty drug containers, can now be placed in the trash.

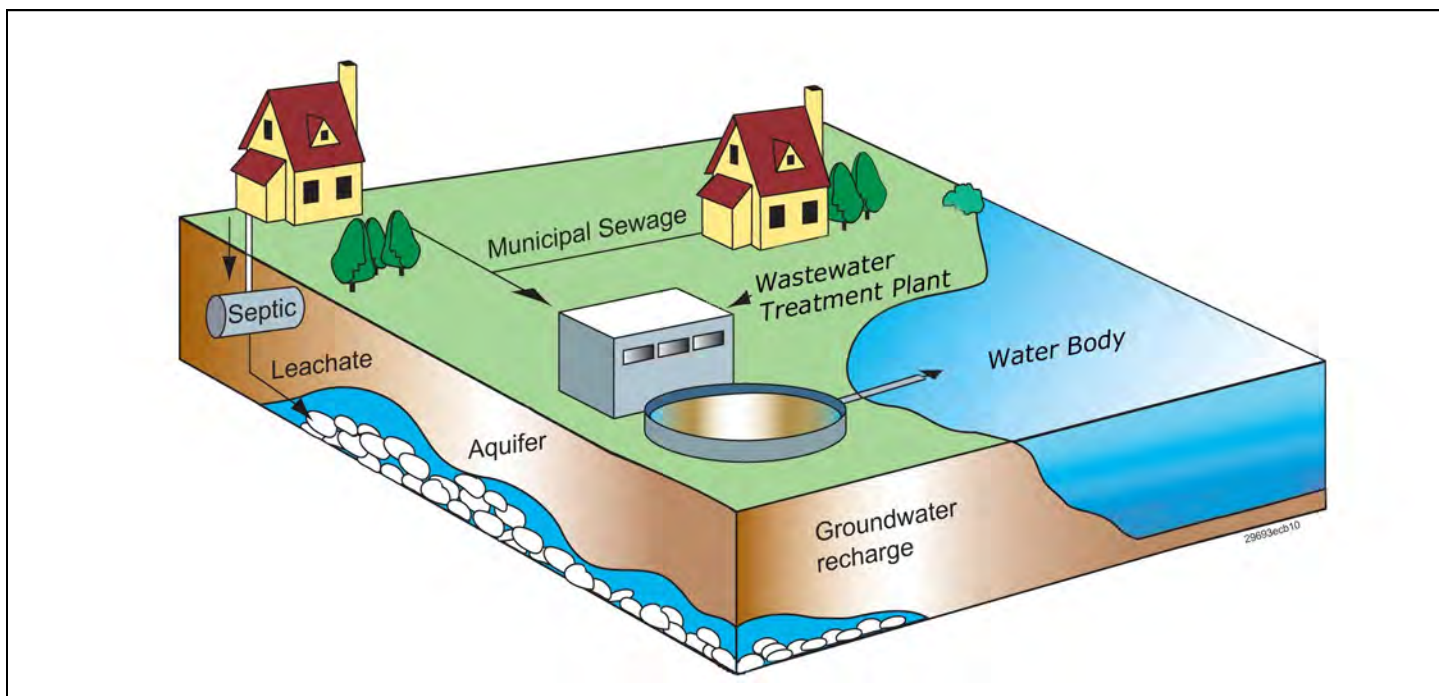
How Proper Disposal of Medicines Protects You and the Earth:

- Prevents poisoning of children and pets
- Deters misuse by teenagers and adults
- Avoids health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well
- Keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet

How Improper Disposal of Medicines May End Up in Our Drinking Water Sources

In homes that use septic tanks, prescription and over-the-counter drugs flushed down the toilet can leach into the ground and seep into ground water.

In cities and towns where residences are connected to wastewater treatment plants, prescription and over-the-counter drugs poured down the sink or flushed down the toilet can pass through the treatment system and enter rivers and lakes. They may flow downstream to serve as sources for community drinking water supplies. Water treatment plants are generally not equipped to routinely remove medicines.



For more information, go to www.epa.gov/ppcp/
Or call the Safe Drinking Water Hotline at 800-426-4791

watermelon & tomato salad

Ingredients

2 large tomatoes, rinsed
and cut into 6 slices each

2 tablespoons white balsamic
vinegar (or substitute
apple cider vinegar)

1 tablespoon olive oil

1 tablespoon fresh basil, rinsed,
dried, and chopped
(or 1 teaspoon dried)

4 cups diced watermelon,
with seeds removed (about
half a small melon, rinsed)

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground black
pepper



1. Arrange three tomato slices on each of four salad plates.
2. Combine vinegar, oil, and basil in a bowl, and mix well.
3. Add watermelon, and gently toss to coat evenly.
4. Spoon watermelon over the tomatoes.
5. Top with salt and pepper, and serve.

Yield 4 servings, **Serving Size** 3 tomato slices, 1 cup watermelon, **Calories** 96,
Total Fat 4 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 127 mg, **Total Fiber** 2 g,
Protein 2 g, **Carbohydrates** 16 g, **Potassium** 390 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