



Keep Your Lungs Healthy

With each breath in, your lungs take in life-giving oxygen. The oxygen then travels through your blood to every cell in your body. With each breath out, your lungs release carbon dioxide, the waste produced when your cells burn energy. If something goes wrong with your breathing, it can impact your whole body and your daily life. Many different symptoms can signal a lung problem. You may have coughing, wheezing, or shortness of breath. Your chest can feel tight, like someone is squeezing or sitting on it. You may find it hard to take a deep breath. You might become short of breath easily or feel tired all the time.

Sometimes these symptoms are temporary. They can be caused by things like stress, allergies, or infections. But if you have lung symptoms that last for more than a few weeks, it's important to talk to your doctor. These symptoms could indicate a chronic lung disease.

Protect Your Lung Health

- ✓ **Quit smoking, or don't start.** Get free help at smokefree.gov, 1-800-QUIT-NOW (1-800-784-8669), or text QUIT to 47848.
- ✓ **Avoid secondhand tobacco smoke.** Stay away from places where smoking is allowed. Ask any friends and family members who smoke to do it outside.
- ✓ **Be physically active.** Physical activity can help strengthen your heart and lungs so they work better. Talk to your doctor about what level of physical activity is right for you.
- ✓ **Limit exposure to air pollution.** Check the Air Quality Index before outdoor activities. Make sure your home is aired out and cleaned regularly.
- ✓ **Stay up to date on vaccines against diseases that harm the lungs.** These can include flu, COVID-19, and pneumonia.
- ✓ **Use protective gear** if your work exposes you to dust, silica, allergens, chemical fumes, or other pollution sources.
- ✓ **Make good sleep a priority.** Poor sleep can cause lung disease symptoms to worsen. Sleep is also critical to overall health.

SOURCE: National Institutes of Health



Take Care of Your Hair and Yourself

Hair loss is often associated with men and aging, but it can happen to women and children, too. Many people have thinning hair or bald areas on their head. You can lose hair slowly or quickly. Whether or not your hair will eventually grow back depends on the cause. If you start losing clumps of hair or notice your hair thinning, check in with your doctor. They can help identify the cause, suggest possible treatments, and help you learn how to manage the condition.

Tips on How to Manage Hair Loss:

- **Be gentle.** Use your comb or brush carefully.
- **Cover up.** Wear a hat, scarf, wig, or hairpiece. It can protect your scalp from the sun.
- **Use sunscreen.** Protect bald, uncovered areas from sun damage.
- **Try a new style.** Ask your barber or hairstylist to make the most of your remaining hair.
- **Get support.** Share your feelings and get tips for coping with hair loss from others with the same challenge. Or, ask for support from a counselor

SOURCE: National Institutes of Health

Make Your Home Healthier



Small steps, taken over time, can create a healthier home.

- ❑ **Cut down on dust.** Vacuum regularly using a HEPA filter, if possible. Wet-mop floors and wipe surfaces with a damp cloth to trap dust.
- ❑ **Take off your shoes.** Leave shoes at the door to avoid tracking pesticides, dirt, and other pollutants into the house.
- ❑ **Prevent mold.** Fix leaks, dry wet areas quickly, improve airflow, and clean mold.
- ❑ **Improve indoor air.** Open windows when possible to bring in fresh air. Use kitchen and bathroom exhaust fans to reduce moisture and pollutants.
- ❑ **Choose products with fewer added chemicals.** Look for fragrance-free soaps, cleaners, and personal care products. Try to avoid products marketed as stain resistant or nonstick.
- ❑ **Check your drinking water.** If you use a private well, have the water tested regularly. Use a certified water filter if testing shows contaminants.
- ❑ **Practice healthy habits.** Balanced eating and regular physical activity can help support overall health even when environmental exposures occur.

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.

AUGUST	
NATIONAL IMMUNIZATION AWARENESS MONTH TALK TO YOUR HEALTHCARE PROFESSIONAL ABOUT WHICH VACCINES ARE RIGHT FOR YOU.	
AUG 1	WORLD LUNG CANCER DAY RAISE AWARENESS ABOUT RISKS, PREVENTION AND EARLY DETECTION
AUG 31	INTERNATIONAL OVERDOSE AWARENESS DAY HELP END OVERDOSE BY SPREADING AWARENESS ABOUT DRUG OVERDOSE PREVENTION

"IF YOU TELL THE TRUTH, YOU DON'T HAVE TO REMEMBER ANYTHING." -MARK TWAIN

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

People 65 Years and Older Need a Flu Shot

FIGHT FLU



Information for adults 65 years and older

Influenza (flu) can be a serious illness, especially for older adults.

***FACT:** People 65 years and older are at higher risk of developing serious complications from flu, compared with young, healthy adults.*

This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.

***FACT:** While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.*

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

For people 65 years and older, there are three flu vaccines that are preferentially recommended over other flu vaccines: Fluzone High-Dose Quadrivalent inactivated flu vaccine, FluBlok Quadrivalent recombinant flu vaccine, and Fluvad Quadrivalent adjuvanted inactivated flu vaccine. These vaccines are preferred for people 65 and older because a review of available studies suggests that, in this age group, these vaccines are potentially more effective than standard dose, unadjuvanted flu vaccines.

1. Fluzone® High-Dose Quadrivalent vaccine contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. FLUAD™ Quadrivalent vaccine is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.
3. Flublok® Quadrivalent vaccine is a recombinant protein flu vaccine approved for use in people 18 years and older. It contains three times the amount of antigen compared with a regular flu shot.



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



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

Flu shots have an excellent safety record and do not cause flu.

FACT: *The side effects of flu shots are mild when compared with potentially serious consequences of flu virus infection.*

After getting your flu shot, you may experience some side effects. The most common side effects are mild and include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. Some of these symptoms might be more likely to occur with the high-dose and adjuvanted flu vaccines.

Underlying medical conditions can also put you at higher risk of serious flu complications.

FACT: *Flu can make underlying health problems worse, even if they are well managed.*

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common underlying medical conditions that place people at higher risk of developing serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu shot every year.

FACT: *There are prescription drugs that can treat flu illness. People 65 years and older should be treated with flu antiviral drugs if they get sick with flu.*

If you have flu symptoms—even if you had a flu shot—call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at higher risk of developing serious flu complications, like people 65 years and older.



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Take control of your health and fight flu this season with an annual flu vaccine.

**For more information about the flu or the vaccine,
call 1-800-CDC-INFO or visit <http://www.cdc.gov/flu/>.**

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Warning Signs of Lung Disease

Your body gives you clues when there is something abnormal happening with your lungs. The symptoms may start out mild and you might consider dismissing them but getting checked out now can help you receive treatment before the disease becomes serious. Early detection could save your life.

Signs and symptoms of lung disease differ based on the disease, but often include:

- A cough that lasts longer than eight weeks
- Shortness of breath that doesn't go away after exercise
- Chest tightness
- Coughing up mucus or phlegm for a month or longer
- Wheezing or noisy breathing
- Unexplained chest pain
- Coughing up blood

Early detection is key to successful treatment of lung disease.

Make an appointment and then talk to your healthcare provider about your symptoms, exposures to risk factors, and medical history.

Depending on your symptoms, your doctor may recommend a lung test or procedure. You can learn more about routine procedures, tests, and treatments at [Lung.org](https://www.lung.org).

If You Are Prescribed Opioids



Prescription opioids (like hydrocodone, oxycodone, and morphine) are one of the many options for reducing severe pain. While these medications can reduce pain during short-term use, they come with serious risks including addiction and death from overdose.

Ask your doctor these questions to fully understand both the benefits and risks of prescription opioids to make sure you're getting care that is safe, effective, and right for you.



1 What are the common side effects of opioids?

When opioids are taken exactly as directed, you may experience common side effects. Discuss these and other side effects with your doctor so you know what you may expect:

- | | | |
|---------------------------------|--------------|--------------|
| • Increased sensitivity to pain | • Dry mouth | • Depression |
| • Constipation | • Sleepiness | • Itching |
| • Nausea and vomiting | • Confusion | • Dizziness |

2 What can I do to reduce the risks or intensity of side effects?

- Never take opioids in higher amounts or more often than prescribed.
- When you start taking opioids, they might affect your ability to safely operate a vehicle—proceed with caution until you know how they affect you.
- To prevent constipation with opioid use, drink more fluids and eat more fiber than usual, and maintain or increase physical activity. You might need stool softeners or laxatives.

If You Are Prescribed Opioids

3 What increases my risk of overdose or death from this medication?

It is very dangerous to combine opioids with other drugs, especially those that cause drowsiness. Risks increase when your medication is combined with:

- Alcohol and/or other sedatives
- Benzodiazepines (also known as “benzos” and include diazepam and alprazolam)
- Other opioids (prescription or illicit, including heroin)

Talk to your doctor about any other medications you are using. Ask about the serious side effects (like excessive sleepiness, shallow breathing, or craving more of the medication). Call a doctor or go to the hospital if you experience these symptoms.

4 How long will I need to take prescription opioids?

Opioids should only be used when necessary and only for as long as necessary. Generally, for acute pain this means 3 to 7 days or less. Follow up with your doctor to reevaluate your pain and get guidance on how to cope with possible withdrawal symptoms when you stop.

Follow up with your doctor within the first few days of your prescription to ensure opioids are helping and to discuss what you can expect overall for pain relief and improvement.

5 How should I store my medication? What about unused medication?

Safe storage and disposal of unused medications can help prevent opioid misuse and overdose.

- Store prescription opioids in a secure place, out of reach of children, family, friends, and visitors.
- Never sell or share prescription opioids.
- Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (www.fda.gov/Drugs/ResourcesForYou)

6 What are the signs of opioid overdose?

- Small, constricted “pinpoint pupils”
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale, blue, or cold skin

Naloxone is a life-saving drug that can reverse the effects of an opioid overdose, if administered in time: <https://www.cdc.gov/drugoverdose/prevention/reverse-od.html>

spicy okra

Ingredients

2 10-ounce packages frozen, cut okra

1 tablespoon vegetable oil

1 medium onion, coarsely chopped

1 14 1/2-ounce can of diced tomatoes

1 fresh jalapeno pepper (or habanero chile), pierced 3 times with a fork

1/2 teaspoon salt

1/4 teaspoon black pepper



1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Sauté onion for about 3 minutes. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
3. Stir in salt and pepper and discard the chile.

Yield 10 servings, **Serving Size** 1/2 cup, **Calories** 99, **Total Fat** 4g, **Saturated Fat** 1g, **Cholesterol** 0mg, **Sodium** 133mg, **Total Fiber** 5g, **Protein** 4g, **Carbohydrates** 15g, **Potassium** 563 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 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