



## Blood Pressure Basics

Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. **Your blood pressure is how hard your blood pushes against the walls of the arteries.** Blood pressure is measured in units of millimeters of mercury (mmHg). The readings are always given in pairs, with the upper (systolic) value first, followed by the lower (diastolic) value.

- ◆ **Systolic pressure** is the pressure when the ventricles pump blood out of the heart—when the heart beats.
- ◆ **Diastolic pressure** is the pressure between heartbeats, when the heart is filling with blood. The diastolic pressure is always lower than the systolic pressure.
- ◆ **Overall blood pressure status** is determined by the higher number. For example, if your systolic is in the normal range and your diastolic is in the high range, your overall blood pressure is considered high.
- ◆ **Healthy blood pressure** for most adults is usually less than 120/80 mmHg.
- ◆ **High blood pressure** is when you have consistent systolic readings of 140 mmHg or higher or diastolic readings of 90 mmHg or higher. Based on research, your doctor may also determine that you have high blood pressure if you consistently have systolic readings of 130 to 139 mmHg or diastolic readings of 80 to 89 mmHg and you have other risk factors for heart or blood vessel disease.

ⓘ *Note that readings above 180/120 mmHg are dangerously high and require immediate medical attention.* SOURCE: National Heart, Lung and Blood Institute



## Hearing Loss and Older Adults

**Hearing loss is a common problem in older adults.**

About one-third of older adults have hearing loss, and the chance of developing it increases with age.

Causes of hearing loss include genetic variations, loud noise, age-related changes, and certain medications. Health conditions common in older people, such as diabetes or high blood pressure, can contribute to hearing loss.

### Signs of Hearing Loss:

Hearing loss can range from mild to total, and people might not realize they have it. *Talk with your doctor if you:*

- Have trouble understanding people over the phone**
- Find it hard to follow conversations**
- Often ask people to repeat themselves**
- Need to turn up the TV volume higher than other people do**
- Struggle to understand what others are saying because of background noise**
- Think that others seem to mumble**

### Risks of Untreated Hearing Loss:

Some people may not want to admit they have trouble hearing. But if ignored or left untreated, hearing problems can get worse. Hearing loss is also associated with other health concerns, including:

- **Faster cognitive decline**
- **Increased risk of developing dementia**
- **Depression, social isolation, and loneliness resulting from frustration or embarrassment**
- **Safety concerns, including an increased risk of falls and issues with driving safely**

*If you think you or a loved one has a hearing problem, seek professional advice. Your family doctor may be able to diagnose and treat the problem, or they can refer you to other experts.* 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.**

MAY 10

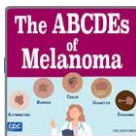
HAPPY MOTHER'S DAY  
 THANK YOU MOM FOR ALL THAT YOU DO.

**BEAUTY IS THE BEST POSSIBLE VERSION OF YOURSELF, INSIDE AND OUT.** -Audrey Hepburn

## Questions to Ask your Doctor about your Blood Pressure



- *What is my blood pressure reading in numbers?*
- *What is my goal blood pressure?*
- *Is there a healthy eating plan that I should follow to help lower my blood pressure and lose weight?*
- *Is it safe for me to do regular physical activity?*
- *What is the name of my medicine? What is the generic name?*
- *What are the possible side effects of my medicine?*
- *What time of day should I take my blood pressure medicine?*
- *What should I do if I forget to take my blood pressure medicine at the recommended time?*
- *Should I take it with or without food?* SOURCE: National Institutes of Health



## ABCDEs of Skin Cancer

The **ABCDEs** of skin cancer is a technique that providers use to examine your skin for signs of skin cancer. The **ABCDEs** of skin cancer are five warning signs of melanoma. Melanoma is the most serious type of skin cancer. Each letter stands for a feature that describes a cancerous freckle or a mole:

- **A is for asymmetry.** One half of the mole doesn't match the other.
- **B is for border.** It has uneven or blurred edges.
- **C is for color.** It has multiple colors or shades.
- **D is for diameter.** A mole is larger than a pencil eraser.
- **E is for evolving.** Any change in size, shape, color or height — or new symptoms like itching or scabbing—should be checked by a provider.

*If you notice any of the ABCDEs of skin cancer, call your provider right away. An early diagnosis and treatment improve outcomes.*

### Why should I check my skin for early signs of melanoma?

Melanoma is serious, but it's highly treatable when caught early. That's why it's important to check your skin regularly.

SOURCE: Cleveland Clinic

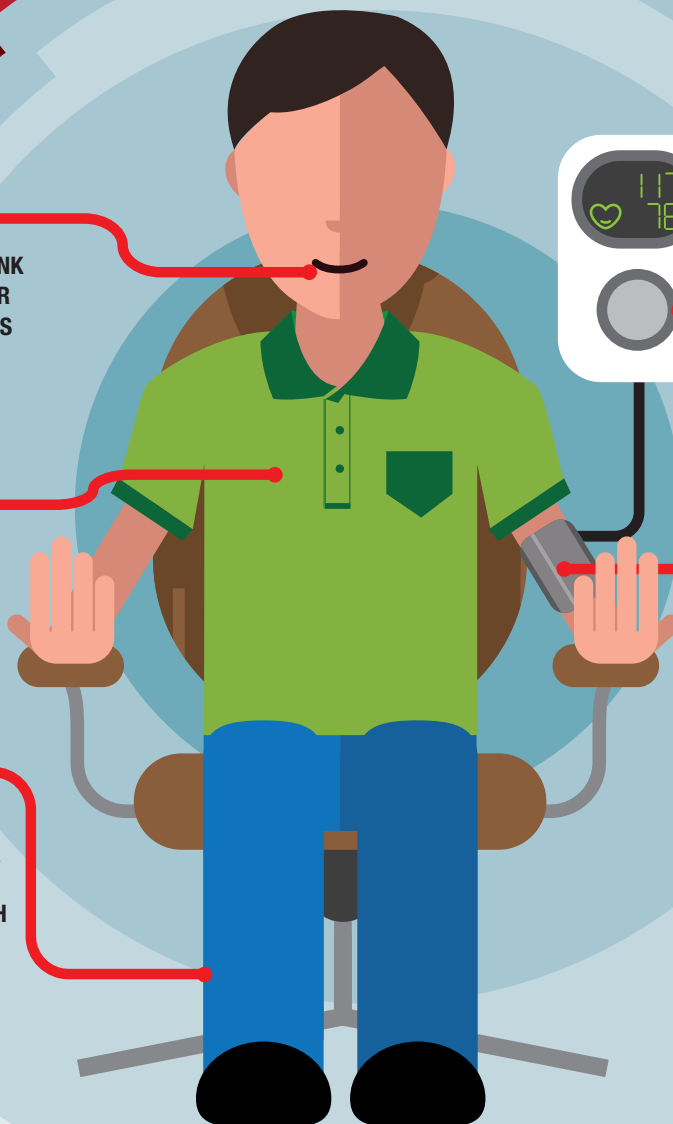
The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice.

**Newsletter Comments and Contributions: Please contact [harveygrossmd@ehmhealth.org](mailto:harveygrossmd@ehmhealth.org)**



American Heart Association.

# BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

## American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



\* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT [HEART.ORG/HBP](http://HEART.ORG/HBP)

Know Stroke

# See the Signs. Act F.A.S.T.

## Every second counts

Stroke is a medical emergency. About 80% are ischemic strokes, which disrupts blood to the brain. The rest are hemorrhagic strokes, caused by bleeding in or around the brain. The longer blood flow is cut off, the greater the damage. That's why recognizing the signs and calling 911 the moment you notice them is so crucial.



### **F** Face Drooping

Does one side of the face droop when smiling?



### **A** Arm Weakness

When arms are raised, does one drift down?



### **S** Speech Difficulty

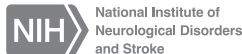
Is speech slurred or strange?



### **T** Time to Call 911

Do not drive — call an ambulance immediately.

Getting to a hospital **quickly** saves lives and increases the chances for successful recovery.



Stroke, a leading cause of disability and death, can take away your ability to talk, walk, and think clearly. And stroke can happen to anyone—even if you're young.

## More **sudden** stroke symptoms

### **Numbness**

or weakness of face, arm, or leg, especially on one side of the body

### **Confusion**

trouble speaking, or trouble understanding

### **Trouble Seeing**

in one or both eyes

### **Trouble Walking**

dizziness, or loss of balance or coordination

### **Severe Headache**

with no known cause



**LEARN MORE**  
**BREATHE BETTER<sup>SM</sup>**



## REDUCING ALLERGENS IN YOUR HOME

ASTHMA 

Avoiding asthma triggers may help reduce the inflammation in your lungs, reduce symptoms, and reduce your need for emergency relief medication. Indoor allergy triggers, such as dust or animal dander, could affect your asthma if you are sensitive to them, and using a strategy that removes or minimizes these allergens may be helpful.

Your health care provider can help you identify your sensitivities by looking at your medical history or through allergy testing.

Keep in mind that controlling any allergen usually requires a combination of approaches, and reducing allergens is just one part of a comprehensive asthma management plan.

Here are some tips to get started. These tips tend to work better when you use several of them together. Your health care provider can help you decide which ones may be right for you.

### ALLERGENS

**Animal Dander:** Some people are allergic to the flakes of skin or dried saliva from animals with fur or hair. If you are sensitive and decide to have a pet:

- Consider keeping the pet outdoors.
- Try limiting your pet to commonly used areas indoors.

**Dust Mites:** These tiny bugs, too small to see, can be found in every home—in dust, mattresses, pillows, carpets, cloth furniture, sheets and blankets, clothes, stuffed toys, and other cloth-covered items. If you are sensitive:

- Mattress and pillow covers that prevent dust mites from going through them should be used along with high efficiency particulate air (HEPA) filtration vacuum cleaners.
- Consider reducing indoor humidity to below 60 percent. Dehumidifiers or central air conditioning systems can do this.



**U.S. Department of Health and Human Services**  
National Institutes of Health



National Heart, Lung,  
and Blood Institute

NIH Publication No. 20-HL-8144  
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For more information and resources on asthma, visit [nhlbi.nih.gov/BreatheBetter](https://nhlbi.nih.gov/BreatheBetter).

**Cockroaches and Other Rodents:** Pests like these leave droppings that may trigger your asthma. If you are sensitive:

- Consider an integrated pest management plan.
- Keep food and garbage in closed containers to decrease the chances for attracting roaches and other rodents.
- Use poison baits, powders, gels, or paste (for example, boric acid), or traps to catch and kill the pests. If you use a spray to kill roaches, stay out of the room until the odor goes away.

**Indoor Mold:** If mold is a trigger for you, you may want to:

- Explore professional mold removal or cleaning to support complete removal.
- Wear gloves to avoid touching mold with your bare hands if you must remove it yourself.
- Always ventilate the area if you use a cleaner with bleach or a strong smell.

**Pollen and Outdoor Mold:** When pollen or mold spore counts are high you should try to:

- Keep your windows closed.
- If you can, stay indoors with the windows closed from late morning to afternoon, when pollen and some mold spore counts are at their highest.
- If you do go outside, change your clothes as soon as you get inside, and put dirty clothes in a covered hamper or container to avoid spreading allergens inside your home.
- Ask your health care provider if you need to take or increase your anti-inflammatory medicine before the allergy season starts.

## IRRITANTS

### Tobacco Smoke:

- If you smoke, visit [smokefree.gov](http://smokefree.gov) or ask your health care provider for ways to help you quit.
- Ask family members to quit smoking.
- Do not allow smoking in your home or car.

### Smoke, Strong Odors, Sprays, and Fumes:

- Avoid using a wood-burning stove, kerosene heater, or fireplace, if possible. Vent gas stoves to outside the house.
- Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints.

### Vacuum Cleaning:

- Try to get someone to vacuum for you once or twice a week if vacuum cleaning makes your asthma worse. Stay out of rooms while they are being vacuumed and for a short while afterward.
- If you must vacuum yourself, using HEPA filtration vacuum cleaners may be helpful.



**REDUCING ALLERGENS  
IN YOUR HOME**

[nhlbi.nih.gov/BreatheBetter](http://nhlbi.nih.gov/BreatheBetter)

**LEARN MORE**  
**BREATHE BETTER**<sup>SM</sup>

# oven-fried yuca

## Ingredients

1 pound fresh yuca (cassava),  
peeled and cut into 3-inch  
sections (or 1 pound peeled  
frozen yuca)

nonstick vegetable oil spray



1. In a kettle, combine the yuca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yuca for 20 to 30 minutes or until it is tender.
2. Preheat oven to 350°F.
3. Transfer the yuca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into  $\frac{3}{4}$ -inch-wide wedges, discarding the thin woody core.
4. Spray a cookie sheet with the vegetable oil spray. Spread yuca wedges in a single layer on the cookie sheet and spray the wedges with vegetable oil spray. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

**Yield** 6 servings, **Serving Size** 1 piece (2½ inches long), **Calories** 93, **Total Fat** 1g, **Saturated Fat** 0g, **Cholesterol** 0mg, **Sodium** 3mg, **Total Fiber** 1g, **Protein** 2g, **Carbohydrates** 20g, **Potassium** 522mg



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 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