

MOUNT PISGAH BAPTIST CHURCH

February Interest Articles

- [Endometriosis Awareness](#)
- [Kidney Awareness](#)
- [Multiple Sclerosis](#)
- [Pastor's Pen](#)
- [Nurses Notes](#)
- [Recipe Corner](#)



March is also Colorectal Cancer Awareness Month!

Use this toolkit to help spread the word

<http://healthfinder.gov/NHO/MarchToolkit.aspx>

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.



ENDOMETRIOSIS AWARENESS

March is International Endometriosis Awareness Month!

Endometriosis is a condition in which tissue similar to the lining inside the uterus (called "the endometrium"), is found and grows outside the uterus, where it induces a chronic inflammatory reaction that may result in scar tissue. It can grow on the ovaries, behind the uterus or on the bowels or bladder.

Endometriosis affects an estimated 1 in 10 women during their reproductive years (usually between the ages of 15 to 49), which is about 176 million women around the world. However, endometriosis can start as early as a girl's first period, and menopause may not resolve the symptoms of endometriosis—especially if the

woman has scar tissue or adhesions from the disease and/or surgery. The symptoms of endometriosis include painful periods, painful ovulation, pain during or after intercourse, heavy bleeding, chronic pelvic pain, fatigue, and infertility, and can impact general physical, mental, and social wellbeing. A general lack of awareness by both women and health care providers, due to a "normalization" of symptoms, results in a major delay from when a woman first experiences symptoms until she eventually is diagnosed and treated. There is no known cure and, although endometriosis can be treated effectively with drugs, most treatments are not suitable for long-term use due to side-effects. Surgery can be

effective to remove endometriosis lesions and scar tissue, but success rates are dependent on the extent of disease and the surgeon's skills. Pregnancy may relieve symptoms but is not a cure for the disease. Hysterectomy, with surgical removal of all the disease at the same time, may relieve symptoms, but may not be a "definitive cure" either. Removal of the ovaries at the same time as a hysterectomy is performed increases the chances of pain relief. There's no known cause of endometriosis but it is highly likely that certain genes predispose women to develop the disease. Thus, women have a higher risk of developing endometriosis if their mother and/or sister(s) are also affected. Time to get educated!

KIDNEY AWARENESS

March is National Kidney Awareness Month!

The kidneys are very important in maintaining the overall health of the body. Functions of the kidneys include: □ Filtering waste out of 200 liters of blood each day □ Regulating of the body's salt, potassium and acid content □ Removing drugs from the body □ Balancing the body's fluids □ Releasing hormones that regulate blood pressure □ Producing an active form of Vitamin D that promotes strong bones □ Control the production of red blood cells. Kidney disease develops when kidneys lose their ability to remove waste and maintain fluid and chemical balances in the body. This can happen all of a sudden or over time. **One**

in three Americans are at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure.

Other risk factors include anyone age 60 or older, obesity (BMI of 30 and above) and race. According to the U.S. Centers for Disease Control, African Americans are nearly 3 times more likely to be diagnosed with kidney disease/failure compared to Caucasians. **Here are five simple things you can do to protect your kidneys:** 1. Get tested! Ask your doctor about an annual ACR (albumin/creatinine ratio) urine test or a GFR (glomerular filtration rate) blood test. 2. Reduce the use of NSAIDs. Common over the counter examples include aspirin, ibuprofen and

naproxen. These drugs may relieve your aches and pains, but they can harm the kidneys. Never exceed suggested dosage. 3. **CUT THE PROCESSED FOODS!! Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease.** 4. Exercise! Regular exercise will keep your muscles, blood vessels, heart and kidneys healthy, and help control your blood pressure and lower blood sugar. 5. Control high blood pressure & diabetes. HBP and diabetes are the leading causes of kidney disease and failure. Management of these diseases can slow the progression of kidney disease.



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

MULTIPLE SCLEROSIS

March is Multiple Sclerosis Awareness Month.

MS is an unpredictable often disabling disease of the central nervous system. In MS, the immune system attacks the protective sheath (myelin) that covers nerve fibers and disrupts communication between your brain and the rest of your body. Eventually, the disease can cause the nerves themselves to become permanently damaged. The cause of MS is still unknown. While the disease is not contagious or inherited, scientists have identified factors in the distribution of MS around the world. These factors include: gender, genetics, age, geography and ethnic

background. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. Signs and symptoms of MS vary widely and depend on the amount of nerve damage and which nerves are affected. Some people with severe MS may lose the ability to walk, while others may experience long periods of remission without any new symptoms.

Multiple sclerosis signs and symptoms may include:

*numbness or weakness in one or more limbs that typically occurs on one side of your body at a time, *Partial or

complete loss of vision, usually in one eye at a time, *Prolonged double vision, *Tingling or pain in parts of your body *Electric-shock sensations that occur with certain neck movements, especially bending the neck forward (Lhermitte sign) *Tremor, *Lack of coordination or unsteady gait *Slurred speech *Dizziness *Problems with bowel and bladder function. See a doctor if you experience any of the above symptoms for unknown reasons. Most people with MS have a relapsing-remitting disease course. These relapses are followed by quiet periods of disease remission that can last months or even years. There's no cure for MS!

NURSES NOTES

The most current healthcare issue in the news to date is the Coronavirus Disease 2019. The CDC continues to closely monitor this outbreak caused by a novel (new) coronavirus named COVID-19. It was first detected in Wuhan City, China and continues to expand. COVID-19 causes mild to severe respiratory tract illness. Symptoms may include fever, cough, and shortness of breath. Transmission of the Coronavirus is from one infected person to another: *through the air-by coughing and sneezing, *through close personal contact (such as touching or shaking hands), and *by touching an object or surface with the virus on it and then touching your eyes, nose,

or mouth, before washing your hands. To help prevent the spread of coronaviruses and protect yourself from becoming infected: *wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with 60-95% alcohol. *Avoid touching your eyes, nose, or mouth with unwashed hands. *Disinfect doorknobs, switches, handles, computers, bathroom sinks, telephones, toilets, counters, toys and other surfaces that are commonly touched around the home, workplace and your church. *Avoid close contact with people who are sick and please stay home if

you are sick! *It's important to emphasize that if you have traveled to an area affected by the outbreak, and/or feel sick with fever, cough or having difficulty breathing, you should seek medical advice. Call ahead before you go to a doctor's office or emergency room and tell them about your recent travels and symptoms. There are currently no vaccines to protect against COVID-19. There are ongoing investigations to learn more. This is a rapidly evolving situation and information will be updated as it becomes available. **For the most current information, visit the Center for Disease (CDC) website:** cdc.gov/coronavirus/2019-ncov

RECIPE CORNER

ZUCCHINI FRIES

INGREDIENTS

- 2 medium Zucchini
- 1/2 cup Parmesan cheese
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1/2 tsp basil
- 1/2 teaspoon salt
- Vegetable oil

INSTRUCTIONS

1. Preheat oven to 375°.
2. Cut the ends off of the zucchini.
3. Cut in half then cut each half in half lengthwise, then in 2-4 strips.
4. Mix all dry ingredients.
5. Line a cookie sheet with foil and lightly oil.

6. Place the dry mixture, zucchini strips, and a tablespoon of vegetable oil in a zip top plastic bag and shake to coat the zucchini.
7. Place the zucchini on the cookie sheet and bake until golden, about 20 minutes.

*special request for repeat recipe