



Make a Heat Action Plan with Your Health Care Team



1 Stay Cool

Try One Or More Of These:



Stay in the shade



Cooling Aids



Use a fan



Use an air conditioner



2 Stay Hydrated

3 Know the Symptoms

There are signs that your body may be getting too hot:



Sweating a lot



Very tired and weak

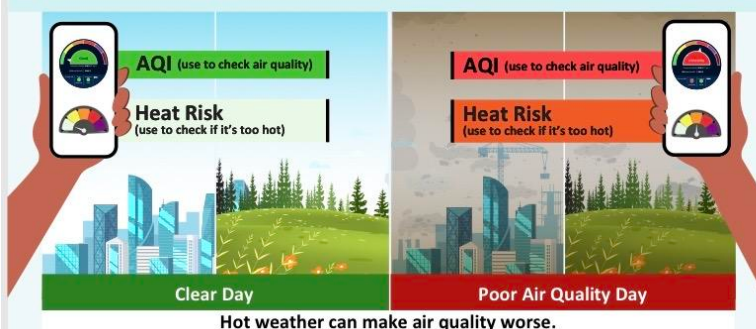


Dizzy, lightheaded, nauseated

Call 911 if you have chest pain that is not going away, severe shortness of breath, or confusion. These may be signs your body is **already** too hot.

4 Check Air Quality

5 Have a Medication Plan for Hot Weather



Some medications may make it harder for your body to cool down.
 Some medications may not work well when they get hot.



Review your medications with your doctor



Store your medications in a cool place



Prepare for power outages

How can I Protect Myself from Skin Cancer?

Have your doctor check your skin if you notice a change, especially one that is unusual or does not go away. Your doctor may take a sample of your skin to get a closer look at the cells.

Ask your doctor about your risk of skin cancer, if you should have regular skin checks, and if so, how often. Besides your history of sun exposure and the tone of your skin, other factors may increase your risk of skin cancer.

- Some skin conditions and certain medicines (such as some antibiotics or hormones) can make your skin more sensitive to damage from the sun
- Medicines that suppress the immune system, such as those taken by people who have had an organ transplant
- Medical conditions that suppress the immune system, such as HIV
- Having scars or skin ulcers
- Exposure to a high level of arsenic (a poison that is sometimes found in well water or pesticides)
- Getting older, even though skin cancer can occur at any age

Stay out of the sun as much as you can. Whenever possible, avoid exposure to the sun from 10 a.m. to 4 p.m. If you work or play outside

- Try to wear long sleeves, long pants, and a hat that shades your face, ears, and neck with a brim all around.
- Use sunscreen with a label that says it is broad spectrum or is at least SPF 30 and can filter both UVA and UVB rays.
- Wear sunglasses that filter UV to protect your eyes and the skin around your eyes.

Don't use UVA or UVB tanning beds or sunlamps. You may hear that UVA tanning beds are safer, but this is not true.

If you are concerned about being low in vitamin D from not being in the sun, talk with your doctor about supplements. SOURCE: National Cancer 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**.

JUL 4	★ HAVE A SAFE AND HAPPY 4TH OF JULY ★
24	★ INTERNATIONAL SELF-CARE DAY ★
28	★ WORLD HEPATITIS DAY ★

**WITHOUT A MORAL COMPASS,
 THE HUMAN MIND WILL JUSTIFY ANYTHING.**

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

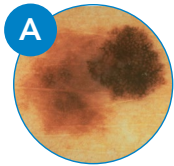
Detect Skin Cancer: Body Mole Map

Follow these instructions regularly to conduct thorough skin exams: **1. Learn** what to look for. **2. Examine** your skin. **3. Record** your spots. If you notice any new or changing spots, contact your dermatologist to make an appointment. If you don't have one, visit aad.org/findaderm to find a board-certified dermatologist in your area.

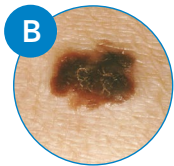
1 The ABCDEs of Melanoma

What to Look for:

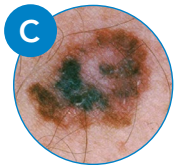
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



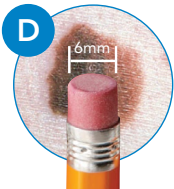
A stands for ASYMMETRY.
One half of the spot is unlike the other half.



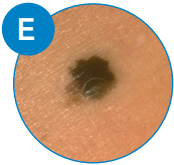
B stands for BORDER.
The spot has an irregular, scalloped, or poorly defined border.



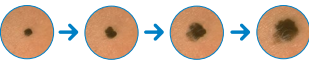
C stands for COLOR.
The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.



D stands for DIAMETER.
While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.



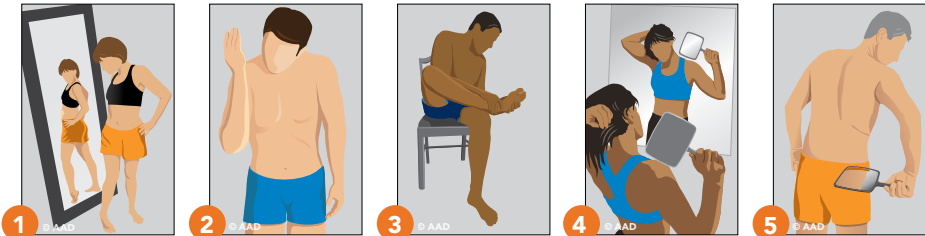
E stands for EVOLVING.
The spot looks different from the rest or is changing in size, shape, or color.



2 Skin Cancer Self-Examination

How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Anyone can get skin cancer, regardless of skin color. Ask someone for help when checking your skin, especially in hard-to-see places.



1 Examine your body front and back in a mirror, then look at the right and left sides with your arms raised.

2 Bend your elbows and look carefully at your forearms, underarms, and palms.

3 Look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.

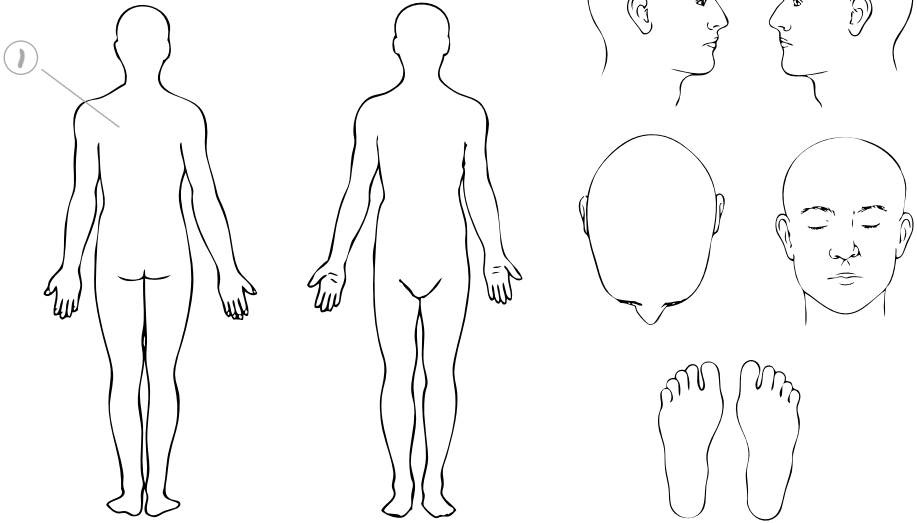
4 Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.

5 Finally, check your back and buttocks with a hand mirror.

If you wear nail polish, remember to check your nails when the polish is removed.

3 Record Your Spots

Make notes of your spots on the images below so you can regularly track changes.



MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of Mole	D Diameter/Size of Mole. Use ruler provided.	E How has mole changed?
1	OVAL, EVEN	JAGGED	PINK	1.5MM	YES, LARGER



Practice Safe Sun: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

Here's how to protect yourself from the sun:



Seek shade. The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.



Wear sun-protective clothing, such as a lightweight, long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection, when possible. For more effective protection, choose clothing with an ultraviolet protection factor (UPF) number on the label.



Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



Use extra caution near water, snow, and sand, as they reflect and intensify the damaging rays of the sun, which can increase your chance of skin cancer.



Avoid tanning beds. If you want to look tan, consider using a self-tanning product, but continue to use sun protection outdoors.

If you find any new or suspicious spots on your skin, or any spots that are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer detection and prevention, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).



Hepatitis C

What is hepatitis?

Hepatitis means inflammation of the liver. The liver is a vital organ that processes nutrients, filters the blood, and fights infections. When the liver is inflamed or damaged, its function can be affected. Heavy alcohol use, toxins, some medications, and certain medical conditions can cause hepatitis.

Hepatitis is most often caused by a virus. In the United States, the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. Although all types of viral hepatitis can cause similar symptoms, they are spread in different ways, have different treatments, and some are more serious than others.

All adults, pregnant women, and people with risk factors should get tested for hepatitis C.

Hepatitis C

Hepatitis C is a liver disease caused by the hepatitis C virus. When someone is first infected with the hepatitis C virus, they can have a very mild illness with few or no symptoms or a serious condition requiring hospitalization. For reasons that are not known, less than half of people who get hepatitis C are able to clear, or get rid of, the virus without treatment in the first 6 months after infection.

Most people who get infected will develop a chronic, or lifelong, infection. Left untreated, chronic hepatitis C can cause serious health problems including liver disease, liver failure, liver cancer, and even death.

How is hepatitis C spread?

The hepatitis C virus is usually spread when someone comes into contact with blood from an infected person. This can happen through:

- ➔ **Sharing drug-injection equipment.** Today, most people become infected with hepatitis C by sharing needles, syringes, or any other equipment used to prepare and inject drugs.
- ➔ **Birth.** Approximately 6% of infants born to infected mothers will get hepatitis C.
- ➔ **Healthcare exposures.** Although uncommon, people can become infected when healthcare professionals do not follow the proper steps needed to prevent the spread of bloodborne infections.
- ➔ **Sex with an infected person.** While uncommon, hepatitis C can spread during sex, though it has been reported more often among men who have sex with men.
- ➔ **Unregulated tattoos or body piercings.** Hepatitis C can spread when getting tattoos or body piercings in unlicensed facilities, informal settings, or with non-sterile instruments.
- ➔ **Sharing personal items.** People can get infected from sharing glucose monitors, razors, nail clippers, toothbrushes, and other items that may have come into contact with infected blood, even in amounts too small to see.
- ➔ **Blood transfusions and organ transplants.** Before widespread screening of the blood supply in 1992, hepatitis C was also spread through blood transfusions and organ transplants.



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

Symptoms

Many people with hepatitis C do not have symptoms and do not know they are infected. If symptoms occur, they can include: yellow skin or eyes, not wanting to eat, upset stomach, throwing up, stomach pain, fever, dark urine, light-colored stool, joint pain, and feeling tired. If symptoms occur with a new infection, they usually appear within 2 to 12 weeks, but can take up to 6 months to develop.

People with chronic hepatitis C can live for years without symptoms or feeling sick. When symptoms appear with chronic hepatitis C, they often are a sign of advanced liver disease.

People can live with hepatitis C without symptoms or feeling sick.

Getting tested is the only way to know if you have hepatitis C.

A blood test called a hepatitis C antibody test can tell if you have been infected with the hepatitis C virus—either recently or in the past. If you have a positive antibody test, another blood test is needed to tell if you are still infected or if you were infected in the past and cleared the virus on your own.

CDC recommends you get tested for hepatitis C if you:

- Are 18 years of age and older
- Are pregnant (get tested during each pregnancy)
- Currently inject drugs (get tested regularly)
- Have ever injected drugs, even if it was just once or many years ago
- Have HIV
- Have abnormal liver tests or liver disease
- Are on hemodialysis
- Received donated blood or organs before July 1992
- Received clotting factor concentrates before 1987
- Have been exposed to blood from a person who has hepatitis C
- Were born to a mother with hepatitis C

Hepatitis C can be cured.

Getting tested for hepatitis C is important to find out if you are infected and get lifesaving treatment. Treatments are available that can cure most people with hepatitis C in 8 to 12 weeks.



Hepatitis C can be prevented.

Although there is no vaccine to prevent hepatitis C, there are ways to reduce the risk of becoming infected.

- Avoid sharing or reusing needles, syringes or any other equipment used to prepare and inject drugs, steroids, hormones, or other substances.
- Do not use personal items that may have come into contact with an infected person's blood, even in amounts too small to see, such as glucose monitors, razors, nail clippers, or toothbrushes.
- Do not get tattoos or body piercings from an unlicensed facility or in an informal setting.



dunkin' veggies & dip

Ingredients

5 cups assorted raw vegetables, rinsed and cut into bite-sized pieces as needed—such as baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes

For Low-Fat Blue Cheese Dip

¼ cup reduced-fat blue cheese crumbles

¼ cup fat-free sour cream

2 tablespoons light mayonnaise

Honey Mustard Dip

¼ cup honey

2 tablespoons brown mustard

2 tablespoons fat-free evaporated milk

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

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



1. For dip, combine ingredients for the two dips separately, and serve with Dunkin' Veggies.

2. Arrange vegetables on a platter, and serve with choice of dip.

For Dunkin' veggies: Yield 4 servings, **Serving Size** 1 ½ cup vegetables, **Calories** 42, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 77 mg, **Total Fiber** 2 g, **Protein** 2 g, **Carbohydrates** 9 g, **Potassium** 456 mg

For Low-Fat Blue Cheese Dip: Yield 4 servings, **Serving Size** 1 tablespoon dip, **Calories** 56, **Total Fat** 4 g, **Saturated Fat** 1 g, **Cholesterol** 4 mg, **Sodium** 145 mg, **Total Fiber** 0 g, **Protein** 3 g, **Carbohydrates** 3 g, **Potassium** 22 mg

For Honey Mustard Dip: Yield 4 servings, **Serving Size** 1 tablespoon dip, **Calories** 71, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 46 mg, **Total Fiber** 0 g, **Protein** 1 g, **Carbohydrates** 19 g, **Potassium** 86 mg, **Vitamin A** 4%, **Vitamin C** 4%, **Calcium** 2%, **Iron** 0%,



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