



Skin cancer is the most common form of cancer in the United States. The two most common types of cancer – basal cell and squamous cell carcinomas – are highly curable, but can be disfiguring and costly to treat. **Melanoma**, the third most common skin cancer, is more dangerous and causes the most deaths. The majority of these three types of skin cancer are caused by overexposure to ultraviolet (UV) light.

Ultraviolet (UV) Rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells.

In addition to causing sunburn, too much exposure to UV rays can change skin texture, cause the skin to age prematurely, and can lead to skin cancer. UV rays also have been linked to eye conditions such as cataracts.

A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same.

A-B-C-D-Es of Melanoma:

- “**A**” – stands for **Asymmetrical**. Does the mole or spot have an irregular shape with two parts that look very different?
- “**B**” – stands for **Border**. Is the border irregular or jagged?
- “**C**” – is for **Color**. Is the color uneven?
- “**D**” – is for **Diameter**. Is the mole or spot larger than the size of a pea?
- “**E**” – is for **Evolving**. Has the mole or spot changed during the past few weeks or months?

Talk to your doctor if you notice changes in your skin such as a new growth, a sore that doesn't heal, a change in an old growth, or any of the A-B-C-D-Es of melanoma.

SOURCE: www.cdc.gov

Stroke Awareness Month



F. A. S. T. is an easy way to remember and identify the most common symptoms of a stroke. Recognition of stroke and calling 911 will determine how quickly someone will receive help and treatment. Getting to a hospital rapidly will more likely lead to a better recovery.

F - FACE: Ask the person to smile. Does one side of the face droop?

A - ARMS: Ask the person to raise both arms. Does one arm drift downward?

S - SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T - TIME: If you observe any of these signs, call 911 immediately. Knowing the signs and symptoms of a stroke is the first step to ensuring medical help is received immediately.

Preventing Stroke: Control Medical Conditions

- **Check Cholesterol** - Talk with your health care team about this simple blood test.
- **Control Blood Pressure** - Talk to your health care team about how often you should check your levels.
- **Control Diabetes** - Talk to your health care team about treatment options.
- **Treat Heart Disease** - Taking care of heart problems can help prevent stroke.
- **Take Your Medicine** - Never stop taking your medicine without first talking to your doctor or pharmacist.
- **Work With Your Health Care Team** - You and your health care team can work together to prevent or treat the medical conditions that lead to stroke. Discuss your treatment plan regularly, and bring a list of questions to your appointments.

SOURCE: cdc.gov



Shared Decision Making

Low Back Pain - "Should I have MRI?"

Discuss this important shared decision making option with your doctor during your visit.

B · Y · O · B

Bring Your Own Medicine Bottles

each and every time you come to our office. This is **IMPORTANT** so we can update your chart.



Q · U · O · T · E · S · t · o · L · I · V · E · b · y

“ Sometimes the best therapy is a long drive, good music, & good company. ”



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.**

Support Groups @ Englewood Hospital

Englewood Hospital Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at <https://www.engagewoodhealth.org/calendar-events-classes>

Bariatric/Weight Loss Surgery Support Group

A free program for patients who have experienced the surgical solution to weight loss. If you are considering surgery, you are also welcome to join the group. The support group meets on the first Tuesday of each month at 6pm.

Bereavement Support Group

VNA of Englewood: Bereavement Support Group runs on Thursdays from 12pm – 1:30 pm at Englewood Hospital. Please check with the hospital main desk for the location on each Thursday. For additional information, please call Erica DiFrancisco at 201-894-333, group facilitator.

Cancer Support:

Breast Cancer Support Group

Relax your mind as you connect with other women living with breast cancer. Open to all women experiencing any stage of breast cancer. First timers should call Cathy Verhulst at 201-608-2162 prior to attending. The support group meets the first and third Friday of every month at 10:30 am.

Oral, Head and Neck Cancer Support Group

SPOHNC (Support for People with Oral, Head and Neck Cancer), a patient directed, self-help organization founded in 1991 by an oral cancer survivor. It is non-profit organization dedicated to meeting the emotional, physical and humanistic needs of oral head and neck cancer patients and their care givers. Bergen County Chapter meets from 7pm – 8:30pm at Englewood Hospital on the fourth Wednesday of the month in conference room "A". For inquiries, please contact Patrick Taaffee at 201-931-6394.

Cardiac – Visiting Hearts: A Support Program for Cardiac Patients

New patients are informed of the "Visiting Hearts" program prior to their day of Pre-Admission Testing. For more information, please call Robyn Giaccone at 201-894-3950.

Diabetes Education

A free program is open to individuals and their families. This group allows participants to share their experiences, learn from others and discuss how they live with diabetes. Guest speakers are often featured. This group meets on the fourth Tuesday of every month from 7pm – 8:30pm. (No meetings in July and August). An Insulin Pump Support Group is held quarterly for those using an insulin pump, those interested in pump therapy, and those using multiple daily injections. To schedule an appointment or for additional information, please call 201-894-3335.

Support Groups @ Englewood Hospital

Families Anonymous

Families Anonymous is a group of concerned relatives and friends whose lives have been adversely affected by a loved one's addiction to alcohol, drugs or related behavioral problems. All who have experienced the effects of a loved one's addiction are welcome.

The group meets at Englewood Hospital every Friday at 7:30pm. Call 917-836-3672 or email gerilam@msn.com for more information.

Neuropathy Support Group

This group meets on the third Thursday of March, April, May September, October and November at 7pm. Call Rich Booz at 201-587-1250, Mary Robertson at 973-226-1535, Tom McCullum at 201-692-9313 or Dean Lewis at 631-223-8416 for additional information.

Post Partum Services / Wellness Wednesdays

You and your newborn child are invited to attend our group, focused on adjustment to motherhood, coping with stress, and adapting to new family dynamics. A licensed clinical social worker facilitates the sessions, which provide comfort, emotional support, information, and referrals to resources for new moms who are adjusting to parenthood. The group meets every Wednesday at 1pm. Registration is required. Call 201-894-3092.

Support Groups @ Holy Name Medical Center

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

Location: Conference Room "1", Marian Hall Holy Name Medical Center. For additional information, please call 201-833-3336

Bereavement Support

Call 201-833-3000 ext 7580 for more information.

Breast Cancer Support and Discussion Group

The Breast Cancer Support and Discussion Group is a vehicle for information, encouragement and support that is facilitated by two clinical psychologists. The support group meets on the first and third Wednesday of every month at 5:30pm – 6:30pm. Call 201-227-6008 for additional information. Registration is encouraged, but not required. Walk-ins are welcome.

Support Groups @ Holy Name Medical Center

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. The support group meets on the second and fourth Tuesday at 4:00pm – 5:00pm. The meetings take place in the Marian Hall Conference Center, Holy Name Medical Center. For additional information, please call 201-227-6008.

Men Living with Cancer Support Group

The Men Living with Cancer Support Group is open to men with the diagnosis of cancer at any time during treatment or post-therapy. For additional information, please call 201-833-3392.

Support for Korean Cancer Patients

The Support group meets at Medical Affairs Conference Room, Holy Name Medical Center on the first Friday of every month at 10am – 12pm. For additional information, please call Hei Young Yoon at 201-833-3332.

Pregnancy and Newborn Loss Support Group

The support group meets on the first Tuesday of each month at 8:00pm. For additional information, please call 201-724-4093.

Blood Drive at Holy Name Medical Center

You can sign up for the blood drives online: <http://holyname.org/BloodDrive/>

Local Support Group - Miscellaneous

Dental Care at Southeast for Independent Living (SESCIL)

The Southeast Senior Center for Independent Living has fully equipped dental facility with a certified licensed dentist, a dental coordinator, and two dental hygienists, excellent equipment and a clean environment. Call the Center for an appointment. There is an annual membership fee which entitles the member not only to receive dental care at cost but includes participation in all other class offerings. The Center, 228 Grand Avenue, Englewood, is handicapped accessible with ample parking. For more information, call 201-569-4080 or [visit www.SESCIL.org](http://www.SESCIL.org)

Local Support Group - Miscellaneous

Library Offers Continuing Education Courses Online

Teaneck Public Library is offering Universal Class, an online resource of more than 500 continuing education courses, to all Teaneck Public card holders. A wide range of subjects are offered including art, photography, office skills, test preparation, career training, as well as home schooling, self-help and science. Courses are accessible online 24/7 with real instructors, assignments and grades. Up to five courses may be taken at a time. Participants who successfully complete a course will be issued a "Certified of Course" Completion. To access the program, go to the library's website at www.teaneck.org and click on "universal class" button on the right side. For more information, call the Reference Department 201-837-4171.

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
- Friendly Visitor, Adopt a Bubbe and Telephone Reassurance – Volunteer programs
- Joy Lunch Club
- Elder Care Workshop Series

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.

The Gallen Adult Day Care Center at the Jewish Home at Rockleigh will hold a caregiver support group every first Wednesday of the month, 10am – 11:30 am at 10 Link Drive, Rockleigh, NJ – Social Hall 1. FREE.

For additional information, please call Social Worker Shelley at 201-784-1414 ext. 5340. Share concerns in an informative group discussion and learn about available resources for you and your loved one.

Local Support Group - Miscellaneous

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

Healthy Recipe

French Toast Sandwiches

(Gout-friendly)

Ingredients

- 4 thin slices whole-grain bread
- 2 large eggs (alternative: 1/2 cup egg substitute)
- 1/4 cup skim milk
- 1/2 teaspoon vanilla extract
- 2 tablespoons reduced-fat cream cheese
- 2 tablespoons apricot preserves
- Cooking spray
- 2 teaspoons powdered sugar
- 1/4 cup warm maple syrup



Directions

Preheat oven to 300°F. In a bowl or baking dish large enough for flat bread, beat eggs with milk and vanilla.

Make 2 sandwiches with the cream cheese and preserves.

Put sandwiches in egg/milk/vanilla mixture, carefully turning so both sides absorb the liquid.

Lightly coat a nonstick skillet or griddle with cooking spray and heat to medium hot.

Cook sandwiches until golden, turning once, about 2 to 3 minutes per side.

Place on cookie sheet in oven to finish heating until ready to serve.

Dust lightly with powdered sugar and serve with maple syrup.

Serves 2

Using eggs, each serving contains approximately 413 calories, 70 g carbohydrates, 6.25 g protein, 9.5 g fat, 419 mg sodium, and 4 g fiber. Using egg substitute, each serving contains about 392 calories, 69 g carbohydrates, 6 g protein, 6.5 g fat, 467 mg sodium, and 4 g fiber.

This recipe is gout-friendly because it contains foods that are moderate in purines. You should limit the amount of bran and wheat germ you eat to 2 ounces per day.