

MOUNT PISGAH BAPTIST CHURCH

September Interest Articles

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Having a father or brother with prostate cancer more than doubles a man's risk of developing the disease.

Visit cancer.org/prostatecancer or call the American Cancer Society® at 1-800-227-2345 to learn more about prostate cancer.

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.



PROSTATE CANCER AWARENESS

September is National Prostate Cancer Awareness Month.

Prostate cancer is the most common type of cancer among men in the US, other than skin cancer. As a man gets older, his chance of getting prostate cancer increases. Early prostate cancer usually causes no symptoms.

Men who have prostate cancer can be symptom-free for years. But as it grows, prostate cancer can cause some symptoms. Men should see a health care provider if they: *Have to urinate often, especially at night, *Have trouble starting or stopping urine flow, *Have a weak or slow urine flow, *See blood in the urine or semen, *Have trouble getting an erection, *Feel frequent pain or stiffness in the lower back, hips,

or ribs. Conditions other than prostate cancer can have these symptoms so schedule an appointment with your health care provider and get some testing done. The discussion about prostate cancer testing and screening should happen: **At age 50** for men who are at average risk of prostate cancer and are expected to live at least 10 more years. **At age 40-45**, men at higher risk, such as African American men or men with a father, brother, or son who had prostate cancer before they were 65. **At 40**, for men with more than one close family member with prostate cancer at a young age (before they were 65). Men whose fathers or brothers have had prostate cancer have a 2 to 3 times

higher risk of prostate cancer than men who do not have a family history of the disease. If, after talking to a health care provider, a man decides to be tested, it should be done with a ***PSA** (prostate-specific antigen) blood test. The provider may or may not perform a gloved exam to feel the prostate gland called a digital rectal exam or ***DRE** for screening too. If screening is not done after the initial talk, future conversations about testing should be repeated periodically, as men's circumstances and preferences can change over time.

Visit cancer.org/prostatecancer or call the American Cancer Society at 1-800-227-2345 to learn more. (Source: American Cancer Society)

CHILDHOOD OBESITY AWARENESS

This is National Childhood Obesity Awareness Month!

Currently one out every five children in the United States is overweight or obese. Sadly, with increasing obesity rates we also see an increase in related health conditions such as heart disease, Type 2 Diabetes, asthma and sleep apnea among children. These children also have a higher risk of being the target of bullying, having lower self-esteem, depression and behavioral issues. While there is no simple solution, there are many ways we can support our children with their journey to good health starting at home. Here are some important steps you can take: **Eat together as a family.** Studies have found that families that eat dinner together have children that

have healthier eating habits. **Offer healthy food options.** Kids need balanced meals that include all of the food groups. Be sure to provide lots of fruits of vegetables, include low-fat dairy for children over age two. Opt for whole grains, and choose lean meats and proteins. **Limit high fat and high sugar foods.** These are foods that many children prefer, but they tend to run low on nutrition and high in calories. Try making healthier versions of their favorite snacks. For example, to replace potato chips, try thinly slicing a sweet potato, spray it with olive oil and lightly season for homemade potato chips. (Bake at 425* for 20 mins) **Serve appropriate portions.** The biggest issue we

face today is our excess food consumption, overall. Use a moderate approach in providing your kids with portion sizes that are appropriate for their age. **Promote physical activity.** It is recommended that kids have 60 minutes of activity most days of the week. Take time as a family to be active. **Limit screen time to 2 hours or less.** Excessive screen time can increase your child's obesity risks. Replace screen time with physical activity. Be a role model. Kids will often pick up the behavior of the adults in their life. Further, if your child is already managing a weight problem it is hard to make changes when they feel different from other family members. Being active and healthy as a family is a great way to support each other and set the stage for success.



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

HEALTHY AGING

September is National Healthy Aging Month! This annual health observance is designed to focus on the positive aspects of getting older and provide motivation and practical ideas to improve physical, mental, social, and financial well-being. No matter what your age, it may not be too soon, or too late, to start thinking about healthy aging. We need to think about healthy aging as a "life-course" process. If you didn't have the full benefit of learning healthy living and aging habits when you were young, now is the perfect time to take charge and make a change. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change!! There are things you can do to stay healthy and active as you age:

- **Get moving!** Exercise (move) regularly to maintain a healthy body and brain.
- **Stay social!** Take a class, volunteer, play games, see old friends, and make new ones.
- **Stay balanced!** Practice yoga or tai chi to improve agility & prevent falls.
- **Stay connected!** Loneliness and isolation are harmful to your health. It can increase levels of stress hormones that negatively affect your body.
- **Sleep well!** Talk to a sleep specialist if you don't sleep soundly throughout

the night. □ **Beat the blues!** Stay positive. If you have been feeling down for a while, see a doctor. Chemical imbalances are possible and depression can be treated. □ **Don't forget!** To aid your memory, complete puzzles, make lists and follow routines. Stay mentally fit and sharp. □ **Vitamin supplements!** After 50 years of age recommended vitamins supplements include: Calcium, Vitamin D, Vitamin B12 and Vitamin B6. □ **Stay spiritually connected!** Strong faith gives us hope in knowing God will take care of you!

The information for this article was condensed from the **Healthy Aging** <https://healthyaging.net/> and **WebMD** <https://www.webmd.com/websites>.

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 September will feature "Vitamin C"**

- **Vitamin C:** Chemical name: Ascorbic Acid. *It is water soluble. *Deficiency may cause scurvy. Scurvy was once a common and fatal disease among sailors who were unable to eat fresh fruits and vegetables for long periods.

Risk factors include alcoholism, poverty, fad dieting, anorexia nervosa, illicit drug use, and intestinal disorders. The first signs of scurvy are skin rashes and bleeding gums. *Good sources include: Fruits and vegetables are the best source of Vitamin C. Citrus fruits (such as oranges) and their juices, as well as red and green pepper and kiwifruit, which have a lot of vitamin C. Broccoli, strawberries, cantaloupe, baked potatoes and tomatoes also have vitamin C. Some foods and beverages are fortified with vitamin C. To find out if vitamin C has been added to a food product, check the product labels. Cooking destroys vitamin C. Steaming or microwaving may lessen

cooking losses. Fortunately, many of the best food sources of vitamin C, such as fruits and vegetables, are usually eaten raw. *Important for: Vitamin C is a powerful antioxidant that aids the immune system and helps prevent cellular damage caused by exposure to toxins. It is also used to create collagen to heal wounds and maintain healthy skin, gums, bones, and blood vessels. Vitamin C also helps the body absorb and store iron. Most multivitamins have vitamin C. Vitamin C is also available alone as a dietary supplement or in combination with other nutrients. Vitamin C has long been a popular remedy for the common cold, research shows vitamin C does not reduce the risk of the common cold.

RECIPE CORNER

AVOCADO DIP

INGREDIENTS:

- ~2 avocados (black) chopped
- ~2 ripe tomatoes, chopped
- ~3 T. onion, chopped
- ~ three green onions chopped (with the greens)

~1 can of black beans, drained

~1 can fiesta corn, drained
~3 T. oil ~3T white vinegar
~1 pkg. zesty Italian dressing

INSTRUCTIONS:

1. Mix the first six ingredients in a bowl.
2. Whisk up the oil, vinegar, and dressing package together and pour over the mixture.

3. Chill and serve with white corn chips

Several members requested this recipe again. I was supposed to add it in last month's Newsletter but forgot. Please forgive my tardiness.

Enjoy Good Healthy Eats!