

## MOUNT PISGAH BAPTIST CHURCH

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March is Colorectal Cancer Awareness Month! Use this toolkit to help spread the word:

<https://healthfinder.gov/NHO/MarchToolkit.aspx>

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



## MS MONTH

**March is National Multiple Sclerosis (MS) Month!!** MS is an unpredictable often disabling disease of the central nervous system. In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and disrupts communication between your brain and the rest of your body. Eventually, the disease can cause the nerves themselves to become permanently damaged. The cause of MS is still unknown. While the disease is not contagious or directly inherited, scientists have identified factors in the distribution of MS around the world. These factors include: gender, genetics, age, geography and ethnic

background. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. Signs and symptoms of MS vary widely and depend on the amount of nerve damage and which nerves are affected. Some people with severe MS may lose the ability to walk, while others may experience long periods of remission without any new symptoms. **Multiple sclerosis signs and symptoms may include:** \*numbness or weakness in one or more limbs that typically occurs on one side of your body at a time, \*Partial or complete loss of vision, usually in one eye at a time, \*Prolonged double

vision \*Tingling or pain in parts of your body \*Electric-shock sensations that occur with certain neck movements, especially bending the neck forward (Lhermitte sign) \*Tremor, \*Lack of coordination or unsteady gait \*Slurred speech \*Fatigue \*Dizziness \*Problems with bowel and bladder function. See a doctor if you experience any of the above symptoms for unknown reasons. Most people with MS have a relapsing-remitting disease course. These relapses are followed by quiet periods of disease remission that can last months or even years. There's no cure for multiple sclerosis. However, treatments can help speed recovery from attacks and manage symptoms.

## DOUBLE TROUBLE

**March is National Kidney Month!** One in three Americans are at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. Other risk factors include anyone age 60 or older, obesity (BMI of 30 and above) and race (African Americans, Hispanics, Pacific Islanders and American Indians). HBP and diabetes are the leading causes of kidney disease and failure. Management of these diseases can slow the progression of kidney disease. It's important to get tested!! Ask your doctor about an annual ACR (albumin/ creatinine ratio) urine test or a GFR (glomerular filtration rate) blood test. These tests are used to determine the level of your kidney function.

**March is also National Colon Cancer Awareness Month!** Since there are very few symptoms associated with colorectal cancer, regular screening is necessary for all men/women aged 50 and older. The risk of developing colon cancer increases significantly with age. **Medical professionals suggest Black Americans begin colorectal screening at age 45!** Some people are at higher risk and should be screened at an earlier age. This includes all African Americans and anyone with a personal or family history of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial or breast cancer. Colorectal cancer is preventable if

polyps that lead to the cancer are detected and removed. It is curable if detected in early stages. Between 80-90% of colorectal cancer patients are restored to normal health if their cancer is detected and treated in the earliest stage. However, the cure rate drops to 50% or less when diagnosed in later stages. The gold standard and most common screening method used today is a colonoscopy (a visual examination of the entire colon while under anesthesia). Please, please, please, Get tested!! This is one of the most preventable types of cancer!!! Screening cost are covered by Medicare and almost every health care plan.



## PASTOR'S PEN

I am truly honored to offer this month's encouragement to the Mt. Pisgah family. February completed my wife's and my third year here and we have been blessed to be part of this great fellowship. Our Pastor and my friend would be very pleased to know we are continuing to press forward with purpose in his absence and are continuing to walk by faith. The church is entering a period of time that if we are not careful this process could cause great division in a body that has shown to be quite unified. Matthew 16:13, says, When Jesus came into the coasts of Cesarea Philippi, he asked His disciples, saying, Whom do men say that I the Son of man am? The question I have is whom do people say or will they say that we are? For it is under stress and pressure that one's true identity is revealed. It is when our faith is put to the test, that we really find out who we and others are. James 1:2-3 says, My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. Here the word patience means endurance. Just as there is a stress test to check the strength and condition of your heart so do trials and tribulations test the strength and condition of your spirit (heart). People are watching to see who we really are. Are we disciples of Christ or are we just a group of people who attend Mt. Pisgah Baptist Church. There are going to be times in this process of searching for a Pastor where there are will be disagreements and possibly heart ache but its in these moments when who we are becomes clear. The bible says you will know a tree by the fruit that it bares. I encourage all of us to increase our prayer lives, increase our attendance at church, get to bible study, be intentional with our own study and devotional time, pray for our leadership and develop our relationship with Christ. To be a healthy vibrant church continuing the work of Jesus Christ, we must first seek God and his righteousness, then remember and draw upon all of the teaching and preaching poured into us by a great man, Pastor Frank L. McSwain Sr. We have work to do but I am confident we will succeed because God is able!!! Be blessed Pisgah, enjoy the journey and show people who we are. God's got this. May the Lord bless you and keep you, make His face to shine upon you and be gracious unto you, the Lord lift up His countenance upon you and give you peace.

Submitted by: Reverend Eric Jackson

# DD MONTH

## March is Developmental Disability Awareness Month!

Developmental disability is a common diagnosis these days. One in six children, 15%, are currently being diagnosed with a developmental disability or delay. Developmental disabilities occur among all socioeconomic groups and races. But what exactly is a developmental disability? It is a broad term encompassing many different diagnoses. According to the Centers for Disease Control (CDC), developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or

behavior areas. These conditions begin during the developmental period, may impact day-to-day functioning, and usually last throughout a person's lifetime. Some examples of more common developmental disabilities include; ADHD, Autism Spectrum Disorders, Cerebral Palsy, intellectual disabilities and vision impairment. **Many people ask how you know if your child has a developmental disability? A checklist of standard developmental milestones are available at the Health and Wellness Bulletin Board for your review.** Children develop at their own pace, so it's impossible to tell exactly when a child will learn a given skill. However, the

developmental milestones give a general idea of the changes to expect as a child gets older. Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are called developmental milestones. Children reach milestones in how they play, learn, speak, behave, and move (for example, crawling and walking). As a parent, you know your child best. It's important to keep watch and if your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child's development, talk with your child's doctor or health care provider and share your concerns. Don't wait!!!

# NURSES NOTES

## VITAMIN CHRONICLES:

Throughout the year we will review the 13 essential vitamins and highlight a different vitamin each month. Key points about these vitamins include: \*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 March will feature "Vitamin B2-Riboflavin".**

**Vitamin B2:** Chemical name: Riboflavin. \*It is water soluble. \***Deficiency** may cause ariboflavinosis. \***Good sources** include: asparagus, bananas, persimmons, okra, chard,

cottage cheese, milk, yogurt, meat, eggs, fish, and green beans. **Riboflavin is one of the B vitamins that are often consumed as a Vitamin B complex supplement.** 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. **Function:** Riboflavin (vitamin B2) works with the other B vitamins. It is important for body growth and red blood cell production. It also aids in the release of energy from proteins and carbohydrates. Some people take riboflavin by mouth to prevent low levels of riboflavin (riboflavin deficiency) in the body, for various types of

cancer, **and especially for migraine headaches.** It is also taken by mouth for acne, muscle cramps, burning feet syndrome, carpal tunnel syndrome, and blood disorders. Some people use riboflavin for eye conditions including eye fatigue, cataracts, and glaucoma. People also take riboflavin by mouth to maintain healthy hair, skin, and nails, to slow aging, for multiple sclerosis, memory loss including Alzheimer's disease, liver disease, and sickle cell anemia.

**\*Always seek medical advice prior to adding any vitamin supplement to your diet.**

*Blessings,*

*Lorrie Tice-Carr BSN, RN, FCN*



# RECIPE CORNER

## WINGS-HIDDEN VALLEY RANCH STYLE

### INGREDIENTS:

24 chicken wings/drumettes  
½ cup melted butter  
¼ cup hot pepper sauce (less if desired)  
3 tablespoons vinegar  
2 pkgs hidden valley original ranch salad dressing  
½ teaspoon paprika

### INSTRUCTIONS:

\*Preheat oven to 350 degrees.  
\*Dip chicken in mixture of melted butter, pepper sauce and vinegar; put in baking pan.  
\*Sprinkle with one pkg of dry dressing mix  
\*Bake 25-30 mins or until browned.  
\*Sprinkle with paprika

Serve with celery sticks and prepared Hidden Valley Ranch Salad Dressing as Dip.

Enjoy this simple appetizer finger food with family and friends! Great for game nights get together.

\*All recipes can be adjusted to taste and meant to serve as a base for meal preparation. Make it your own!