

MOUNT PISGAH BAPTIST CHURCH

August Interest Articles

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DYK? Vaccines are for all of us – from babies to older adults. Learn more from @CDC_eHealth: <http://1.usa.gov/km5www>

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.



PSORIASIS

August is National Psoriasis Awareness Month! Psoriasis is an autoimmune disease that mainly affects the skin. However, the inflammation that causes psoriasis can lead to other complication. Psoriasis is a chronic skin condition that can cause red, scaly patches of skin to appear. The exact cause of psoriasis is unknown. However, psoriasis most commonly affects adults and occurs more often in those who have a family history of the skin condition. The symptoms of psoriasis may come and go, but the best way to prevent flare-ups is to avoid known triggers. Common triggers that people with psoriasis should avoid include: 1. Food-related trigger: People with psoriasis may want to try avoiding

whole milk, citrus fruits, gluten, and fatty foods. 2. Alcohol: This is a trigger for many people with psoriasis. The increase was associated with two to three drinks per week. 3. Excess sun: Sunburns can almost certainly cause a flare-up. 4. Cold, dry weather: This can also worsen symptoms of psoriasis. Minimize time spent in the elements during the coldest months, and invest in a good humidifier for your home. 5. Stress: This is a big trigger for outbreaks! You must reduce stress in your life as much as possible. 6. Obesity: Being overweight increases the risk of psoriasis as well as make the symptoms worse. 7. Smoking: Tobacco can increase your risk of psoriasis and also make your

symptoms more severe. 8. Certain medications: Some medications interfere with your body's autoimmune response and cause a severe psoriasis attack. These include beta-blockers (used for high blood pressure), and steroidal medicines. 9. Infection: Some common infections like strep throat, thrush, and upper respiratory infections can trigger psoriasis outbreaks. 10. Scratches, bites, and skin injury: If you have a bug bite, cut, or scrape, or any kind of skin injury, you may notice new psoriasis lesions near the affected area. While it may not be possible to avoid every trigger for psoriasis, if you learn your individual triggers, you can prevent and lessen most of your outbreaks.

IMPORTANT IMMUNIZATIONS

August is National Immunization Awareness Month! The increase in life expectancy during the 20th century is largely due to improvements in child survival; this increase is directly associated with immunizations. Vaccines are among the most cost-effective clinical preventive services. Immunizations (also called shots or vaccines) help prevent dangerous and sometimes deadly diseases. Immunization isn't just for kids. Adults need to get vaccinated too! Vaccines can literally save your life. Shots work best when children get them at certain ages. Doctors follow a schedule of shots that begins at birth. If your child has missed getting some shots, talk to the doctor about "catch-up" shots. Doctors also recommend

that pre-teens ages 11 and 12 get important shots, too. Ask the doctor for a list of the shots your child has received. Keep the list in a safe place because you will need it for school and other activities. Kids who don't get all their shots may not be allowed to attend certain schools. Just to be clear: **SHOTS DO NOT CAUSE AUTISM!** Some parents of children with autism notice the first signs of autism at the same age their children get certain shots. They may think these things are connected, but research shows there's no link between vaccines and autism. **Adults need to get shots just like kids do!** Make sure you are up to date on your shots. Get the Tdap shot to protect against tetanus

("TET-nes"), diphtheria ("dif-THEER-ee-ah") and whooping cough (pertussis). Everyone to get the Tdap shot once, and pregnant women need a dose during every pregnancy. After you get a Tdap shot, you should get a Tdap shot every 10 years to keep you protected. Older adults need to get shots (vaccines) too. **If you are age 50 or older:** Get shots to prevent shingles. Shingles causes a rash and can lead to pain that lasts for months. **If you are age 65 or older:** Get shots to prevent pneumococcal ("noo-muh-KOK-uhl") disease which includes pneumonia ("noo-MOHN-yah"), meningitis, and blood infections. **It's also important for all adults to: Get a flu vaccine every year!!!**



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 (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:
Faith Community Nurse
Health & Wellness Ministry



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

EYE-WON'T FORGET

August is Eye Exam Awareness Month! It's important for all children to have their vision checked at least once between ages 3 and 5. Even if children don't show signs of eye problems, they still need their vision checked. Finding and treating eye problems early on can save a child's sight. Eye exams are part of regular pediatric checkups. The doctor will check your child's eyes during each checkup, beginning with your child's first well-baby visit. If there are any problems, the doctor may send your child to an eye doctor. Everyone should have their eyes tested and examined regularly to

help find problems early, when it's easier to treat. **It is recommended to get an eye exam 1 to 2 years if you: *Are over age 6 *Are African American and over age 40. *Have a family history of Glaucoma. People with diabetes may need eye exams more often.** Common vision problems include: Nearsightedness; a condition that makes far away objects look blurry. Farsightedness; makes nearby objects look blurry. Astigmatism; makes things look blurry at all distances. Getting older specific tests a doctor may perform will depend upon the increases your risk of

certain eye diseases. You may be at higher risk if you have diabetes or high blood pressure. Eye diseases like glaucoma can lead to vision loss and blindness if they aren't caught and treated early. Several factors may determine how frequently you need an eye exam, including your age, health and risk of developing eye problems. The most important thing is to schedule an eye exam!! **When you go for your exam, be sure to: *Ask the doctor for a dilated eye exam. *Tell the doctor if anyone in your family has eye problems or diabetes. DON'T FORGET YOUR EYES!!!**

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 August will feature "Vitamin B12."

• **Vitamin B12:** Chemical name: Cyanocobalamin, hydroxocobalamin, methyl cobalamin. *It is water soluble. *Deficiency may cause megaloblastic anemia, a condition where bone marrow produces unusually large, abnormal, immature red blood

cells. *Good sources include: fish, shellfish, meat, poultry, eggs, milk and dairy products, some fortified cereals and soy products, as well as fortified nutritional yeast. Appropriate vitamin B12 levels are key to a healthy pregnancy. It is important for the prevention of brain and spinal cord defects. If you are a vegan you may want to consider taking a Vitamin B12 supplement. If you follow a vegetarian or vegan diet, you might be prone to deficiency because plant foods don't contain vitamin B12. Older adults and people with digestive tract conditions that affect absorption of nutrients also are susceptible to vitamin B12 deficiency. Left untreated, a vitamin B12 deficiency can

lead to anemia, fatigue, muscle weakness, intestinal problems, nerve damage and mood disturbances.

Vitamin B12 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.

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



RECIPE CORNER

COTTAGE CHEESE AVOCADO DIP

INGREDIENTS:

- *1 med-large avocado, peeled, pitted and chopped
- *3 tbsp. milk
- *1 cup cottage cheese (small curd)
- *1 tsp. lemon juice
- *1/4 tsp. Worcestershire sauce

- *2 tsp. onion, minced
- *1/4 tsp. salt
- *1/4 tsp. chili powder
- *2 drops red pepper hot sauce (according to your taste)
- * bugles or corn snacks

INSTRUCTIONS:

*Mix avocado and milk in blender container. Cover and blend on high speed until smooth and creamy, about 1-1/2 minutes.

*Add remaining ingredients (except corn snacks) to blender container.
*Cover and blend on high speed until smooth and creamy, about 1-1/2 minutes.
*Cover and refrigerate at least 1-2 hours before serving.
*Serve with Bugles or corn snacks.
Enjoy this fresh summer time dip!