

MOUNT PISGAH BAPTIST CHURCH

July Interest Articles

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UV radiation from the sun is the main cause of #Skin Cancer. Learn more:

<http://bit.ly/2mxjLDq>

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.



U.V. SAFE?

July is National U.V. Safety Month! Summer has arrived and while the sun is shining bright we must become sun smart! We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin. Ultra-violet (UV) radiation exposure is the root cause of most skin cancers. By taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely. Some people are more prone to UV damage including those with skin cancer in their family and especially those with light eyes and skin that burns

easily. Unprotected sun exposure can: • Cause vision problems and damage to your eyes • Suppression of the immune system • Premature aging of the skin • Skin cancer. Fortunately, there are things you can do to minimize the risk that comes with sun exposure. 1. **Cover Up:** Wearing a Hat or other shade-protective clothing can shield your skin from the harmful effects of UV ray exposure. Proper clothing includes long-sleeved shirts, pants, hats, and wraparound Sunglasses - for eye protection. 2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the

winter. For this reason, it is important to stay protected throughout the year. 3. **Choose the Right Sunscreen:** This is extremely important. The FDA recommends that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) & Ultraviolet B (UV-B) rays. 4. **Use the Right Amount of Sunscreen:** When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof. By taking the proper precautions you can enjoy the outdoors this summer and protect your eyes and the skin you're in!

M&M HEALTH

July is Minority Mental Health Awareness Month! Mental health conditions do not discriminate. Anyone can experience the challenges of mental illness regardless of their race, gender, or background. However, background and identity can make access to mental health treatment much more difficult. Each year millions of Americans face the reality of living with a mental health condition. Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness is extremely difficult. In many minority communities, these problems are increased by less access to care, cultural stigma and lower quality care. Despite advances in health equity, disparities in mental health care

persist. Studies have shown that racial and ethnic minority groups in the U.S. are less likely to have access to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care. Poor mental health care access contribute to poor mental health outcomes-including suicide, among racial and ethnic minority populations. Over 70% of African American adolescents with a major depressive episode did not receive treatment for their condition. Almost 25% of adolescents with a major depressive episode in the last year were Hispanic/Latino. In addition, Asian American

adults were less likely to use mental health services than any other racial/ethnic groups. When trying to access treatment, minority communities have to contend with such issues as: *Barriers to access treatment * Language barriers * Lack of cultural competence * Racism, bias and discrimination in treatment settings * Lower quality care * Lower likelihood of health insurance or adequate coverage * High levels of mental health stigma in minority populations *Belief that treatment will not help. The Office of Minority Health encourages community education about the importance of improving access to mental health care and to help break down other barriers such as negative perceptions about mental illness.



PASTOR'S PEN

Heavenly Father: We pray that as Mount Pisgah begins to prepare itself 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 (Hebrews 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

JUVENILE ARTHRITIS

July is National Juvenile Arthritis Month! Juvenile arthritis (JA) is also known as pediatric rheumatic disease. JA is an umbrella term used to describe many autoimmune and inflammatory conditions or rheumatic diseases that can develop in children under the age of 16. Although the various types of juvenile arthritis share many common symptoms, like pain, joint swelling, redness and warmth, each type of JA is distinct and has its own special concerns and symptoms. Some types of juvenile arthritis affect the musculoskeletal system, but joint symptoms may be minor or nonexistent. JA can also involve the eyes, skin, muscles and gastrointestinal tract. No known cause has been pinpointed for most forms of juvenile arthritis, nor is there evidence to suggest that toxins, foods or allergies cause children to develop JA. Some research points toward a genetic predisposition to juvenile arthritis which cause the onset of JA when triggered by other factors. The most important step in properly treating juvenile arthritis is getting an accurate diagnosis. This process can be long and detailed. There is no single blood test that confirms any type of JA. In children, the key to diagnosis is a careful

physical exam, along with a thorough medical history. Any specific tests a doctor may perform will depend upon the type of JA suspected. Unfortunately, there is no cure for juvenile arthritis, although with early diagnosis and aggressive treatment, remission is possible. The goal of treatment is to relieve inflammation, control pain and improve the child's quality of life. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.

*For more information visit the Arthritis Foundation's website dedicated to pediatric rheumatic diseases, www.KidsGetArthritisToo

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 July will feature "Vitamin B7-Biotin" and "Vitamin B9-Folic Acid".

• **Vitamin B7:** Chemical name: Biotin. *It is water soluble. *Deficiency may cause dermatitis or enteritis, or inflammation of the intestine. *Good sources include: egg yolk, milk, bananas, liver and

some vegetables. Biotin is commonly used for hair loss, brittle nails, nerve damage, and many other conditions. Additionally, pregnant or breastfeeding women may require more biotin. High doses are also being investigated as a potential treatment for multiple sclerosis.

• **Vitamin B9:** Chemical name: Folic Acid, Folate Acid. *It is water soluble. *Deficiency during pregnancy is linked to birth defects. Pregnant women are encouraged to supplement folic acid for the entire year before becoming pregnant. *Good sources include: leafy vegetables, legumes, liver, baker's yeast, some fortified grain products, and sunflower seeds. Several

fruits have moderate amounts, as does beer. It is a key ingredient in the making of the nucleic acid that forms part of all genetic material. Vitamin B-9 is responsible for creating more red blood cells, preventing hearing loss, and helps prevent a fetus from developing major congenital deformities of the brain or spine.

Folic Acid 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 B9 (folic acid) and vitamin B12.

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

RECIPE CORNER

CHEESE STRAWS AND SHRIMP DIP

INGREDIENTS:

*2 cups grated sharp cheddar cheese
*2 cups flour
*1 cup melted butter
*4 eggs, beaten
*1/2 tsp cayenne pepper

INSTRUCTIONS:

*Mix cheese, flour, and butter well.
*Stir in eggs
*Roll on floured surface; cut into 1/2 x 3 inch strips.
*Place on baking sheet
*Bake at 375 degrees until golden brown.
Yields about 8 dozen straws.

SHRIMP DIP

*2 (8oz. pkgs) cream cheese

*1/2 can tomato soup
*2 tbsp Worcestershire sauce (or more)
*1 pkg. onion soup mix
*2 (4 1/2oz) cans of small shrimp

Soften cream cheese and combine with all the ingredients. Serve with cheese straws (or nachos, or crackers)