

Chronic Kidney Disease and High Blood Pressure



Chronic Kidney Disease (CKD) is a condition where the kidneys are damaged and can't filter blood properly. Because of this, excess fluid and waste from the blood remain in the body. This can cause other health problems, including high blood pressure.

High blood pressure is also one of the leading causes of CKD. It can harm the kidneys by damaging blood vessels in the body, including those in the kidneys. Over time, this kidney damage can lead to decreased kidney function. CKD and high blood pressure are closely tied together. Either condition can lead to or worsen the other.

The good news is that there is a lot you can do to prevent or manage both CKD and high blood pressure. By managing your blood pressure, blood sugar, and cholesterol, you can reduce your risk of health problems like CKD, heart disease and stroke.

Tips to Protect your Kidneys and Heart:

- ✓ **Keep your blood pressure below 140/90 mm Hg** (or ask your doctor what the best blood pressure target is for you). Check your blood pressure regularly.
- ✓ **Take medications as prescribed.** Ask your doctor about medicines called ACE inhibitors and ARBs, which may protect your kidneys and lower your blood pressure.
- ✓ **Talk to your doctor about medicines that harm your kidneys and ways to lower your blood pressure.**
- ✓ **Eat healthy foods.** This includes plenty of fruits and vegetables, and foods lower in salt.
- ✓ **If you smoke, quit as soon as possible.**
- ✓ **Get active.** Physical activity helps manage blood pressure and blood sugar levels. SOURCE: CDC (Centers for Disease Control and Prevention)



Protect Your Body's Bacteria

Microscopic creatures—including bacteria, fungi, and viruses—can make you ill. But what you may not realize is that trillions of microbes are living in and on your body right now. Most don't harm you at all. We tend to focus on destroying bad microbes. But taking care of good ones may be even more important. **To protect good microbes:**

- Eat a diet high in fiber. Fiber is found in fruits, vegetables, and whole grains.
- Limit foods that can hurt your gut microbes, including sugar and fatty foods.
- Know when to wash your hands, like when preparing food and before eating.
- Avoid antibacterial soaps and other products.
- Be wary of "probiotics." Many are untested.
- Use hand sanitizer (at least 60% alcohol) when you can't use soap and water. SOURCE: National Institutes of Health

FULFILLMENT IS THE ART OF BALANCING AMBITION WITH GRATITUDE AND REALIZING THAT HAPPINESS IS FOUND IN THE HARMONY BETWEEN THE TWO. -Sylvia Earle, Marine Biologist

Colorectal Cancer Screening Saves Lives



Getting screened for colorectal cancer starting at age 45 can save your life. Screening finds abnormal growths so they can be removed before they turn into cancer. People at increased risk for colorectal cancer may need earlier or more frequent tests than other people.

You may be at increased risk if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If you think you may be at increased risk, talk to your health care provider about the routine screening tests that are right for you.

SOURCE: CDC (Centers for Disease Control and Prevention)

Be Your Best Slept Self

Practice these six small steps for healthy sleep



- 1 **Light** - Spend time in bright light during the day, natural light or equivalent brightness.
- 2 **Exercise** - Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.
- 3 **Mealtimes** - Eat your meals at consistent times day after day.
- 4 **Wind-down** - Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7–9 hours for most adults, with same sleep and wake times.)
- 5 **Environment** - Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.
- 6 **Avoid...** - Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime. SOURCE: National Sleep Foundation

**MARCH IS SLEEP AWARENESS MONTH
 NOT SLEEPING WELL?
 IT MIGHT BE TIME TO SEE YOUR HEALTH CARE PROVIDER.**

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.**

MAR 30

**HAPPY DOCTOR'S DAY
 NOT ALL HEROES WEAR CAPES.**

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



American Heart Association.

Healthy for Good™



HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show.

LEARN HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Babies and kids need even more. *Poor sleep may put you at higher risk for:*

- ▶ Cardiovascular disease
- ▶ Cognitive decline and dementia
- ▶ Depression
- ▶ High blood pressure, blood sugar and cholesterol
- ▶ Obesity



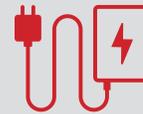
LEARN THE BENEFITS OF SLEEP

- ✓ **HEALING** and repair of cells, tissues and blood vessels
- ✓ **STRONGER** immune system
- ✓ **IMPROVED** mood and energy
- ✓ **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- ✓ **LESS RISK** of chronic disease



TIPS FOR SUCCESS

Clean up your sleep hygiene



MOVE IT.

Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.



DIM IT.

Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.



SET IT.

Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night.



LOCK IT.

If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.



BLOCK IT.

Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

Learn more at heart.org/lifes8

Healthier Fats and Oils

Choosing fats and oils with less saturated fat leads to a healthier heart.
Eating less saturated fat can help prevent heart disease.



Choose **MORE** often

Foods lower in saturated fat

- Canola oil
- Safflower oil
- Sunflower oil
- Corn oil
- Olive oil
- Sesame oil
- Peanut oil
- Soft tub margarine
(Light is a better choice)



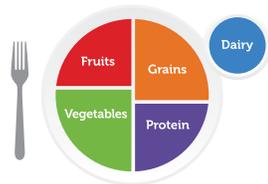
Choose **LESS** often

Foods higher in saturated fat

- Coconut oil
- Butter
- Beef fat
- Palm oil
- Pork fat (lard)
- Chicken fat
- Solid shortening
- Cottonseed oil
- Fatback
- Bacon grease

For more heart-healthy cooking tips and recipes, visit [healthyeating.nhlbi.nih.gov](https://www.healthyeating.nhlbi.nih.gov).

Start *simple*
with MyPlate



Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. 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:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

chayote salad with lemony hot sauce

Ingredients

2 malagueta peppers, drained and finely chopped*

1/2 cup onion, finely chopped

1 1/2 teaspoons garlic, minced

1/4 cup lemon juice

2 teaspoons olive oil

3 small chayote squash or yellow summer squash, peeled, seeded, and sliced

1/2 cup red bell pepper, seeded and chopped

1/2 cup green bell pepper, seeded and chopped

2 medium plum tomatoes, diced

1/4 teaspoon ground black pepper

*Malagueta peppers are a pickled hot pepper used in traditional Brazilian cooking. They can be found in some Latin American markets.



1. Combine the malagueta peppers in a food processor or blender and process them until the mixture is a thick paste.
2. Gradually add half of the chopped onion and garlic and continue to process, scraping the sides of the container to blend all ingredients into the paste. Add the lemon juice and process again to mix.
3. Transfer the sauce to a glass bowl, cover with plastic wrap, and allow the mixture to stand for 30 minutes.
4. In a large heavy skillet, heat the olive oil over medium heat. Add the remaining onion and minced garlic. Sauté for 2 minutes, add the chayote or summer squash, and continue to sauté, stirring occasionally for about 5 minutes.
5. Add the red and green peppers and allow to cook for another 5 minutes. Add the black pepper and remove the pan from the heat.
6. Place the sautéed vegetables in the refrigerator and chill for 2 hours.
7. When ready to serve, arrange the vegetables on a large platter and drizzle with a small amount of sauce. Sprinkle with the chopped tomato for added color. Add black pepper as desired.

Yield 6 servings, **Serving Size** 1 cup, **Calories** 68, **Total Fat** 2g, **Saturated Fat** 0g, **Cholesterol** 0mg, **Sodium** 332mg, **Total Fiber** 5g, **Protein** 2g, **Carbohydrates** 12g, **Potassium** 393mg



National Heart, Lung,
and Blood Institute



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