

## Breast Self-Awareness

**Regular Mammograms are key to early detection.**

Breast cancer affects one in eight women in the U.S. and is the second most common type of cancer diagnosed in women, after skin cancer.

### ■ How it happens

*Breast cancer happens when cancerous cells form in the breast tissue.* Health experts don't know exactly why cancerous cells form in the breast in some women but not others. However, they do know some of the risk factors, such as older age, smoking, and a family history of the disease.

### ■ Who is more likely to get it?

*Breast cancer is most common in middle-aged and older women.* Women aged 45 to 54 make up nearly 20% of new cases. Women aged 55 to 74 make up 51% of new cases. The rate of new cases of breast cancer is highest in white women, followed by African American women. Breast cancer death rates are highest for African American women—40% higher than for white women.

### ■ How to lower your risk

*The key is to get regular exams and screening.* You can't do much about risk factors like age or family history of breast cancer. But there are other things you can do. *These include:*

- ☐ **Controlling your weight.** Those who are obese have a 20% to 40% higher risk of developing breast cancer compared with women whose weight is in the normal range.
- ☐ **Limiting alcohol.** Even one daily drink can raise your risk.
- ☐ **Getting regular exercise.**
- ☐ **Quitting smoking.**

SOURCE: NIH (National Institutes of Health) MEDLINEPLUS.GOV

*The signs of breast cancer are not the same for everyone. It's important to know how your breasts normally look and feel.*

*If you notice any change, see a doctor.*

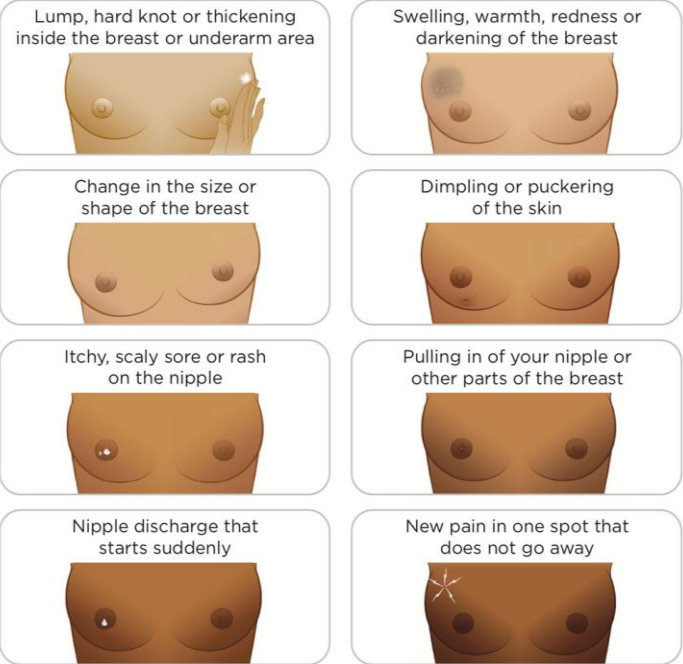


IMAGE SOURCE: Susan G. Komen

**What is a Mammogram?** A mammogram is an X-ray image of the breast. It can find breast cancer in a person who doesn't have any warning signs or symptoms, even when the breast cancer is too small to feel. This is called a screening mammogram. It's the best screening test we have to find breast cancer in most women. **Take the time now to schedule your routine mammogram or encourage someone you love to schedule theirs.**

SOURCE: Susan G. Komen



## Managing Menopause

*Menopause marks the end of menstrual cycles and fertility.*

Even though it's a natural process, the transition to menopause can be difficult for some women.

### Transitioning Into Menopause?

Perimenopause symptoms can be different for everyone and include:

- ☐ **Changes in your period.** Periods happening very close together or farther apart than usual; heavy bleeding or spotting; periods that last for more than a week.
- ☐ **Hot flashes.** A sudden feeling of heat in the upper part or all of your body.
- ☐ **Night sweats.** Hot flashes that happen during sleep.
- ☐ **Sleep problems.** Trouble falling asleep or staying asleep.
- ☐ **Bladder issues.** Sudden urges to urinate, or urine leaking during exercise, sneezing, or laughing.
- ☐ **Changes in vaginal health and sexuality.** Vaginal dryness; discomfort or pain during sex; changes in sexual desire.
- ☐ **Changes in body composition.** Muscle loss or fat gain; skin can become thinner; joints and muscles may feel stiff or achy.
- ☐ **Mood changes.** Feeling moody or more irritable; feelings of anxiety or depression.

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 in most women-to-date on your screenings for **Mammogram & 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.

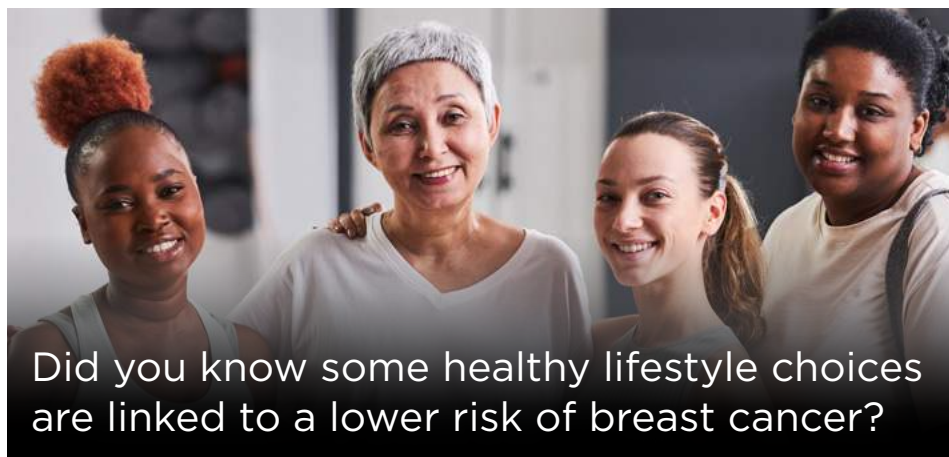
| OCTOBER                           |                          |
|-----------------------------------|--------------------------|
| BREAST CANCER AWARENESS MONTH     |                          |
| DOMESTIC VIOLENCE AWARENESS MONTH |                          |
| MENOPAUSE AWARENESS MONTH         |                          |
| TALK ABOUT YOUR MEDS MONTH        |                          |
| 16                                | NATIONAL MAMMOGRAPHY DAY |

**“OUR LIVES ARE A SUM OF THE TOTAL CHOICES WE HAVE MADE.”** -WAYNE DYER

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)**

# HEALTHY LIVING AND BREAST CANCER RISK



## Make Healthy Lifestyle Choices

### 1. Maintain a healthy weight

Being overweight or obese affects the risk of breast cancer differently for pre-and postmenopausal women. Many studies link body weight to breast cancer risk.

- Women who are overweight or obese before menopause have a decreased risk of breast cancer.
- Women who are overweight or obese after menopause have an increased risk of breast cancer.
- Women who gain weight as an adult have an increased risk of breast cancer before and after menopause.
- Women who lose weight after menopause may have a decreased risk of breast cancer.

Although being overweight or obese is linked to a lower risk of breast cancer before menopause, weight gain should be avoided because any weight gained before menopause may be carried into the postmenopausal years, and most breast cancers occur after menopause.

### 2. Make exercise a part of your routine

Women who get regular exercise (physical activity) have a lower risk of breast cancer than women who are not active. This benefit is seen most clearly in women after menopause.

It's not just intense exercise that's linked to a decreased risk of breast cancer. Women who get activity equal to walking 30 minutes a day have a lower risk than women who aren't active. And remember, any amount of movement is beneficial for your health.

Before starting an exercise routine, see a doctor if you:

- Have been inactive for a long time
- Are overweight
- Have a high risk of heart disease
- Have been diagnosed with or have a high risk of chronic health problems

If you're already active, keep up the good work!

### 3. Limit alcohol intake

Women who drink alcohol have an increased risk of breast cancer.

- One study found women who had 2-3 alcoholic drinks a day had a 20% higher risk of breast cancer than women who didn't drink alcohol.
- It's best not to drink alcohol. If you choose to drink alcohol, drink less than 1 drink a day.

### 4. Limit menopausal hormone therapy (MHT)

MHT is approved for the short-term relief of hot flashes and other menopausal symptoms.

The main types of MHT are:

- Estrogen plus progestin
- Estrogen alone

Taking MHT with estrogen plus progestin increases the risk of breast cancer.

- Once MHT is stopped, this risk starts to decline. After about 5-10 years, the risk returns to that of a woman who has never used MHT.
- Taking MHT with estrogen alone for 10 years or more may increase the risk of breast cancer.

Talk to your doctor about the risks and benefits of MHT.

### 5. Breastfeed if you can

- Women who breastfeed have a lower risk of breast cancer than women who don't breastfeed, especially before menopause.
- The longer a woman breastfeeds in her lifetime, the lower her risk may be.

# HEALTHY LIVING AND BREAST CANCER RISK

## Resources

### Susan G. Komen®

1-877 GO KOMEN

(1-877-465-6636)

[komen.org](https://www.komen.org)

## Related educational resources:

- [Breast Cancer 101 videos](#) (specifically the following):
  - Finding a Healthy Balance
  - Diet and Nutrition
  - Exercise (Physical activity)
  - Alcohol
  - Tobacco
  - Bone Health
- [Breast Cancer Risk Factors](#)



## Eat fruits and vegetables

Eating fruits may be linked to a lower risk of breast cancer. And eating vegetables may be linked to a lower risk of some breast cancers.

Carotenoids are natural orange-red food pigments found in fruits and vegetables (such as carrots, tomatoes and sweet potatoes).

Women with higher blood levels of carotenoids have a decreased risk of breast cancer compared to women with lower levels. Fruits and vegetables are better sources of carotenoids over supplements, as supplements may have some health risks.

## Don't Smoke

Women who smoke for many years may have a slightly increased risk of breast cancer.

Stopping or never starting smoking is one of the best things you can do for your health. If you smoke, there are health benefits to quitting at any age.

## A note about emotional health

Taking care of yourself and having a sense of happiness and well-being is an important part of your health.

Practice gratitude by reflecting on the things you are grateful for and expressing them in a journal or letter.

- Do things that make you happy and bring balance to your life.
- If you are spiritual, meditate or pray. It may help you gain inner peace.
- Consider finding [social support](#), it can help you emotionally and physically.

This content provided by Susan G. Komen® is designed for educational purposes only and is not exhaustive. Please consult with your personal physician.

# Treating Influenza (Flu)



## Information for People at High Risk for Serious Flu Complications



### Do you have Asthma, Chronic Obstructive Pulmonary Disease, Diabetes, or Heart Disease?

If so, you are at high risk of serious illness if you get flu. Treatment with an influenza antiviral drug can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. This fact sheet provides information about using prescription antiviral drugs to treat influenza in people at high risk for serious flu complications.

### Why am I at greater risk of serious flu complications?

Your medical condition makes it more likely that you will get complications from flu, like pneumonia. Flu also can make long-term health problems worse, even if they are well-managed. People with asthma, chronic obstructive pulmonary disease, or heart failure may experience worsening of their conditions and have difficulty breathing. Diabetes (type 1 and 2) can make the immune system less able to fight flu. Also, flu illness can raise blood sugar levels.

### Can flu be treated?

Yes. There are prescription medications called “antiviral drugs” that can be used to treat influenza illness. Antiviral drugs fight influenza viruses in your respiratory tract. They are different from antibiotics, which fight against bacterial infections.

### What should I do if I think I have flu?

Check with your doctor promptly if you are in a group at high risk for serious complications and you get flu symptoms. Symptoms of flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. If you get flu, antiviral drugs are a treatment option. Your doctor may prescribe antiviral drugs to treat your flu illness.

### Should I still get a flu vaccine?

Yes. Antiviral drugs are not a substitute for getting a flu vaccine. While flu vaccines can vary in how they work, flu vaccination is the first and best way to prevent influenza. You should receive flu vaccine every year. Antiviral drugs are a second line of defense to treat flu if you get sick.

### What are the benefits of antiviral drugs?

Antiviral treatment works best when started within two days of getting symptoms. Antiviral drugs can lessen fever and other symptoms and shorten the time you are sick by about one day. They also can prevent serious flu complications, like pneumonia when treatment is started early.

For people at high risk of serious flu complications, early treatment with an antiviral drug can mean the difference between having a milder illness instead of a more serious illness that could result in a hospital stay. For adults hospitalized with flu illness, some studies have reported that early antiviral treatment can reduce the risk of death.

### What antiviral drugs are recommended?

There are four FDA-approved influenza antiviral drugs recommended by CDC: oseltamivir (available as a generic version or under the trade name Tamiflu®), zanamivir (trade name Relenza®), peramivir (trade name Rapivab®), and baloxavir marboxil (trade name Xofluza®). Oseltamivir is available as a pill or liquid, and zanamivir is a powder that is inhaled. Peramivir is administered intravenously by a health care provider. Baloxavir is a pill given as a single dose by mouth.



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

Health and age factors known to increase a person's risk for developing flu-related complications:

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- People who are obese with a body mass index [BMI] of 40 or higher
- People younger than 19 years of age on long-term aspirin- or salicylate-containing medications
- People with a weakened immune system due to disease or medication (such as people with HIV or AIDS, or some cancers such as leukemia) or medications (such as those receiving chemotherapy or radiation treatment for cancer, or persons with chronic conditions requiring chronic corticosteroids or other drugs that suppress the immune system)

Other people at high risk from the flu:

- Adults 65 years and older
- Children younger than 2 years old<sup>1</sup>
- Pregnant women and women up to 2 weeks after the end of pregnancy
- American Indians and Alaska Natives
- People who live in nursing homes and other long-term-care facilities

<sup>1</sup> Although all children younger than 5 years old are considered at high risk for serious flu complications, the highest risk is for those younger than 2 years old, with the highest hospitalization and death rates among infants younger than 6 months old, younger than 6 months old.

## What are the possible side effects of antiviral drugs?

Side effects vary for each medication. For example, the most common side effects for oseltamivir are nausea and vomiting, zanamivir can cause wheezing and difficulty breathing (bronchospasm), and peramivir can cause diarrhea.

Other less common side effects also have been reported. Your health care provider can give you more information about these drugs, or you can check the Food and Drug Administration (FDA) website for specific information about antiviral drugs, including the manufacturer's package insert.

## When should antiviral drugs be taken for treatment?

Studies show that flu antiviral drugs work best for treatment when started within two days of getting sick. However, starting them later can still be helpful, especially if the sick person is in a group at high risk for serious complications (see list in sidebar) or is very sick from flu (for example, hospitalized from flu). Follow your health care provider's instructions for taking these drugs. These antiviral drugs are given in different ways and are approved for different ages.

## How long should antiviral drugs be taken?

To treat flu, oseltamivir and zanamivir are usually taken for 5 days, although people hospitalized with flu may need the medicine for longer than 5 days. Peramivir is given once intravenously. Baloxavir is given as a single dose.

## Can children take antiviral drugs?

Yes. Oseltamivir is recommended by CDC and the American Academy of Pediatrics (AAP) for early treatment of flu in people of any age, and is approved for the prevention of flu (i.e., prophylaxis) in people 3 months and older. Zanamivir is recommended for early treatment of flu in people 7 years and older. Peramivir is recommended for early treatment of flu in people 6 months and older. Baloxavir is recommended for early treatment of flu in children aged 5 to less than 12 years without chronic medical conditions and in all persons aged 12 years and older.

## Can pregnant and breastfeeding women take antiviral drugs?

Oral oseltamivir is recommended for treatment of pregnant women it has the most studies available to suggest that it is safe and beneficial during pregnancy. Baloxavir is not recommended for pregnant women or breastfeeding mothers.

## Who should take antiviral drugs?

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital).

People who are sick with flu and have a high-risk factor related to a health condition like asthma, diabetes or chronic heart disease or their age. (See the full list of high-risk factors).

For more information, visit: [www.cdc.gov/flu](https://www.cdc.gov/flu)  
or call 1-800-CDC-INFO

# The relationship spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.



## Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



## Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



## Abusive relationships are based on an imbalance of power & control

One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation



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love is  
respect

# broccoli & cheese

## Ingredients

6 cups fresh broccoli, rinsed and cut into bite-sized florets (or substitute 6 cups frozen broccoli, thawed and warmed, and skip step 1)

## For sauce:

1 cup fat-free evaporated milk

1 tablespoon cornstarch

$\frac{1}{2}$  cup shredded cheddar cheese

$\frac{1}{4}$  teaspoon Worcestershire sauce

$\frac{1}{4}$  teaspoon hot sauce

1 slice whole-wheat bread, toasted and diced (for croutons)



1. Bring a large pot of water to boil over high heat. Add fresh broccoli, and cook until easily pierced by a fork, about 7–10 minutes. Drain and set aside.
2. In a separate saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often.
3. When the milk comes to a boil, remove it from the heat and add the cheese. Continue to stir until the cheese is melted and evenly mixed.
4. Add the Worcestershire and hot sauces, and stir.
5. Pour cheese over hot broccoli.
6. Sprinkle whole-wheat croutons over broccoli and cheese mixture, and serve.

**Yield** 4 servings, **Serving Size**  $1\frac{1}{2}$  cup broccoli,  $\frac{1}{4}$  cup sauce, 1 tablespoon croutons, **Calories** 162, **Total Fat** 5 g, **Saturated Fat** 3 g, **Cholesterol** 15 mg, **Sodium** 239 mg, **Total Fiber** 4 g, **Protein** 11 g, **Carbohydrates** 19 g, **Potassium** 601 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