

## Tips for Talking with Your Pharmacist

Your **pharmacist** can help you learn how to use your prescription and nonprescription (over-the-counter) medicines safely and to increase the benefits and decrease the risks. You can also use these tips when talking with your other healthcare professionals.

Tell your pharmacist...

- ✓ **everything you use.** Keep a record and give it to your pharmacist. Make sure you put all the prescription and nonprescription medicines, vitamins, herbals, and other supplements you use. Your pharmacist will use this to keep his/her records up-to-date and help you use medicine safely.
- ✓ **if you've had any allergic reactions or problems with medicines, medicines with dietary supplements, medicines with food, or medicines with other treatments.**
- ✓ **anything that could affect your use of medicine,** such as, if you have trouble swallowing, reading labels, remembering to use medicine, or paying for medicine.
- ✓ **before you start using something new.** Your pharmacist can help you avoid medicines, supplements, foods, and other things that don't mix well with your medicines.
- ✓ **if you are pregnant, might become pregnant, or if you are breast feeding.**

After you have the medicine, and before you leave the pharmacy

- ✓ **Look to be sure you have the right medicine.** If you've bought the medicine before, make sure this medicine has the same shape, color, size, markings, and packaging. Anything different? Ask your pharmacist. If it seems different when you use it, tell your pharmacist, doctor, or other healthcare professional.
- ✓ **Be sure you know the right dose for the medicine and you know how to use it.** Any questions? Ask your pharmacist.
- ✓ **Make sure there is a measuring spoon, cup, or syringe for liquid medicine.** If the medicine doesn't come with a special measuring tool, ask your pharmacist about one. (Spoons used for eating and cooking may give the wrong dose. Don't use them.)
- ✓ **Be sure you have any information the pharmacist can give you about the medicine.** Read it and save it.
- ✓ **Get the pharmacy phone number,** so you can call back.

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### NATIONAL PHARMACIST'S DAY

TO RECOGNIZE THEIR IMPORTANT ROLE IN HEALTHCARE  
THANK YOU FOR YOUR DEDICATION AND EXPERTISE.

SOURCE Food and Drug Administration

### DID YOU KNOW?

The five main GYNECOLOGIC CANCERS are:

Cervical, Ovarian, Uterine, Vaginal, and Vulvar.

**Cervical** is the only one with a screening test to help prevent the disease or find it early. **Women, please stay on top of your health.**

**JANUARY IS CERVICAL CANCER AWARENESS MONTH  
GET SCREENED FOR CERVICAL CANCER**

**" IF THE RESULTS OF YOUR HABITS DON'T MAKE YOU A BETTER, STRONGER OR HEALTHIER PERSON, IT'S TIME TO CONSIDER NEW HABITS THAT DO.**

## Don't Lose Sight of Glaucoma

**Glaucoma** is a group of diseases that can harm the optic nerve and cause vision loss or blindness. The optic nerve is a bundle of nerves that carry messages from the eye to the brain. The most common form of glaucoma is primary open-angle.

**How do you know if you have glaucoma?**

An eye care professional can tell if you have glaucoma by giving you a comprehensive dilated eye exam. During the exam, drops are placed in your eyes to widen, or dilate, the pupils. Then a special lens is used to look at the optic nerve for damage.

**What can you do to protect your vision?**

**Get a comprehensive dilated eye exam at least once every two years.** This is more important if you are African American over age 40; are over age 60, especially if you are Mexican American; or have a family history of glaucoma. Finding and treating glaucoma early can help keep the disease from getting worse and reduce your risk of vision loss.

SOURCE National Eye Institute



## Build Healthy Habits

- **Plan.** Identify unhealthy patterns and triggers. Set realistic goals.
- **Change your surroundings.** Find ways to make healthier choices easy choices. Remove temptations.
- **Ask for support.** Find friends, family, co-workers, neighbors, or groups for support.
- **Fill your time with healthy activities.** Try exercise, a hobby or spend time with family and friends.
- **Track your progress.** Record how things are going to help you stay focused and catch slip-ups.
- **Imagine the future.** Think about future benefits to stay on track.
- **Reward yourself.** Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage.
- **Be patient.** Improvement takes time, and setbacks happen.

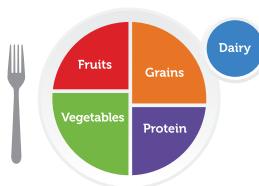
Focus on progress, not perfection.

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.

## Start simple with MyPlate



# Celebrations and Gatherings

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.



### Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.



### Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.



### Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.



### Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.



### Try a twist on your favorite dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.

# A Poison Proof Home is a Happy Home!

**HRSA**

**Poison Help**

More than 90% of poison accidents happen in the home, but many poison risks are hidden in plain sight. Learn how to identify poison risks in your home and take simple steps to keep your family safe and healthy.

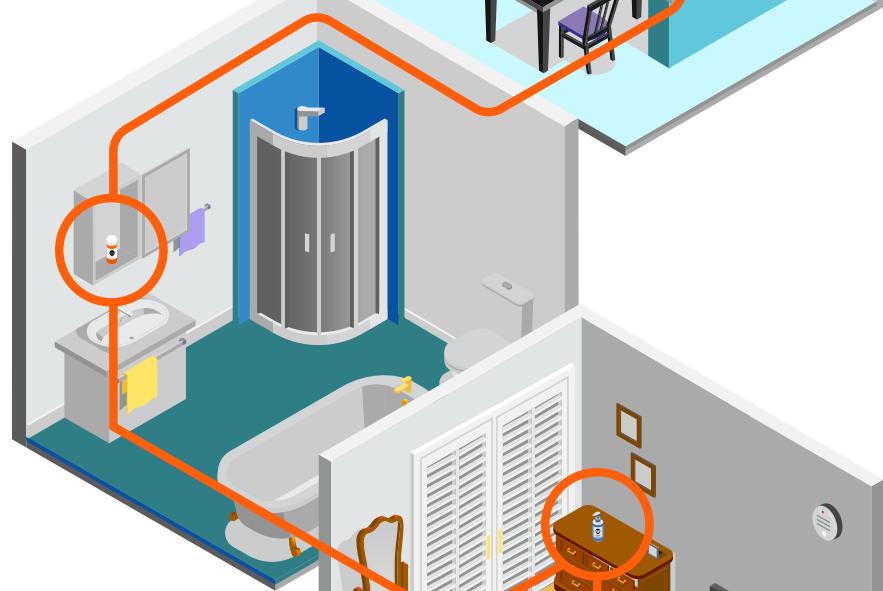
## KITCHEN

- **Never** use commercial cleaning products on food or packaging.
- **Turn off gas ranges** when not in use.
- Store food at the proper temperature.



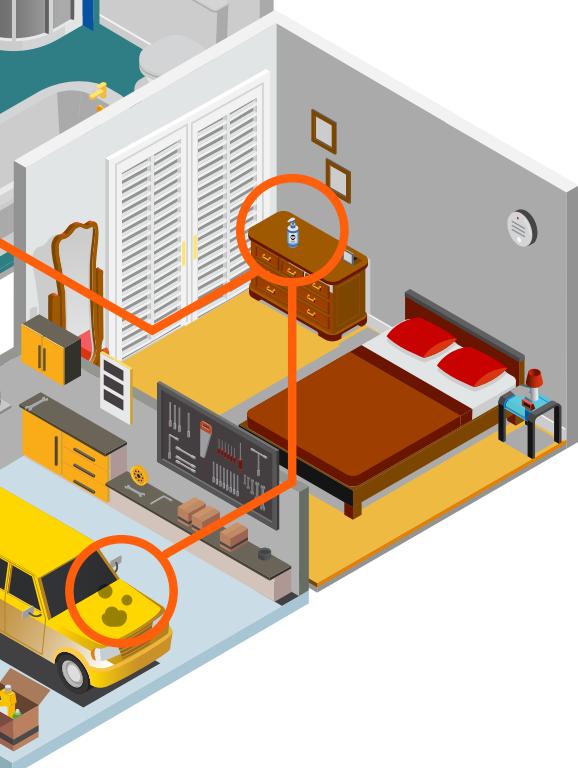
## BATHROOM

- Keep medicines **locked up and away** from children.
- Store all medicines in their original, properly labeled containers.
- Avoid using household cleaners and disinfectants **on hands or skin improperly**.



## BEDROOM

- Install carbon monoxide detectors near bedrooms and furnaces.
- Keep hand sanitizer **locked up and out** of reach of children.
- Ensure houseplants are **pet safe**.



## GARAGE

- **Do not** keep the car running in a closed garage.
- Store paint, antifreeze, gasoline, and other chemicals in **locked cabinets**.
- Keep detergents and other laundry products up, away, and out of reach of children.

For more information about potential poisons, or if you're experiencing a poison emergency...

**Don't Guess.  
Make the Call.**

- 1 Call 9-1-1 if the person is unconscious or has trouble breathing.
- 2 Call Poison Help (1-800-222-1222) to connect to your local poison center.
- 3 Stay calm—most poisoning emergencies can be resolved quickly.

# DONATE BLOOD. SAVE A LIFE.

Learn about this safe, easy process.

Every 2 seconds, someone in the United States needs blood, and a single donation can save lives. Patients in need rely on people who give blood. Blood donors are true heroes.

## Why is blood so important?

Healthy adults have about 5 to 6 liters of blood circulating throughout their body. Each drop of blood contains red blood cells, white blood cells, platelets, and plasma. Blood helps deliver oxygen and nutrients to cells while moving waste to the liver and kidneys. This ongoing process keeps us alive.

## Who needs a blood donation?

Patients may need blood to address:

- Heavy bleeding
- Surgery
- Trauma
- Organ transplant
- Cancer and treatment
- Infectious diseases
- Blood diseases
- Gastrointestinal diseases

## There's always a need for blood.

Donating blood is always important because blood has a short shelf life and there is constantly a need. For example, platelets, which help with clotting and can benefit people who don't have enough, can be stored for only 5 to 7 days. Red blood cells, which can benefit people with diseases that cause anemia, can be stored for only up to 42 days.



National Heart, Lung,  
and Blood Institute

Blood Diseases  
& Disorders  
Education Program

[www.nhlbi.nih.gov/blood](http://www.nhlbi.nih.gov/blood)

## How do patients receive donated blood?

All donated blood is carefully tested and then stored and shipped so it is ready for use. Blood transfusions transfer healthy donor blood to patients through an IV line inserted into a blood vessel. Transfusions may contain whole units of blood or be separated into components — like red blood cells, platelets, or plasma — based on each patient's needs.



## How does blood type factor into donations?

Blood types relate to the presence or absence of certain antigens — substances that can trigger an immune response if they are foreign to the body. Some antigens on transfused blood cells can cause your immune system to attack the transfused blood if those antigens are foreign to your body. This is why it is very important that transfused blood — and its major antigens — be carefully matched with the blood of the person being transfused.

Blood types are passed genetically from your parents. Most blood types fall into one of eight major groups (O+, O-, A+, A-, B+, B-, AB+, AB-), depending on whether your blood cells have the A and B antigens and the Rh factor. Hundreds more minor antigens exist, and the presence or absence of those creates what is called a rare blood type. This happens when your blood lacks the antigens that 99% of people are positive for. Certain blood types, especially rare blood types, are unique to specific racial and ethnic groups. For patients with a rare blood type, it is vital that donor diversity match patient diversity to ensure a better match with the transfused blood. [Learn more about blood types and what they mean for you from the American Red Cross.](#)

**Only 3% of Americans give blood each year.**

**If you are healthy and eligible, please consider donating blood regularly because blood is always needed.**

## Who can donate blood?

Most people can donate blood. Volunteers should be in good health, be at least 16 or 17 years old (depending on the state they live in), and weigh at least 110 pounds. They should also have healthy levels of hemoglobin, which is a protein that carries oxygen in the blood.

## Where can I donate blood?

Find a [blood donation center](#) near you.

**Your donation can help save lives.**

Learn more at [www.nhlbi.nih.gov/education/blood/donation](http://www.nhlbi.nih.gov/education/blood/donation).



National Heart, Lung,  
and Blood Institute

Blood Diseases  
& Disorders  
Education Program

NIH Publication No.: 22-HL-8192  
September 2022

# oatmeal pecan waffles

## Ingredients

### For waffles:

1 cup whole-wheat flour  
1/2 cup quick-cooking oats  
2 teaspoons baking powder  
1 teaspoon sugar  
1/4 cup unsalted pecans, chopped  
2 large eggs, separated  
1 1/2 cup fat-free (skim) milk  
1 tablespoon vegetable oil

### For fruit topping:

2 cups fresh strawberries, halved  
1 cup fresh blackberries  
1 cup fresh blueberries  
1 teaspoon powdered sugar

All berries may be substituted with frozen, thawed



1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter.
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside. (Or make pancakes.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

**Tip:** For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

**Yield** 4 servings, **Serving Size** 3 small (2-inch) or 1 large (6-inch) waffle (depending on waffle iron size), **Calories** 340, **Total Fat** 11 g, **Saturated Fat** 2 g, **Cholesterol** 107 mg, **Sodium** 331 mg, **Total Fiber** 9 g, **Protein** 14 g, **Carbohydrates** 50 g, **Potassium** 369 mg



## Support Groups

### Englewood Health Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at

<https://www.englewoodhealth.org/calendar-events-classes>

### Graf Center for Integrative Medicine

<https://www.englewoodhealth.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:**

holynome.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 [holynome.org/CancerSupport](http://holynome.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