

MOUNT PISGAH BAPTIST CHURCH

June Interest Articles

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June is Men's Health Awareness Month! For more information Please go to:

www.menshealthmonth.org

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.



DON'T FORGET!

June is Alzheimer's & Brain Awareness Month! Alzheimer's disease (AD) is a condition that many are familiar with. But here is some good news: Whether you want to reverse cognitive deficits now or avoid them later, studies suggest you can do a lot to keep your mind sharp. Recommendations for staving off and even helping to reverse AD are suggested in following four strategies. **1: Diet & Supplements**-Research published in the Alzheimer's Association's journal confirms that eating to a primarily plant-based diet can slow and possibly reverse memory loss. A vegetarian diet improves focus and higher brain productivity. Eating a Mediterranean diet is still suggested for better brain health. Also, take a high-

potency multivitamin and multi-mineral supplement that includes folic acid. Memory specific supplements of omega-3 oils, phosphatidylserine, coenzyme Q10, alpha lipoic acid, and huperzine-A, are also recommended. **2: Physical & Mental Exercise**- Both are essential in preventing AD. Exercise increases blood flow to the brain, and causes the growth of new brain cells. Additionally, keeping one's mind active is an important aspect of AD prevention. There are a variety of ways to do this. Reading is one of the best ways to stay sharp. Also playing/listening to music, or completing crossword puzzles. All stimulate the brain, giving it a nice "workout." **3: Yoga/Meditation** Chronic

stress is a major risk factor for AD. Stress produces inflammation, a trademark of AD. Find a regular activity to soothe the harmful force of stress on the brain. **4: Psychological Well-Being**- Psychological well-being (PWB) reduces negativity, and providing a foundation for personal growth, socializing with like-minded people and aging with purpose. PWB factors lower the risk for cognitive decline and reduce cholesterol and inflammation. Positive emotions counteract the physiology of the stress response and support a healthy brain throughout life. PWB may create an enhanced sense of spirituality, which slows the progression of AD. Living a healthy life offers the best chance for aging AD-free and nourishing a sharp mind.

WHAT A HEADACHE!

June is Migraine and Headache Awareness Month! Headaches can be more complicated than most people realize. Different kinds can have their own set of symptoms, happen for unique reasons, and need different kinds of treatment. Once you know the type of headache you have, you and your doctor can find the treatment that's most likely to help and even try to prevent them. There are 150 different types of headaches. The most common ones are: **Tension type headaches:** They are the most common type of headache among adults and teens. They cause mild to moderate pain and come and go over time and usually have no other symptoms. **Migraines:** This condition is accompanied by intense headaches. These

headaches are described as pounding, throbbing pain. They can last from 4 hours to 3 days and usually happen one to four times per month. Along with the pain, people have other symptoms, such as sensitivity to light, noise, or smells; nausea or vomiting; loss of appetite; and upset stomach or belly pain. **Cluster headaches:** This type is intense and feels like a burning or piercing pain behind or around one eye, either throbbing or constant. It's the least common but the most severe type of headache. The pain can be so bad that most people with cluster headaches can't sit still and will often pace during an attack. On the side of the pain, the eyelid droops, the

eye reddens, pupil get smaller or the eye tears. The nostril on that side runs or stuffs. They're called "cluster headaches" because they tend to happen in groups. **Sinus headaches:** With these, you feel a deep and constant pain in your cheekbones, forehead, or bridge of your nose. They happen when cavities in your head, called sinuses, get inflamed. The pain usually comes along with other sinus symptoms, such as a runny nose, fullness in the ears, fever, and swelling in your face. Headaches are now an area of intense interest and focus. Improvements in our understanding of this common and debilitating condition are emerging. Once your headache is diagnosed correctly, you can begin pain management.



PASTOR'S PEN

Heavenly Father: We pray that as Mount Pisgah begins to search for a new Pastor, we are reminded to seek God above all things. Please teach us to draw closer to Jesus and trust him as the true head of the church (Jeremiah 29:13; James 4:8). Lord, we pray for a powerful move of congregational renewal as we prepare for our new shepherd. Father please use this to be a time of deep healing and cleansing in our church (Psalms 66:18; 139:23-24). We Pray for a miraculous sense of love and unity among all members of the church. Help us surrender all bitterness, division and anger within our church family. Lord empower us to love one another with a patient, forbearing love (John 13:34; 17:21). **More importantly, our prayer is that we will patiently await God's timing and settle for nothing less than his perfect will and the pastor that God has chosen for us!** Jesus we ask for mercy in giving us a true man of God and a great leader (Hebrew 6:12). We pray that Mount Pisgah is prepared to make any necessary changes to embrace a new day of ministry. Lord, we understand that a new pastor will mean changes. Please help us to be prepared to change and grow with graciousness and unity (Ephesians 4:1-6). God bless us to receive our new pastor and his family, with a profound love and renewed commitment. Grant to us a powerful sense of revival and spiritual awakening as we move into the future. AMEN

Prayerfully submitted: The Health and Wellness Ministry



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

MEN'S HEALTH

June is National Men's Health Month!

The purpose of Men's health month is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

According to the Centers for Disease Control and Prevention, the average woman lives six years longer than the average man.

Women are also 100% more likely to visit a doctor for annual exams and preventive services than men.

Furthermore, men are more likely to develop heart disease than women and more likely to get cancer. According to the

Men's Health Network, a higher percentage of men have no health care coverage at all and are more likely to engage in risky behaviors. In addition to striving to be healthy every day, one of the most important decisions a man can make is to see a doctor for routine check-ups and screenings. **It's been suggested that some men will take better care of their automobiles (oil changes, tune up, and tires) than their own body!** Many of the major health risks that men face, like heart disease and colon cancer, can be prevented and even treated with an early diagnosis. Doctors regularly screen for unhealthy blood

pressure, cholesterol, blood sugar, mental health, and weight. Men's Health Network recommends the following simple, lifesaving screenings: * Yearly physical and blood pressure * Skin cancer exam * Blood panel to check cholesterol, diabetes, kidney and thyroid (men 20 & older) * Blood panel with a prostate cancer screening (men 50 and older, though black men and men with a family history of prostate cancer may wish to begin prostate screenings at age 40 or earlier) * Colonoscopy to check for colon cancer (men 45 and older)

Source: For more information, and details go to www.menshealthmonth.org

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 June will feature "Vitamin B6-Pyridoxine".**

• **Vitamin B6:** Chemical name: Pyridoxine, pyridoxamine, pyridoxal. *It is water soluble. *Deficiency may cause anemia, peripheral neuropathy, or damage to parts of the nervous system

other than the brain and spinal cord. *Good sources include: meats, bananas, whole-grains, vegetables, and nuts. When milk is dried, it loses about half of its B6. Freezing and canning can also reduce content.

Pyridoxine 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, and folic acid.

Benefits of Pyridoxine include: Vitamin B6 is one of the B vitamins that benefits the central nervous system. It is involved in producing the

neurotransmitters serotonin and norepinephrine, and in forming myelin. Also, without vitamin B6, the body wouldn't be able to absorb vitamin B12. Vitamin B6 is also important for women's and baby health, in particular. During pregnancy and infancy, vitamin B6 is used in brain development and to support immune function. Women also use vitamin B6 for premenstrual syndrome and depression.

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

Blessings,
Lorrie Tice-Carr BSN, RN, FCN,



RECIPE CORNER

CRAB STUFFED MUSHROOMS

INGREDIENTS:

- *1-6oz. fresh or frozen crab meat
- *1/3 cup mayonnaise
- *2 tbsp onion, finely chopped
- *2 tbsp celery, finely chopped
- *2 tbsp dried bread crumbs
- *1/2 tbsp lemon juice

- *1/2 tbsp dry sherry
- Salt to taste
- *2 dashes of hot pepper sauce
- *12 medium mushroom caps
- *1 1/2 tbsp salad oil

INSTRUCTIONS:

Drain crabmeat well. Rinse and drain well. In bowl, mix crabmeat with next 8 ingredients. Next lightly brush each mushroom cap with salad oil. Spoon some

crabmeat mix into each mushroom. Place mushrooms on cookie sheet lined with waxed paper. Freeze until firm and cover. About 10 mins before serving place caps in baking dish. **Cook frozen mushrooms in microwave on high 5-6 mins, until hot.** Blot with paper towel before serving if necessary. Enjoy!