



## When Headaches Disrupt Your Life

Headaches come in many forms. Where you feel the pain, what other symptoms you have, and how long headaches last can vary. For many people, headaches are an occasional nuisance. For others, they can be chronic and disabling.

Some headaches can be prevented with small lifestyle changes. Drinking enough water, avoiding headache triggers, managing stress, or improving sleep can sometimes be enough. Other headaches may require more intensive interventions. Some headaches may indicate a dangerous medical problem that needs immediate medical attention.

### Here are the signs to look for:

- A sudden, severe headache, possibly with a stiff neck.
- A severe headache with fever, nausea, or vomiting that's not related to another illness.
- A headache with confusion, weakness, double vision, or loss of consciousness.
- A headache that gets worse over days or weeks, or changes in pattern or behavior.
- A headache after a brain injury.
- A headache with loss of sensation or weakness in a body part.
- Two or more headaches a week.
- A constant headache in someone who hasn't had headaches before, especially over age 50.
- Recurring headaches in children.
- New headaches in someone with a history of cancer or HIV/AIDS.

*If you have headaches that disrupt your daily life, talk with your doctor. They can help you find relief or refer you to a specialist.*

SOURCE: National Institutes of Health



## APHASIA: Be in the Know

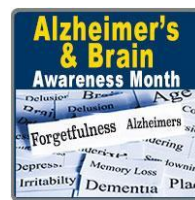
Only 40% of people in the U.S. have heard of aphasia and can correctly identify it as a language disorder that impairs the ability to communicate. More than 2 million people in the U.S. are estimated to have aphasia, commonly as a result of stroke. Stroke survivors with aphasia face an increased incidence of post-stroke depression versus stroke survivors with no aphasia.

- **Aphasia impacts language:** listening, writing, reading and speaking
- **Aphasia does NOT impact intelligence**

### Tips for better communication with someone with aphasia:

- **Be patient.** Allow extra time to communicate and keep it simple.
- **Use a variety of ways to communicate** — writing, facial expressions, speaking, pictures, phone/communication apps
- **Successful communication takes two**—be direct and confirm what's said.

SOURCE: The American Stroke Association and the National Aphasia Association



## Tips for People With Dementia

People with dementia experience a range of symptoms related to changes in thinking, remembering, reasoning, and behavior. Living with dementia presents unique challenges, but there are steps you can take to help now and in the future.

### Tips for Everyday Tasks for People Living With Dementia

Alzheimer's disease and related dementias get worse over time. Even simple everyday activities can become difficult to complete. To help cope with changes in memory and thinking, consider strategies that can make daily tasks easier. Try to adopt them early on so you will have more time to adjust.

#### You can:

- ✓ Write down to-do lists, appointments, and events in a notebook or calendar.
- ✓ Set up automated bill payments and consider asking someone you trust to help manage your finances.
- ✓ Have your groceries delivered.
- ✓ Manage your medications with a weekly pillbox, a pillbox with reminders (like an alarm), or a medication dispenser.
- ✓ Ask your doctor to provide a care plan and write down care directions (or have a family member or friend take notes during the visit).

### Sleep Tips for People Living With Dementia

Dementia often changes a person's sleeping habits. You may sleep a lot, or not enough, and wake up many times during the night. *Poor sleep quality can make dementia symptoms worse.*

- ✓ Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling.
- ✓ Develop a relaxing bedtime routine with lowered lights, cool temperature, and no electronic screens.
- ✓ Avoid caffeine and naps late in the day.
- ✓ Have a lamp that's easy to reach and turn on, a nightlight in the hallway or bathroom, and a flashlight nearby.
- ✓ Keep a telephone with emergency numbers by your bed.
- ✓ Talk to your doctor if you have problems sleeping.

SOURCE: alzheimers.gov

## 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**.

JUN  
21

**HAPPY FATHER'S DAY**  
THANK YOU DAD FOR ALL THAT YOU DO.

JUN  
27

**NATIONAL HIV TESTING DAY**  
ASK YOUR HEALTHCARE PROVIDER FOR  
AN HIV TEST TODAY.  
KNOW FOR SURE. GET TESTED.

**“BE KIND BUT WITH SPINE.”**

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)**

# Don't lose sight of Cataracts

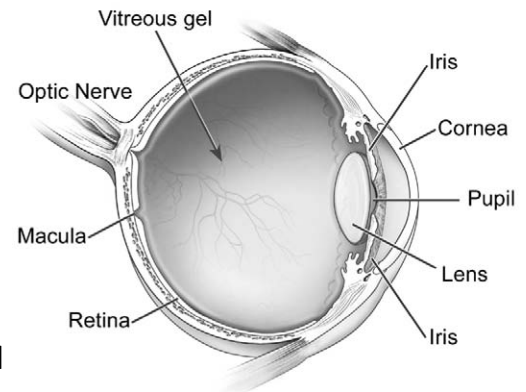
## Information for people at risk



1

### What is cataract?

When the lens of your eye gets cloudy, it is called a cataract. It can cause vision loss in one or both eyes. It cannot spread from one eye to the other.



2

### What causes a cataract?

The lenses of the eyes are made mostly of water and protein. As we age, some of this protein may clump together and cloud the lenses of our eyes. Over time, this “cloud” may grow and cover more of the lens. This makes it harder to see. Smoking, alcohol use, diabetes, and prolonged exposure to the sun can also cause cataract.

3

### When are you most likely to have a cataract?

Older people mostly get cataracts. But people in their 40s and 50s may get them, especially if the eye has been injured. The risk of having a cataract increases after age 60, and by age 80, more than half of all Americans will have a cataract or will have had cataract surgery.



Normal vision.



A scene as it might be viewed by a person with a cataract.

4

### What are the symptoms of a cataract?

When you first get a cataract, you may not notice much change. Your vision may become blurry, as if looking through a foggy window. Or colors may not appear as bright as they once did. As the “cloud” over the lens of your eye grows, it may be harder for you to read. You may also see more glare from a lamp or car headlights at night. You may need more changes to your eyeglasses.

5

## How do I know if I have a cataract?

An eye care professional can tell if you have cataract 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 inside the eye. This exam may help find cataracts as well as other eye problems. After the exam, your vision may be blurry for a period of hours.

6

## When should a cataract be treated?

You should treat a cataract when it makes it hard for you to do daily tasks, like reading or driving. But first, you and your eye care professional should talk about what is best for you. You should never feel rushed to make a decision.

7

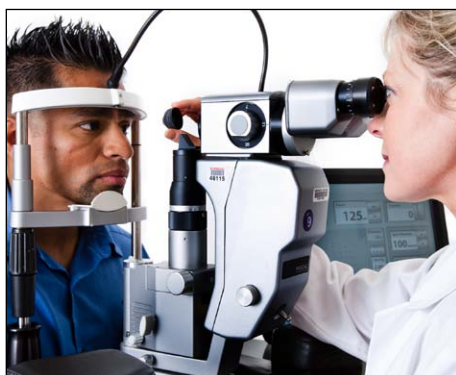
## How is a cataract treated?

When a cataract first starts, an eye care professional may give you eyeglasses, and suggest brighter lighting, antiglare sunglasses, or magnifying lenses. If these don't help, the doctor may perform surgery. Doctors numb the area around the eye, take out the cloudy lens, and replace it with a new one.

8

## What can you do to protect your vision?

To delay a cataract, wear sunglasses and a hat with a brim to block ultraviolet rays from the sun. Also, stop smoking and eat more leafy green vegetables, fruits, and foods with a lot of antioxidants. If you are age 60 or older, you should have a comprehensive dilated eye exam at least once a year. In addition to cataract, your eye care professional can check for signs of other age-related eye problems such as glaucoma and age-related macular degeneration. Early treatment for these other eye diseases may save your vision.

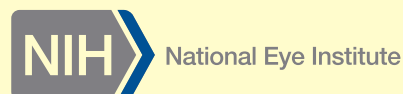
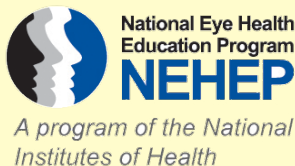


**For more information, visit**

[http://www.nei.nih.gov/health/cataract/cataract\\_facts.asp](http://www.nei.nih.gov/health/cataract/cataract_facts.asp)

**National Eye Institute**

**National Institutes of Health**



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NIH Publication No. 12-3251 (revised 2012)

# HIV TESTING 101

Many HIV tests are quick, **FREE**, and painless. You can also use an HIV self-test to learn your HIV status at home or in a private location.

## SHOULD I GET TESTED FOR HIV?

- **Everyone aged 13 to 64** should get tested for HIV at least once.
- You should get tested at least once a year if:

- You're a **man who has had sex with another man**.
- You've had sex with **someone who has HIV**.
- You've had **more than one partner** since your last HIV test.
- You've **shared needles**, syringes, or other equipment to inject drugs.



- You've **exchanged sex** for drugs for money.
- You have **another sexually transmitted disease**, hepatitis, or tuberculosis.
- You've had sex with anyone who has done anything listed above or with someone whose **sexual history you don't know**.

- Sexually active **gay and bisexual** men may benefit from testing every 3 to 6 months.
- If you're **pregnant or planning to get pregnant**, get tested as early as possible to protect yourself and your baby.

## WHERE CAN I GET TESTED?



Ask your health care provider or find a testing site near you by

- visiting **gettested.cdc.gov**, or
- calling **1-800-CDC-INFO** (232-4636).

Many testing locations are **FREE and confidential**. You can also buy an HIV self-test at a pharmacy or online. Most HIV tests are covered by health insurance.



## WHAT IF MY TEST RESULT IS NEGATIVE?

- You probably don't have HIV, but the accuracy of your result **depends on the window period**. This is the time between HIV exposure and when a test can detect HIV in your body.
- To stay negative, take actions to prevent HIV.

## WHAT IF MY TEST RESULT IS POSITIVE?

- You may need a **follow-up test** to confirm the result. If you're diagnosed with HIV, **start treatment right away**.
- HIV treatment can make the viral load so low that a test can't detect it (undetectable viral load). Having an undetectable viral load is the best way to stay healthy, and means you will not transmit HIV to your sex partner.



Scan to learn more!



Ending  
the  
HIV  
Epidemic

For more information, please visit [www.cdc.gov/hiv](http://www.cdc.gov/hiv).

5

# TIPS

to help you stay  
**motivated**  
to **exercise**

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1

**Find ways to fit exercise into your day.** You are more likely to get moving if exercise is a convenient part of your day.



2

**Do activities you enjoy to make it more fun.** Be creative and try something new!



3

**Make it social.** Find a virtual “exercise buddy” to help keep you going and provide emotional support.

4

**If there’s a break in your routine, get back on track.** Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5

**Keep track of your progress.** Make an exercise plan and don’t forget to reward yourself when you reach your goals.

Visit [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise) to learn more.



National Institute  
on Aging

# wiki (fast) rice

## Ingredients

1 tablespoon canola oil

1 tablespoon fresh garlic,  
minced (about 3 cloves)  
(or 1 teaspoon garlic powder)

1 teaspoon fresh ginger, minced  
(or  $\frac{1}{4}$  teaspoon dried)

1 tablespoon scallions (green  
onions), rinsed and minced

$\frac{1}{2}$  cup canned sliced water  
chestnuts, drained

2 cups cooked mixed vegetables  
(or  $\frac{1}{2}$  bag frozen stir-fry  
vegetable mix)

2 cups cooked brown rice

1 tablespoon lite soy sauce

1 teaspoon sesame oil



1. Heat canola oil in a large wok or sauté pan over medium heat. Add garlic, ginger, and scallions, and cook until fragrant, about 1 minute.
2. Add water chestnuts, and continue to cook until they begin to soften, another 1–2 minutes.
3. Add vegetables, and toss until heated through, about 2–3 minutes (or up to 5 minutes for frozen vegetables).
4. Add rice, and continue to cook until hot, about 3–5 minutes.
5. Add soy sauce and sesame oil. Toss well, and serve.

**Yield** 4 servings, **Serving Size** about 1 cup rice and vegetables, **Calories** 179, **Total Fat** 6 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 113 mg, **Total Fiber** 2 g, **Protein** 4 g, **Carbohydrates** 29 g, **Potassium** 88 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