



What Men Should Know About Prostate Cancer

What It Is: When cells in the prostate—a small gland in men that helps make semen—grow out of control.

Who's at Risk: While all men are at risk for prostate cancer, it's more common in African American men, men with a family history, and older men.

How Common It Is: About 1 in 8 men will get prostate cancer.

Should You Get Screened? If you're 55 to 69 years old, talk to your doctor to see if screening is right for you. A quick conversation can help you make the best choice for your health.

PROS

- **Early Detection:** May find high-risk prostate cancer early, lowering the risk of serious illness or death for some men.
- **Peace of Mind:** You may prefer knowing your cancer status, since there aren't always symptoms.
- **Treatment Options:** Gives you time to explore treatment options.
- **Informed Decisions:** Empowers you to make the best decisions for your health.

CONS

- **False Positives:** PSA tests can suggest cancer when none is present, causing stress and possibly leading to unnecessary tests, like biopsies.
- **Biopsy Risks:** Biopsies can cause pain, infection, and blood in semen.
- **Overdiagnosis:** Some prostate cancers grow slowly and may never cause harm—but screening can lead to unnecessary treatment and potential complications.
- **Side Effects:** Some treatments may cause side effects, like erectile dysfunction and incontinence. SOURCE: Centers for Disease Control & Prevention



6 Ways to Lower your Cholesterol

High LDL cholesterol can lead to heart disease, which is the number one cause of death in the U.S. That's why it's important to take steps early on. While some risk factors are beyond your control, there are things you can do to reduce your risk.

- 1 **Ask questions.** Don't hesitate to ask your health care provider follow-up questions after a blood test. They can answer questions about your cholesterol levels and provide guidance on what to do next. Cholesterol is a tricky topic that you don't have to navigate alone.
- 2 **Eat a healthy diet.** Reduce or avoid foods high in saturated fat and trans fats. This can help to lower your cholesterol levels in your blood. Eat a variety of nutritious foods, including fruits, vegetables, whole grains, nuts, beans, lean meats, and fish.
- 3 **Lose weight.** Excess weight increases your cholesterol and risk for heart disease. Losing weight can help lower your LDL cholesterol and triglycerides. Talk to your doctor about what a healthy weight is for you.
- 4 **Stay active.** Regular exercise may help lower your LDL cholesterol and raise your HDL cholesterol. Adults should aim for 30 minutes a day.
- 5 **Quit smoking.** Quitting smoking can raise your HDL cholesterol. Talk to your doctor about ways to help you quit.
- 6 **Take your medication.** Some people need medicine to lower cholesterol levels. Never stop taking your medication without speaking with your doctor, nurse, or pharmacist. SOURCE: MedLine Plus

SEPTEMBER

PROSTATE CANCER AWARENESS,
SUICIDE PREVENTION, AND HEALTHY AGING MONTH



Preventing Falls and Hip Fractures

■ Talk to your Doctor

- ✓ Ask your doctor or health care provider to **evaluate your risk** for falling and talk with them about specific things you can do.

- ✓ Ask your doctor or pharmacist to **review your medicines** to see if any might make you dizzy or sleepy. Include prescription medicines and over-the-counter medicines.

- ✓ Ask your health care provider about taking vitamin D supplements.

■ Get Screened for Osteoporosis and treated if needed.

■ Do Strength and Balance Exercises

- ✓ Do exercises that make your legs stronger and improve your balance.

■ Have your Eyes Checked

- ✓ Have your eyes checked by an eye doctor at least once a year and be sure to update your eyeglasses if needed.
- ✓ If you have bifocal or progressive lenses, you may want to get a pair of glasses with only your distance prescription for outdoor activities, such as walking. Sometimes bifocal or progressive lenses can make things seem closer or farther away than they really are.

■ Make your Home Safer

- ✓ Get rid of things you could trip over.
- ✓ Add grab bars inside and outside your tub or shower and next to the toilet.
- ✓ Put railings on both sides of stairs.
- ✓ Make sure your home has lots of light by adding more or brighter light bulbs.

Why Prevention is Important: Each year there are about 300,000 hip fracture-related hospitalizations due to older adult falls. In 2019, 83% percent of hip fracture deaths and 88% of emergency department visits and hospitalizations for hip fractures were caused by falls. Women experience about 70% of hip fractures treated in the emergency department or hospital. The chances of breaking your hip increase as you get older. 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**.

**“THE FEARS WE DON'T FACE
BECOME OUR LIMITS.”**

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

LET'S TALK ABOUT PROSTATE CANCER.

- Prostate cancer affects about 1 in 8 men, and the risk goes up with age.
- Prostate cancer can grow without any signs or symptoms. That means you may not know you have it for years. Symptoms differ from person to person—but most men don't have any symptoms at all.
- Getting screened can catch it early, when it's most treatable. Screening checks for cancer before symptoms appear. It helps find cancers that could grow or spread if not treated. There are pros and cons to screening that you should consider when making a decision about getting screened.
- The USPSTF* recommends that if you're 55 to 69 years old, you should talk to your doctor about whether screening is right for you. Having this conversation can help you stay informed and take control of your health.

What Is Informed Decision-Making?

Informed decision-making means **you and your doctor work together** to make the best choices for your **prostate health**.

Your **doctor** is an expert on prostate cancer screenings and treatments.



As the **patient**, you know best what matters to you.

Informed Decision-Making

Together, you and your doctor decide on the best plan for your prostate health by combining medical expertise with your personal health values.

How to Make an Informed Decision

STEP
1

Get Ready to Talk with Your Doctor.

- Learn what might increase your risk—like age, race, or family history.
- Write down your questions and thoughts to feel prepared and confident during your visit.
- Reach out to your health insurance provider to learn which prostate cancer screening your plan covers. If you don't have insurance, other options may be available to help with costs. To find a federally qualified health center near you, visit <https://findahealthcenter.hrsa.gov/>.
- Understand there are pros and cons of screening and treatment.

STEP
2

Talk with Your Doctor.

- Find out which screening options are available.
- Ask if screening is a good choice for you, based on your age, health, and risk factors.
- Ask about the pros and cons of screening and treatment.
- Share what matters to you—like your values, daily routine, and long-term goals.
- Use your notes to help guide the conversation and make sure all your concerns are addressed.

STEP
3

Make the Decision Together.

- Think about your values, goals, and preferences in relation to your risk factors and the pros and cons of screening.
- You and your doctor are a team to help choose what is right for you.
- Talk with your family and friends if you need help thinking it through.
- Remember—it's your decision, and you don't have to make it alone.
- Revisit your decision as needed—it's okay to reassess over time.



It's normal to have questions about prostate cancer. Start the conversation with your doctor and learn more at www.cdc.gov/prostate-cancer.

*USPSTF: The U.S. Preventive Services Task Force is an independent group of experts who make evidence-based recommendations about preventive health services.





Tips for Talking With a Health Care Provider About Your Mental Health

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Don't wait for a health care provider to ask about your mental health. Start the conversation. Here are five tips to help prepare and guide you on talking to a health care provider about your mental health and getting the most out of your visit.

1. Talk to a primary care provider.



If you don't know where to start for help, you may want to consider bringing up your mental health concerns during your appointment with a **primary care provider (PCP)**. A PCP is a health care practitioner people see for common medical problems, and this person is often a doctor. However, a PCP may be a physician assistant or a nurse practitioner.

Mental health is an integral part of health, and people with mental disorders can often be **at risk for other medical conditions**, such as heart disease or diabetes. In many primary care settings, you may be asked if you're feeling anxious or depressed, or if you have had thoughts of suicide. Even if your PCP doesn't ask you first, take this opportunity to talk to your PCP, who can help refer you to a mental health professional. You also can visit the **NIMH Find Help for Mental Illnesses** webpage for help finding a health care provider or treatment.

2. Prepare ahead of your visit.



Health care providers have a limited time for each appointment, so it may be helpful to think of your questions or concerns beforehand.

- **Prepare your questions.** Make a list of what you want to discuss and any questions or concerns you might have. This **worksheet** may help you prepare your questions or concerns.
- **Prepare a list of your medications.** It's important to tell your health care provider about all the medications you're taking, including over-the-counter (nonprescription) drugs, herbal remedies, vitamins, and supplements. This **worksheet** can help you track your medications.
- **Review your family history.** Certain mental illnesses tend to run in families and having a relative with a mental disorder could mean you're at higher risk. Knowing your **family mental health history** can help determine your risk for certain disorders. It can also help your health care provider recommend actions for reducing your risk and enable you and your provider to look for early warning signs.

3. Consider bringing a friend or relative.



It can be difficult to absorb all the information your health care provider shares, especially if you are not feeling well. Sometimes it's helpful to bring a close friend or relative to your appointment. A companion can be there for support, help you take notes, and remember what you and the provider discussed. They also might be able to offer input to your provider about how they think you are doing. Some people like having a friend or family member there throughout an appointment, while others prefer to first meet alone with a health care provider and then have a trusted friend or relative join them when recommendations for treatments are discussed.

4. Be honest.



Your health care provider can help you get better only if you have open and honest communication. It is important to remember that discussions between you and a health care provider are private and cannot be shared with anyone without your expressed permission. Describe all your symptoms to your provider and be specific about when they started, how severe they are, and how often they occur. You should also share any major stressors or recent life changes that could be triggering or exacerbating your symptoms.

Symptoms of mental illnesses may include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite or weight changes (or both)
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

5. Ask questions.



If you have questions or concerns, ask the health care provider for more information about the mental health diagnosis or treatment. If a provider suggests a treatment option that you're not comfortable or familiar with, express your concerns and ask if there are other options. You may decide to try a combination of treatment approaches and want to consider getting another opinion from a different health care provider. It's important to remember that there is no “one-size-fits-all” treatment. To find one that works best for you, you may need to talk to a few other health care providers to find someone you are comfortable with and try several different treatments or a combination of treatments.



National Institute
of Mental Health

5

Action Steps to Help Someone Having Thoughts of Suicide

We can all take steps to help prevent suicide. **Knowing the warning signs for suicide and how to get help can save lives.**

Here are 5 steps you can take to #BeThe1To help someone who is having thoughts of suicide:



1. ASK:

“Are you thinking about suicide?” It’s not an easy question to ask, but it can help start a conversation. Studies show that asking people if they are suicidal does not increase suicidal behavior or thoughts.



2. BE THERE:

Listening without judgment is key to learning what the person is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce suicidal thoughts.



3. HELP KEEP THEM SAFE:

Reducing access to highly lethal items or places can help prevent suicide. Asking the person if they have a plan and making lethal means less available or less deadly can help the person stay safe when suicidal thoughts arise.



4. HELP THEM CONNECT:

Connecting the person with the 988 Suicide & Crisis Lifeline (**call or text 988**) and other community resources can give them a safety net when they need it. You can also help them reach out to a trusted family member, friend, spiritual advisor, or mental health professional.



5. FOLLOW UP:

Staying in touch with the person after they have experienced a crisis or been discharged from care can make a difference. Studies show that supportive, ongoing contact can play an important role in suicide prevention.

For more information on suicide prevention:
www.nimh.nih.gov/suicideprevention
www.bethe1to.com



National Institute
of Mental Health

NIMH Identifier No. OM 24-4315
Revised 2024

baked eggrolls

Ingredients

1 tablespoon vegetable oil

2 teaspoons sesame oil
(optional)

2 teaspoons ginger, minced
(or 1/2 teaspoon dried)

2 teaspoons garlic, minced
(about 2 cloves)

4 cups cabbage (napa or
Chinese), rinsed and shredded

2 cups carrots, peeled and sliced
thinly on an angle (julienned)

2 cups grilled boneless, skinless
chicken breasts, cut into strips
(about 4 small breasts)

1 teaspoon lite soy sauce
(low-sodium)

8 phyllo dough sheets

nonstick cooking spray



1. Preheat oven to 400°F.
2. Heat vegetable and sesame oils in a large wok or sauté pan over medium heat.
3. Add ginger and garlic. Stir fry quickly, about 30–45 seconds.
4. Add cabbage and carrots. Continue stir frying until the cabbage is soft, about 2–3 minutes.
5. Add chicken and soy sauce. Toss well and heat through.
6. Remove mixture from the pan, and place in a large colander to drain.
7. To assemble eggrolls, cover layers of phyllo with a damp cloth to stay moist. Place one sheet of phyllo dough on a cutting board. Spray it lightly with cooking spray. Top with another layer of phyllo dough, and spray again. Repeat for a total of four layers. Prepare a second stack with the remaining four layers.
8. Cut layered dough into four squares. Divide filling evenly (about 1 cup portions) into the center of each stack of squares. Fold one corner of the square into the middle (on top of the filling). Fold in the two sides, and roll the eggroll over so the folded parts are on the bottom.
9. Place the rolls on a nonstick baking sheet, and bake for 15–20 minutes, or until brown and crisp and chicken is reheated. Serve immediately.

Yield 4 servings, **Serving Size** 2 eggrolls, **Calories** 324, **Total Fat** 11 g, **Saturated Fat** 2 g, **Cholesterol** 60 mg, **Sodium** 320 mg, **Total Fiber** 3 g, **Protein** 26 g, **Carbohydrates** 30 g, **Potassium** 416 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 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