NOVEMBER 2026

THANKFUL FOR ALL THE BLESSINGS

Englewood Primary Care Associates, PC (Harvey R. Gross, MD, PC)
370 Grand Avenue, Suite 102, Englewood, NJ 07631 ▪ P 201 567 3370
810 River Road, New Milford, NJ 07646 ▪ P 201 855 8495
695 Anderson Avenue, Cliffside Park, NJ 07010 ▪ P 551 234 3040

Your Feet and Diabetes



Do You Know These Blood Sugar Triggers?

1. **Sunburn**—the pain causes stress, and stress increases blood sugar levels.
2. **Artificial sweeteners**—more research is needed, but some studies show they can raise blood sugar.
3. **Coffee**—even without sweetener. Some people's blood sugar is extra-sensitive to caffeine.
4. **Losing sleep**—even just one night of too little sleep can make your body use insulin less well.
5. **Skipping breakfast**—going without that morning meal can increase blood sugar after both lunch and dinner.
6. **Time of day**—blood sugar can be harder to control the later it gets.
7. **Dawn phenomenon**—people have a surge in hormones early in the morning whether they have diabetes or not. For people with diabetes, blood sugar can spike.
8. **Dehydration**—less water in your body means your blood sugar is more concentrated.
9. **Nose spray**—some have chemicals that trigger your liver to make more blood sugar.
10. **Gum disease**—it's both a complication of diabetes and a blood sugar spiker.

SOURCE: Centers for Disease Control & Prevention

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**.

NOVEMBER
WORLD PNEUMONIA DAY, 12
US ANTIBIOTICS AWARENESS WEEK, 18-24
DIABETES AWARENESS MONTH
LUNG CANCER AWARENESS MONTH

GIVE THANKS NOT JUST ON THANKSGIVING DAY, BUT EVERY DAY OF YOUR LIFE. APPRECIATE AND NEVER TAKE FOR GRANTED ALL THAT YOU HAVE.
-CATHERINE PULSIFER

HAPPY THANKSGIVING!

What is Secondhand Smoke?

Secondhand smoke (*sometimes called passive smoke, environmental tobacco smoke, or involuntary smoke*) is a mixture of sidestream smoke (the smoke from the burning tip of a cigarette or other smoked tobacco product) and mainstream smoke (smoke exhaled by a smoker that is diluted by the surrounding air). SOURCE: National Cancer Institute

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

ANTIBIOTICS AREN'T ALWAYS THE ANSWER.



Antibiotics save lives. Improving the way healthcare professionals prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.

BE ANTIBIOTICS AWARE

SMART USE, BEST CARE

The Facts:

When a patient needs antibiotics, the benefits outweigh the risks of side effects or antibiotic resistance.

When antibiotics aren't needed, they won't help you, and the side effects could still hurt you.

Common side effects of antibiotics can include rash, dizziness, nausea, diarrhea, or yeast infections. More serious side effects include *Clostridioides difficile* infection (also called *C. difficile* or *C. diff*), which causes diarrhea that can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions.

Antibiotics do not work on viruses, such as colds and flu, or runny noses, even if the mucus is thick, yellow, or green.

Antibiotics are only needed for treating certain infections caused by bacteria. Antibiotics also won't help for some common bacterial infections including most cases of bronchitis, many sinus infections, and some ear infections.

Taking antibiotics creates resistant bacteria. Antibiotic resistance occurs when bacteria no longer respond to the drugs designed to kill them.

More than **2.8 million** antibiotic-resistant infections occur in the United States each year, and more than **35,000 people** die as a result.

If you need antibiotics, take them exactly as prescribed. Talk with your doctor if you have any questions about your antibiotics, or if you develop any side effects, especially diarrhea, since that could be a *C. difficile* (*C. diff*) infection which needs to be treated.

Reactions from antibiotics cause **1 out of 5** medication-related visits to the emergency department. In children, reactions from antibiotics are the most common cause of medication-related emergency department visits.



Questions to Ask Your Healthcare Professional

If your child is sick, here are three important questions to ask your healthcare professional:

1. What is the best treatment for my child's illness?

Your child can feel better without an antibiotic. Respiratory viruses usually go away in a week or two without treatment. Ask your healthcare professional about the best way to feel better while your child's body fights off the virus.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

2. What do I need to know about the antibiotics you're prescribing for my child today?

The antibiotic prescribed should be the one most targeted to treat the infection, while causing the least side effects. Some types of antibiotics, such as fluoroquinolones, have a stronger link to severe side effects such as life-threatening *C. diff* infections. The Food and Drug Administration (FDA) warns healthcare professionals to only prescribe fluoroquinolones when another treatment option is unavailable. These powerful antibiotics are often prescribed even when they are not the recommended treatment.

3. What can I do to help my child feel better?

Pain relievers, fever reducers, saline nasal spray or drops, warm compresses, liquids, and rest may be the best ways to help your child feel better. Your healthcare professional can tell you how to help relieve your child's symptoms.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.

WHAT IS PNEUMONIA?



Learn the facts about pneumonia, its signs and symptoms, and ways to manage it after a diagnosis.

Could You Have Pneumonia?

Symptoms of pneumonia can be mild or serious. They may include:

- Chest pain when breathing or coughing
- Chills and/or fever
- Coughing with or without mucus
- Low blood oxygen levels
- Shortness of breath

Other symptoms may include a headache, muscle pain, extreme tiredness, nausea (feeling sick to your stomach), vomiting, and diarrhea. Older adults may experience weakness, confusion, or a lower-than-normal temperature instead of a fever. Sometimes babies may vomit, appear restless or have low energy, or show signs of breathing problems.

Pneumonia can be hard to diagnose because its symptoms are similar to a cold or flu. Symptoms can vary from mild to severe depending on the type of germ causing the infection, your age, and overall health. To diagnose pneumonia, your doctor will review your medical history and do a physical exam. They may also do a chest X-ray, blood test, or measure the oxygen in the blood.

Basic Facts About Pneumonia

Pneumonia is an infection that causes the air sacs (called alveoli) in one or both lungs to fill up with fluid or pus.

Germs such as bacteria, viruses, or fungi can cause pneumonia. Influenza (flu) is an example of a virus that can cause pneumonia.

Pneumonia can be mild or severe. A person's health and age, and the type of germ causing the infection, all contribute to how serious it is.

Staying up to date on pneumococcus and flu vaccines can help prevent some types of pneumonia. Vaccines can also help decrease the severity for those who do get pneumonia.

Pneumonia can affect people of any age. However, children 2 years old or younger, and adults age 65 or older, are more likely to have serious pneumonia.

National Heart, Lung, and Blood Institute
LEARN MORE BREATHE BETTER®



Managing Pneumonia

Treatment for pneumonia depends on the germ causing the infection, and how serious it is. Bacterial pneumonia is usually treated with antibiotics. But if you have viral pneumonia, antibiotics won't help. In mild cases, your doctor may prescribe medicine or suggest over-the-counter medicine to treat it at home.

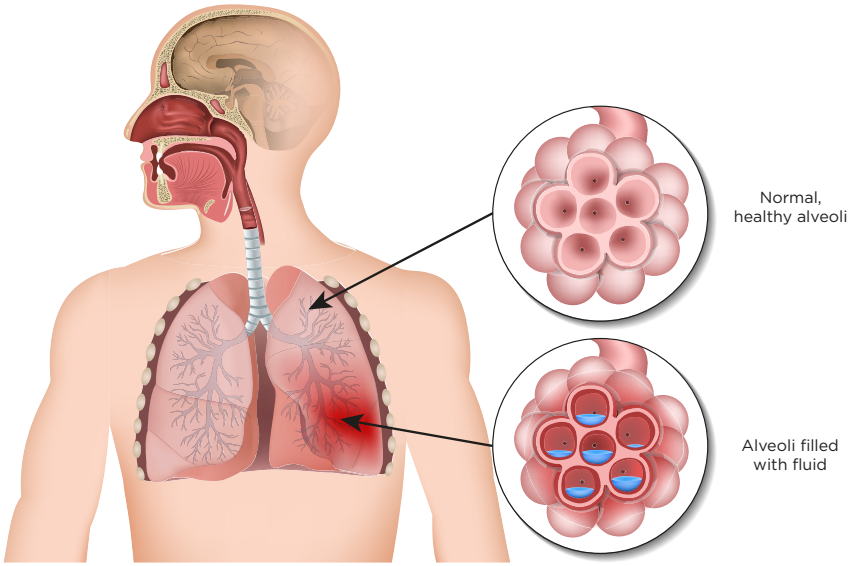
For more serious cases, hospital treatment may be needed. At the hospital, people with pneumonia will receive medicine and fluids through an intravenous (IV) line. Sometimes oxygen therapy is used to pump oxygen into the blood. In very serious cases, a ventilator may be used to help with breathing. Damaged sections of the lung may also need to be removed to help prevent pneumonia from happening again.

Recovery can take weeks or even months. Your doctor may suggest lifestyle changes, such as eating healthy or getting enough sleep, to help with recovery. Talk to your healthcare provider about your treatment plan. This can help you avoid complications and start feeling better.

How Pneumonia Affects Breathing

Sometimes germs like bacteria, viruses, or fungi can get into your airways through mucus. The airways are lined with hair-like cilia, which help to push the mucus and germs out of your airways, usually by coughing.

Sometimes germs make it into air sacs, or alveoli, in the lungs. The body's immune system usually attacks the germs. If the immune system is weakened, germs that cause pneumonia can multiply. As the body tries to fight off the germs, it can cause swelling, or inflammation. Inflammation can make air sacs in the lungs fill with fluid and pus. This makes it hard for the body to get enough oxygen and breathe easily.



For more information about lung health, visit **www.nhlbi.nih.gov/BreatheBetter**
For more information about pneumonia, visit **www.nhlbi.nih.gov/health/pneumonia**

NIH Publication No. 23-HL-8210
August 2023

Are You at Risk for Type 2 Diabetes?

Diabetes Risk Test

About 1 in 5 Americans with diabetes is undiagnosed. Could you be one of the 8.7 million Americans who has diabetes and doesn't know it? Take the test and learn more about your risk for getting type 2 diabetes.

Write your score in the box.

1 How old are you?
a. Less than 40 years (0 points)
b. 40–49 years (1 point)
c. 50–59 years (2 points)
d. 60 years or older (3 points)

2 Are you a man or a woman?
a. Man (1 point)
b. Woman (0 points)

3 Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?
a. Yes (1 point)
b. No (0 points)

4 Do you have a mother, father, sister, or brother with diabetes?
a. Yes (1 point)
b. No (0 points)

5 Have you ever been diagnosed with high blood pressure?
a. Yes (1 point)
b. No (0 points)

6 Are you physically active?
a. Yes (0 points)
b. No (1 point)

7 What is your weight status? *(see chart at right)*

Add up Your Score

Height	Weight					
	lbs.	kilos	lbs.	kilos	lbs.	kilos
4'10"	119–142	54.0–64.4	143–190	64.9–86.2	191+	86.6+
4'11"	124–147	56.2–66.7	148–197	67.1–89.3	198+	89.8+
5'0"	128–152	58.1–68.9	153–203	69.4–92.1	204+	92.5+
5'1"	132–157	59.9–71.2	158–210	71.7–95.3	211+	95.7+
5'2"	136–163	61.7–73.9	164–217	74.4–98.4	218+	98.9+
5'3"	141–168	64.0–76.2	169–224	76.7–101.6	225+	102.1+
5'4"	145–173	65.8–78.5	174–231	78.9–104.8	232+	105.2+
5'5"	150–179	68.0–81.2	180–239	81.6–108.4	240+	108.9+
5'6"	155–185	70.3–83.9	186–246	84.4–111.6	247+	112.0+
5'7"	159–190	72.1–86.2	191–254	86.6–115.2	255+	115.7+
5'8"	164–196	74.4–88.9	197–261	89.4–118.4	262+	118.8+
5'9"	169–202	76.7–91.6	203–269	92.1–122.0	270+	122.5+
5'10"	174–208	78.9–94.3	209–277	94.8–125.6	278+	126.1+
5'11"	179–214	81.2–97.1	215–285	97.5–129.3	286+	129.7+
6'0"	184–220	83.5–99.8	221–293	100.2–132.9	294+	133.4+
6'1"	189–226	85.7–102.5	227–301	103.0–136.5	302+	137.0+
6'2"	194–232	88.0–105.2	233–310	105.7–140.6	311+	141.1+
6'3"	200–239	90.7–108.4	240–318	108.9–144.2	319+	144.7+
6'4"	205–245	93.0–111.1	246–327	111.6–148.3	328+	148.8+
	(1 Point)		(2 Points)		(3 Points)	

You weigh less than the amount in the left column (0 points)

The higher your score, the higher your risk.

If you scored 5 or more: You are at increased risk for having type 2 diabetes. Talk to your doctor about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

If you scored below 5: Even if your score was below 5, you may be at increased risk for having prediabetes—blood sugar levels that are higher than normal but not high enough to be called diabetes. The good news for people with prediabetes is that you can lower your risk for type 2 diabetes. Talk to your health care team about getting tested, particularly if you are over 35, have overweight or obesity, or have a family member with diabetes. Find out about the small steps you can take to prevent or delay type 2 diabetes and live a long and healthy life.

You are more likely to develop type 2 diabetes if you are African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) offers health information in English and Spanish.

The National Institute of Diabetes and Digestive and Kidney Diseases
1-800-860-8747 • TTY: 711

Adapted from the American Diabetes Association's Diabetes Risk Test.

turkey and beef meatballs with whole-wheat spaghetti



Ingredients

8 ounces dry whole-wheat spaghetti

2 cups Super Quick Chunky Tomato Sauce (See separate recipe card for details.)

1 tablespoon chopped fresh basil

4 teaspoons grated parmesan cheese

For turkey meatballs:

6 ounces 99 percent lean ground turkey

1/4 cup whole-wheat breadcrumbs

2 tablespoons fat-free evaporated milk

1 tablespoon grated parmesan cheese

1/2 tablespoon chopped fresh chives

1/2 tablespoon chopped fresh parsley

For beef meatballs:

6 ounces 93 percent lean ground beef

1/4 cup whole-wheat breadcrumbs

2 tablespoons, fat-free evaporated milk

1 tablespoon grated parmesan cheese

1/2 tablespoon chopped fresh chives

1/2 tablespoon chopped fresh parsley

1. Preheat oven to 400°F.
2. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
3. Add pasta, and cook according to package directions. Drain.
4. Meanwhile, combine ingredients for the turkey and beef meatballs in separate bowls, and mix well. Measure 1 1/2 tablespoons of turkey mixture and roll in hand to form a ball; then place the meatball on a nonstick baking sheet. Repeat, and follow same instruction for beef mixture, until eight turkey and eight beef meatballs are made.
5. Bake meatballs on a nonstick baking sheet for 10 minutes (to a minimal internal temperature of 165°F).
6. Warm sauce, if necessary.
7. Serve four meatballs, 3/4 cup hot pasta, 1/2 cup sauce, 1 teaspoon cheese, and a pinch of basil per portion.

Yield 4 servings, **Serving Size** 4 meatballs, 3/4 cups pasta, 1/2 cup sauce, 1 teaspoon cheese, pinch of basil, **Calories** 299, **Total Fat** 5 g, **Saturated Fat** 1 g, **Cholesterol** 41 mg, **Sodium** 277 mg, **Total Fiber** 5 g, **Protein** 28 g, **Carbohydrates** 37 g, **Potassium** 194 mg

National Heart, Lung, and Blood Institute

http://wecan.nhlbi.nih.gov

ENGLEWOOD HEALTH

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 3rd Thursday Monthly at 5:30 PM – 6:30 PM.

Holy Name
PATRICIA LYNCH
CANCER CENTER

CANCER SUPPORT
COMMUNITY
COMMUNITY IS STRONGER THAN CANCER

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