

## About Angina



**Angina** is a pain or discomfort in the chest that occurs when the heart muscle is not getting enough blood due to the buildup of plaque in the arteries. It is not a heart attack, but if you have angina, you are more likely to have a heart attack.

The pain may feel like pressure or squeezing in your chest, or may also occur in your shoulders, arms, neck, jaw, or back.

**Stable angina**—a type with a predictable pattern—can be brought on by a physical or emotional strain, but unlike a heart attack, is usually relieved by rest or medicine.

**Unstable angina** is less predictable, may not be relieved by rest or medicine, and is a sign that you may have a heart attack very soon. If your pain does not go away within 5 minutes after rest and/or medicine, or gets worse, call 9–1–1 immediately.

♥ **Getting Help for a Heart Attack:** If you have heart disease, you are at high risk for having a heart attack. But planning ahead so you know what to do if heart attack signs occur will help you get treatment fast—when it can save heart muscle and even your life.

♥ **Prepare a Heart Attack Survival Plan:** Be sure your family, friends, and coworkers know the warning signs and what to do if you should have a heart attack. Write down medications you take, any medicines you are allergic to, and phone numbers for your doctor and a person to contact in an emergency. Give this information to family members and keep a copy at home and at work.

SOURCE: National Heart, Lung and Blood Institute



## Build Healthy Relationships

*Positive social habits can help you build support systems and stay healthier mentally and physically.*

**Here are some tips for connecting with others:**

- Recognize how other people influence you.
- Share your feelings honestly.
- Ask for what you need from others.
- Listen to others without judgement or blame. Be caring and empathetic.
- Disagree with others respectfully.
- Conflicts should not turn into personal attacks.
- Avoid being overly critical, angry outbursts, and violent behavior.
- Expect others to treat you with respect and honesty in return.
- Compromise. Try to come to agreements that work for everyone.
- Protect yourself from violent and abusive people. Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.
- Learn the differences between healthy, unhealthy, and abusive ways of relating to others. Visit [www.thehotline.org](http://www.thehotline.org)

SOURCE: National Institutes of Health

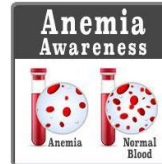
## DID YOU KNOW?

Shingles is a disease that causes a painful skin rash.

About one in three people will get shingles, and your risk increases as you age. Shingles is caused by the same virus that causes chickenpox. Although there is no cure, shingles can be prevented and treated.

**FEBRUARY 23 — MARCH 1 IS SHINGLES AWARENESS WEEK  
 GET VACCINATED TO REDUCE YOUR RISK.**

## Anemia At a Glance



**Anemia** is the most common blood disorder in the United States. It happens when your blood has lower-than-normal amounts of red blood cells or hemoglobin. There are many types of anemia, and it can develop in people of all ages, races, and ethnicities.

**Signs and Symptoms:** If you have anemia, your body does not get enough oxygen-rich blood, which can cause you to feel tired or weak. Speak to a healthcare professional if you're experiencing any of the signs or symptoms of anemia.

### ► Mild Anemia

- Tiredness, weakness, or pale or yellowish skin

### ► Moderate Anemia

- Faintness or dizziness
- Increased thirst, sweating, weak and rapid pulse, or fast breathing

### ► Severe Anemia

- Shortness of breath
- Enlarged heart
- Lower leg cramps while exercising
- Abnormal heart rhythms, called arrhythmias
- Sadness, low energy, and changing moods
- Heart murmur
- Heart failure

### Common Conditions that can Lead to Anemia:

- **Diets deficient** in iron, folic acid, or vitamin B12
- **Colon polyps** (abnormal clumps of cells that grow inside the body)
- **Pregnancy**
- **Cancer**
- **Ulcers** (open sores inside or outside the body)

**Diagnosis:** If you have any signs or symptoms of anemia, your doctor can diagnose the condition through blood tests. Sometimes anemia may be found during a test for another condition or when you donate blood.

SOURCE: National Heart, Lung and Blood Institute

## 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.**

**SOMETIMES THE SMALLEST ACT OF LOVE CAN TAKE UP  
 THE BIGGEST SPACE IN SOMEONE'S HEART.**



**SAT., FEB. 14 — HAPPY VALENTINE'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@ehmchealth.org](mailto:harveygrossmd@ehmchealth.org)**

# Heart-Healthy Eating Plan

What you eat makes a difference to your heart. A heart-healthy eating plan emphasizes vegetables, fruits, and whole grains, includes fat-free or low-fat dairy products, and limits foods high in saturated fat and sugar-sweetened beverages and sweets. Use the guide below to determine how much you should eat from each food group.\*

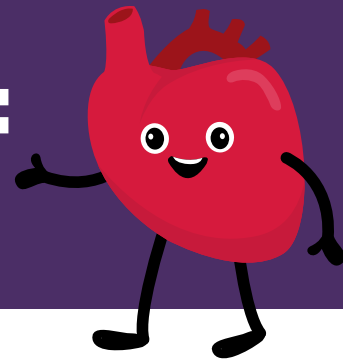
## Food Group

## Heart-Healthy Options

	<p><b>Whole Grains</b> Bread, cereal, starchy vegetables, rice, and pasta (6 ounces for women and 8 ounces for men)</p>	<ul style="list-style-type: none"> <li>♥ Whole grain versions of sliced bread, sandwich buns, dinner rolls, pita, English muffins, bagels</li> <li>♥ Unsalted, low-fat crackers (such as graham crackers), pretzels, and popcorn</li> <li>♥ Cooked hot cereals (not instant) and whole grain cold cereals</li> <li>♥ Rice and pasta (such as whole grain noodles, spaghetti, and macaroni)</li> </ul>
	<p><b>Vegetables</b> (without added fat) (2½ cups)</p>	<ul style="list-style-type: none"> <li>♥ Fresh, frozen, or no-salt-added canned vegetables (such as green beans, string beans, carrots, cabbage, tomatoes, squash, broccoli, and okra)</li> </ul>
	<p><b>Fruits</b> (2 cups)</p>	<ul style="list-style-type: none"> <li>♥ Fresh, frozen, canned (in fruit juice rather than syrup), or dried fruits</li> </ul>
	<p><b>Fat-free or low-fat milk and milk products</b> Milk, yogurt, and cheese (3 cups)</p>	<ul style="list-style-type: none"> <li>♥ Fat-free or low-fat (1 percent) milk</li> <li>♥ Fat-free or low-fat yogurt</li> <li>♥ Cheeses lower in fat and sodium</li> </ul>
	<p><b>Protein</b> Meat, poultry, fish, eggs, nuts, seeds, and legumes (5½ ounces)</p>	<ul style="list-style-type: none"> <li>♥ Chicken or turkey without the skin</li> <li>♥ Fish</li> <li>♥ Lean cuts of beef, such as round, sirloin, chuck, loin, and extra-lean ground beef</li> <li>♥ Lean cuts of pork, such as the leg, shoulder, tenderloin, and lean ham</li> <li>♥ Eggs</li> <li>♥ Cooked dry beans and peas (such as field peas, crowder peas, black-eyed peas)</li> <li>♥ Frozen butter beans and lima beans</li> <li>♥ Nuts and seeds</li> </ul>
	<p><b>Fats and oils</b> (less than 22 grams of saturated fat)</p>	<ul style="list-style-type: none"> <li>♥ Soft tub margarine</li> <li>♥ Oils (canola, corn, safflower, olive, peanut, or sesame)</li> </ul>
	<p><b>Sweets and added sugars</b> Limit sugar and other sweeteners. Ask your healthcare provider about how much sugar or other sweetener is okay for you.</p>	<ul style="list-style-type: none"> <li>♥ Frozen desserts (such as frozen juice pops, low-fat frozen yogurt, or low-fat ice cream)</li> <li>♥ Low-fat cake and cookies (such as angel food cake, fig bar cookies, ginger snaps, animal crackers, vanilla wafers, and graham crackers)</li> </ul>

\*Serving sizes depend on how many calories you need, which is based on your age, gender, and physical activity.

# Take Action for Your Heart: Get Started!



**Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.**



## Get Enough Quality Sleep

**Lack of sleep or getting poor-quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions.**

- Try to aim for 7-9 hours of sleep a night.
- Go to bed and wake up at the same time each day.
- Exercise regularly, but not within 2-3 hours before bedtime.
- Avoid caffeine and nicotine.



## Eat Better

**A flexible and balanced eating plan can help lower your high blood pressure and improve your cholesterol.**

- Follow the **Dietary Approaches to Stop Hypertension (DASH) eating plan**, which can help you create a heart-healthy eating style for life.
- Read nutrition labels to pick the food lowest in saturated fat, sodium, and added sugars.
- Try a mix of lean cuts of meat, eat fish once or twice a week, and eat two or more meatless meals each week.
- Consider whole fruits, dried fruits, unsalted rice cakes, fat-free and low-fat yogurt, or raw vegetables as a snack.



## Maintain a Healthy Weight

**Maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions.**

- Choose healthy snacks like fruits, vegetables, yogurt, or nuts, instead of sugary or high-calorie snacks.
- Stay hydrated with water as your primary beverage.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise (such as brisk walking) or 75 minutes of vigorous-intensity (like running) exercise per week.
- Consider keeping a log of what you eat throughout the day.



## Be More Active

**Getting enough physical activity helps to lower your risk of heart disease and stroke.**

- Adults should spend at least 150 minutes (2 ½ hours) each week doing physical activity.
- Sit less! Take the stairs. Park farther away. March in place or take a walk around the block.
- Try muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and push-ups, or some forms of yoga—whatever works for you.
- If you don't have a lot of time in your day, try being active for 10 minutes at a time. Anything that gets your heart beating faster counts!



## Stop Smoking

**Any amount of smoking, even light or occasional smoking, damages your heart and blood vessels.**

- Select a quit date and write yourself a contract that outlines your **plan for quitting**.
- Talk with your healthcare provider about programs and products that can help you quit.
- Join a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.
- Call 1-800-QUIT-NOW and visit [smokefree.gov](http://smokefree.gov) to get additional support.



## **Control Cholesterol**

**Unhealthy levels of cholesterol can lead to high cholesterol, which increases the risk of developing heart disease.**

- Try the **Therapeutic Lifestyle Changes (TLC) Program** which combines diet, physical activity, and weight management to help lower high blood cholesterol and improve heart health.
- Eat a heart-healthy diet that is low in saturated fats, as these can raise LDL cholesterol levels.
- Limit alcohol consumption. Drinking too much alcohol—more than two drinks a day for men or one drink a day for women—can raise your total cholesterol level.



## **Manage Stress**

**Learning how to manage stress with healthy coping strategies helps improve your emotional and physical health.**

- Use relaxation techniques that combine breathing and focused attention on pleasing thoughts and images to calm the mind and body.
- Consider meditation, as it can help to **lower stress**.
- Take a yoga class to help lower stress and improve mindfulness. It may also offer you a supportive community.

## **Manage Blood Sugar**

**Maintaining stable blood sugar levels is crucial for heart health, especially for people with diabetes or those at risk of developing diabetes.**

- Eat a diet rich in whole foods, including vegetables, fruits, whole grains, lean proteins, and healthy fats.
- Monitor your carbohydrate intake and choose complex carbohydrates, like whole grains and legumes, to help control blood sugar levels.
- Talk to your healthcare provider about how often you should check your blood sugar levels, especially if you have diabetes.

## **Control Blood Pressure**

**Keep your blood pressure in a healthy range and keep track of your numbers. Blood pressure that's consistently higher than 130/80 mm Hg can cause serious health problems.**

- Have your blood pressure checked each time you visit the doctor.
- Use a blood pressure monitor to measure your blood pressure at home and **learn how to measure it correctly**.
- Use a **blood pressure tracker** to keep a record of your numbers each reading.
- If you're pregnant or planning to be, it's especially important to keep your blood pressure in a healthy range.

## **Practice Self-Care & Find Social Support**

**Daily acts of self-care can benefit your heart because self-care is heart care. Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart-healthy habits.**

- Try to do at least one positive action for your heart health each day.
- Make the doctor's appointment you've been putting off.
- Ask family and friends to text you reminders or encouragement to help you meet your health goals.
- Join an exercise class or a weight management group to connect with other like-minded people and stay motivated.

For more information about how you can take action to keep your heart healthy, visit [hearttruth.gov](https://hearttruth.gov)





# quinoa-stuffed tomatoes

## Ingredients

4 medium (2 1/2 inches) tomatoes, rinsed

1 tablespoon olive oil

2 tablespoons red onions, peeled and chopped

1 cup cooked mixed vegetables—such as peppers, corn, carrots, or peas

1 cup quinoa, rinsed

1 cup low-sodium chicken broth

1/2 ripe avocado, peeled and diced

1/4 teaspoon ground black pepper

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



1. Preheat oven to 350°F.
2. Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce, or salsa.) Set tomatoes aside.
3. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes.
4. Add cooked vegetables, and heat through, about another 1–2 minutes.
5. Add quinoa, and cook gently until it smells good, about 2 minutes.
6. Add chicken broth, and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
7. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
8. Carefully stuff about 3/4 cup of quinoa into each tomato.
9. Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later). Serve immediately.

**Yield** 4 servings, **Serving Size** 1 tomato, 3/4 cups stuffing, **Calories** 299, **Total Fat** 10 g, **Saturated Fat** 1 g, **Sodium** 64 mg, **Total Fiber** 8 g, **Protein** 10 g, **Carbohydrates** 46 g, **Potassium** 906 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 3<sup>rd</sup> 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](http://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](http://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](http://www.Seabrookhouse.org) or call 800-761-7575 ext. 1515