

MOUNT PISGAH BAPTIST CHURCH

November Interest Articles

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#DYK? Are you at risk for type 2 #diabetes? Take this quiz to find out: <https://bit.ly/2kQCmDF>

For more information: American Diabetes Association www.diabetes.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.



CAREGIVING AROUND THE CLOCK

November is National Family Caregivers Month. Families are truly the backbone of the long-term care system in the US. But they are under great stress and don't always have the training or information they need when they take responsibility for a loved one's care. These family caregivers serve a broad spectrum of needs, from the parents of children with special needs and the families of wounded soldiers to a young couple dealing with a diagnosis of MS and adult children caring for parents with Alzheimer's disease, just to name a few. National Family Caregivers Month in November recognizes the dedication of family members who provide round the clock care to loved ones. Family caregivers fulfill many

roles. In addition to becoming experts about their loved ones' health, they act as liaisons with insurance companies, financial entities & healthcare providers. They perform food preparation, housekeeping, transportation, hygiene duties, manage medication and behavior problems. **Caregiving can be a 24-hours-a-day, seven-days-a-week job!** Over half of family caregivers are women. Most caregivers work outside the home either part- or full-time in addition to their caregiving responsibilities. Let's not forget that many children and young people also care for an adult relative on a daily basis. This makes it challenging for caregivers to maintain selfcare. Many caregivers report they

don't see their doctor regularly because of their responsibilities. There are valuable tips for caregivers such as accepting offers of help from others, learning the skills to speak effectively with doctors, taking care of your own health, and being open to new, assistive technologies that can lighten your load. If you don't take care of yourself, who will? **The following websites provide support and valuable resources to family caregivers:** www.caregiver.org and www.caregiving.org/research/special-populations/ and www.nami.org/About-NAMI/Publications-Reports/Guides/Circle-of-Care-Guidebook

OH, SUGAR-SUGAR!

The month of November is National Diabetes Awareness Month. Nearly 1/2 of American adults have diabetes or pre-diabetes. Additionally, 80% of those Americans are Black! This is a staggering number per the National Institutes of Health Report. The support team you build is vital for success. Many don't believe that diabetes is serious. But it is, and it can be deadly. It can lead to development of other diseases, to increased risk for blindness, heart attacks and amputations. There are some common types of Diabetes: **-Type 1:** (formerly called Juvenile): is an autoimmune disease; most common under the age of 20; **the pancreas stops producing insulin in the body** and this results in very

high blood sugars; Insulin injections are required to survive; diet and exercise are important and involvement of medical professionals is vital. **-Type 2:** (formerly adult onset): is the most common type; is a metabolic disorder that results in high blood glucose levels **caused by Insulin Resistance** (the ineffective use of insulin produced in the body) and/or the body is unable to produce enough insulin; obesity & inactivity are components; this is a serious medical condition **-Pre-Diabetes:** blood sugar levels are higher than normal but not yet high enough to be type 2; the long-term effects from diabetes may already be happening in the body

(i.e., heart, kidney, blood vessels and nerve damage); lifestyle changes are vital to combat this diagnosis and prevent progression; genetics can be part of this. **Early signs of diabetes include:** excessive thirst, frequent urination fatigue, and weight loss. **The most important thing is to complete diabetes screening!** See your Doctor, check your blood glucose level (A1C) and complete the diet-exercise programs. **A1C is a blood test used to manage blood glucose levels. Hemoglobin A1C provides an average level of blood glucose over a 2-3-month period.** Know your numbers! A Certified Diabetic Educator and Nutritionist are great assets to have on your team!



PASTOR'S PEN

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

COPD

November is National COPD

Awareness Month! Chronic Obstructive Pulmonary Disease (COPD) is a chronic lung disease that includes chronic bronchitis, emphysema, or both. COPD symptoms include: Shortness of breath, Cough, Wheezing, and Chest Tightness. **The predominant cause of COPD is smoking.** Tobacco smoke toxins cause permanent damage to the lung tissue. However, other outside factors can also lead to COPD, such as exposure to secondhand smoke, unclean air (outdoor/indoor), or dust and fumes at work or at home. COPD can also be generated from frequent asthma flare-ups,

respiratory problems and genetic factors. COPD is a progressive disease and your symptoms may vary from day to day. COPD cannot be reversed, however with early detection, proper treatment, and some lifestyle changes, patients can slow its progression and breathe their best. Many patients are not diagnosed with COPD until the disease is advanced enough that symptoms are interfering with daily life. Signs to watch for include: Having to stop and catch your breath during everyday tasks, A nagging cough-night or day, more mucus than normal, or a change in mucus color or

thickness, Getting tired easily, or feeling exhausted, Frequent respiratory infections (feeling like you always have a cold). Diagnosis of COPD involves testing through a procedure called **spirometry**. During the test, patients blow air into a small machine, which calculates the amount and speed of the air blown out. A chest X-ray and/or blood testing may also diagnosis COPD. Although there is no cure for COPD, there are some interventions that can help slow progression and reduce symptoms. Medications to aid in breathing, supplemental oxygen, and in some cases, surgery may help treat COPD.

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 November will feature "Vitamin E"**

• **Vitamin E:** Chemical name: Tocopherol. *It is a fat-soluble vitamin. *Deficiency may cause Vitamin E deficiency can cause nerve pain (neuropathy), muscle weakness, slow reflexes, vision

problems, and unsteady walking. Vitamin E deficiency is very rare in healthy people. Most of the time, vitamin E deficiency is caused by a condition where nutrients are not properly digested or absorbed. These include Crohn's disease, liver disease, cystic fibrosis, and some rare genetic disorders. Vitamin E deficiency may also be caused by a very low-fat diet.

*Good sources include: Foods rich in vitamin E include canola oil, olive oil, margarine, almonds and peanuts. You can also get vitamin E from meats, dairy, leafy greens and fortified cereals. Vitamin E is available as an oral supplement in

capsules or drops.

Vitamin E is key for strong immunity, reproduction, and healthy skin, blood, brain, and eyes. In recent years, vitamin E supplements have become popular as antioxidants. These are substances that protect cells from damage. However, the risks and benefits of taking vitamin E supplements are still unclear.

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

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



RECIPE CORNER

Sugar Free Banana Pudding

INGREDIENTS:

~Two-1ounce boxes fat-free, sugar-free instant vanilla pudding mix
~1 cup reduced fat sour cream
~One-8 ounce tub frozen light "Cool Whip" topping
~3 cups fat free milk
~Two-5.5 ounce boxes sugar-free Nilla wafers

~4 ripe bananas sliced
~1 tsp ground cinnamon
~1 tsp sugar substitute (Splenda)

INSTRUCTIONS:

1. Combine first 4 ingredients in large bowl. Using an electric mixer on low speed beat together until creamy about 2 mins.
2. Use a 13x9 rectangular pan start with layers of wafers, bananas, and half the mix

3. Mix together cinnamon and sugar substitute in small bowl. Sprinkle half over pudding
4. Repeat layers with cookies, sliced bananas, pudding, and cinnamon sugar. Decorate top with remaining cookies.
5. Cover with foil. Refrigerate 2 hrs-1 day before serving.

In Honor of National Diabetes Month- This Recipe: Courtesy of Patti LaBelle's Diabetic Cookbook. Enjoy!