

MOUNT PISGAH BAPTIST CHURCH

February Interest Articles

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February is Teen Dating Violence Awareness Month! Here are some ways to get involved:

<https://www.loveisrespect.org/teendvmonth/>
#teendvmonth

If you know a young adult in an abusive relationship, text or call @loveisrespect's helpline:

<http://bit.ly/1cdN3gk>
#datingviolence

As we discuss health and wellness topics there are websites that can provide fantastic information. www.healthfinder.gov is an excellent website to examine any health-related topic. It's easy to navigate and full of detailed facts.



MATTERS OF THE HEART

February is National Heart Month!! Heart disease is the No. 1 killer for all Americans. Heart disease doesn't happen just to older adults. It is happening to younger adults more frequently because the conditions that lead to heart disease are happening at younger ages. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Furthermore, half of all Americans have at least one of the top risk factors for heart disease. **High blood pressure, obesity, diabetes, smoking and high cholesterol are the most common conditions that increase the risk of heart disease and stroke.** As frightening as those statistics

are, the risks of getting those diseases are even higher for African-Americans. **The prevalence of high blood pressure (HBP) in African-Americans is the highest in the world.** HBP can cause permanent damage to the heart before you even notice any symptoms, that's why it is often referred to as the "silent killer." Not only is high blood pressure more severe in blacks, but it also develops earlier in life. Medical professionals suggests you check your blood pressure regularly. Mount Pisgah offers free Blood Pressure checks every 4th Sunday. **African-Americans are also disproportionately affected by obesity.** Among blacks age 20 and older, 63 percent of men and 77

percent of women are overweight. We must focus on the quality of your diet throughout the day, not just during mealtime. You can add hundreds of calories to your diet just on snacking. Choosing wise snacks can be part of a healthy diet. African Americans are also predisposed to diabetes. **Diabetes is a significant contributing factor in developing heart disease.** Diabetes can be treated and controlled but most people don't recognize early signs. **Stop smoking!** Smoking damages the blood vessels and greatly increases the risk for heart disease and stroke. **Lastly, please check your cholesterol!** Having high blood cholesterol can lead to plaque build-up in the arteries, putting you at risk for heart disease and stroke.

TEEN DATING VIOLENCE

Teen dating violence is defined as the physical, sexual or psychological/emotional violence within a teen dating relationship, as well as stalking. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence. Teen dating violence is widespread with serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family. Unhealthy, abusive, or violent relationships can have negative effects on developing teens. Youth who experience dating violence are more likely

to experience symptoms of depression and engage in unhealthy behavior. Also, youth victims of dating violence in high school are at higher risk for victimization during college. The risk of having unhealthy relationships that escalates to teen dating violence increases for teens who: Believe that dating violence is acceptable; Have symptoms of depression or trauma; Display aggressive behaviors; Have a friend involved in teen dating violence; Witness/experience violence in the home. **Helpful strategies and tips for parents include:** *Ask open-ended questions that encourage discussion. Make sure you listen to your teen and give them a chance to talk! Avoid

interrupting/lecturing. *Discuss options that your teen has if they have witnessed or experienced dating violence. *Remind them that they have the right to say no, and others do too. *Assure your teen that they can talk to you. Remember it's important that decisions made about the relationship be their own. **Ask your teen questions:** Are any of your friends dating? What are their relationships like? What do you want in a relationship? Have you witnessed dating violence between two people you know? Do you know what you would do if you witnessed or experienced abuse? Is it okay if someone you were dating texted you all day to ask what you're doing? **Teen dating violence must come to an end! Let's work together to apply prevention strategies.**



PASTOR'S PEN

Happy Black History Month! Although Black History is 365, this month is officially set aside for the world to acknowledge, applaud, celebrate, and appreciate the accomplishments, inventions, culture, and arts of African Americans. This is also National Heart Month! Although this is referring to the muscle in the center of your chest, I want to encourage your "heart", the seat of your consciousness- what we feel, think and desire. As a congregation our collective hearts are still broken over the transition of our beloved Pastor. However, the 27th verse of the 14th chapter of the Gospel according to John, comforts us and lets us know: *Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

During this time of bereavement and uncertainty, don't be afraid Mt. Pisgah. God is still God and he is still with us! He has gifted us HIS PEACE. Not just any peace but peace that surpasses all understanding. Rev wants us to keep PRESSING FORWARD. Keep exalting, equipping and evangelizing and be a healthy vibrant church continuing the work of Jesus Christ! As long as we keep doing that, as the hip-hop theologian Kendrick Lamar said "WE GON BE ALRIGHT". God bless you and keep you. Walk by Faith!

Submitted by our own:
Reverend Marlon Webb



The Health and Wellness
Newsletter is available Online at:
www.mtpisgahbc.org

PLEASE FEEL FREE TO SUBMIT YOUR
FAVORITE RECIPES FOR PUBLICATION
IN OUR MONTHLY NEWSLETTER

AMD/LOW VISION

February is National Low Vision/AMD month! Age-Related Macular Degeneration (AMD) is the leading cause of vision loss, affecting more than 10 million older Americans which is more than cataracts and glaucoma combined. It is categorized as "low vision". Having low vision means that even with regular glasses, contact lenses, medicine, or surgery, you find everyday tasks difficult to do. AMD or ARMD, Age-related macular degeneration, also called macular degeneration is deterioration of the macula, which is the only part of the retina that gives us crystal-clear, detailed vision.

Common Symptoms of AMD:
Blurred Vision-You will see details less clearly in your central vision, such as faces or words in a book.
Non-Seeing Areas in Central Vision-You may notice small but growing, non-seeing areas in the center of your vision.
Straight Lines Appear Crooked-AMD can distort your vision and make straight lines, like door frames, appear bent or crooked. **To simulate the central blindness caused by advanced AMD, place one hand over your left eye and then place your fist in front of your right eye, so that everywhere you look you're viewing a blind area.** Risk factors for AMD include: **Family History**-The risk of AMD is three times

higher if an immediate family member has the condition.
Skin/eye color- People with light colored skin and eyes are more likely to develop AMD. **Gender**- Women get AMD more often than men. **Other risk factors include: Smoking, obesity, high blood pressure and cholesterol, excessive exposure to sunlight.** In the early stages of the disease, there are few, if any, symptoms. However, the vision gradually worsens in one or both eyes. People with AMD may not experience changes in their central vision until the disease progresses to the advanced stages. So, it's important for every one age 65 or older to have annual eye exams.

NURSES NOTES

VITAMIN CHRONICLES:

Throughout the year we will review the 13 essential vitamins and highlight a different vitamin each month. Here are some key points about vitamins: *There are 13 known vitamins. *Vitamins are either water-soluble or fat-soluble. *Fat-soluble vitamins are easier for the body to store than water-soluble. *Food is the best source of vitamins, but some people may be advised by a physician to use supplements. **The month of February will feature "Vitamin B1-thiamine".**

Vitamin B1: Chemical name: thiamine. *It is water soluble. ***Deficiency** may cause beriberi and Wernicke-Korsakoff syndrome. ***Good sources** include: yeast, pork, cereal grains, sunflower seeds,

brown rice, whole-grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs.

Thiamine is one of the B vitamins that are often consumed as a complex vitamin. Vitamin B complexes generally include vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin/niacinamide), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin B12 (cyanocobalamin), and folic acid. Thiamine is required by our bodies to break down sugars and properly use carbohydrates by changing them onto energy. It also helps to maintain proper nerve function. Thiamine might not properly enter the body in

some people who have liver problems or drink a lot of alcohol. Thiamine is effective for: Metabolic disorders, Thiamine deficiency, Brain disorder due to thiamine deficiency (Wernicke-Korsakoff syndrome), digestive problems, vision problems and motion sickness. It is also used for digestive problems, boosting the immune system, heart disease, alcoholism, and vision problems such as cataracts and glaucoma. ***Always seek medical advice prior to adding any vitamin supplement to your diet.**

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

Crockpot Shredded Mexican Chicken

INGREDIENTS:

2 lbs. boneless chicken breasts
1 cup salsa
1 cup salsa verde
4 tablespoons light cream cheese
2 tablespoons taco seasoning

INSTRUCTIONS:

*Place chicken in the bottom of crockpot and top with salsa.
*Cook on med-high for about 4-6 hours.
*Add taco seasoning and cheese then use a fork to shred chicken
*Can be served over rice, in tortillas or with chips.

Prep Time

5 Minutes

Cook Time

4-6 Hours

Total Time

4-6 Hours 5 Minutes

Serves

8