

## MOUNT PISGAH BAPTIST CHURCH

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#DYK? Breast cancer can occur in men. Over 2,000 men are diagnosed each year. Find out more:

<http://1.usa.gov/1pMJvou>

As we discuss health and wellness topics there are websites that can provide fantastic information. [www.healthfinder.gov](http://www.healthfinder.gov) is an excellent website to examine any health-related topic. It's easy to navigate and full of detailed facts.



## THE DAILY 4

### The month of October is National Dental Hygiene Month.

The focus this year is on the "Daily 4", which are comprised of: **1. Brush 2x a Day, for 2 Minutes:** Always Brush Your Teeth for 2 Minutes, Twice a Day, Every Day. Optimal oral health starts with the toothbrush. One of the most important things we can do is to brush our teeth for two minutes, in the morning & at night before we go to bed. Proper brushing reduces sticky-icky plaque, prevents tooth decay, and helps limit the onset of gum disease. **2.**

**Floss Daily:** Do you floss your teeth every day? According to [Colgate.com](http://Colgate.com), some statistics say that nearly 80 percent of people don't floss! Daily flossing is so important because your

toothbrush doesn't reach the spaces between your teeth, and using dental floss (or interdental brushes) are the best ways to remove any remaining food particles and plaque to prevent cavities & gum disease. Your oral health is connected to your overall health, so skipping the daily flossing can make you more susceptible to infection, and other health issues like diabetes, stroke, heart disease, prenatal complications-among others. **3. Daily Rinsing with Mouthwash:** Rinsing with antimicrobial mouthwash every day is the third component in the "Daily 4". Not only does a daily dose of mouthwash help reduce bad breath, but rinsing can also prevent gum disease (gingivitis). When combing the

isles searching for the best mouthwash, just try to look for an antiseptic mouthwash which has the ADA Seal of Acceptance on it. **4. Chewing Sugar-Free Gum:** Do you remember when gum was bad for our teeth? Now chewing sugar free gum, especially after eating and drinking, has a positive impact on oral health. The action of chewing sugar-free gum stimulates the most important natural defense against tooth decay-saliva-which in turn helps fight cavities, neutralizes plaque acids, remineralizes enamel to strengthen teeth and washes away food particles. So, stoke up the saliva production and help your body naturally fight against tooth decay by chewing sugar-free gum.

## BREAST CANCER AWARENESS

### October is National Breast Cancer Awareness Month.

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. **The good news is that most women can survive breast cancer if it's found and treated early.** Mammograms or a physical examination can help find breast cancer early when it's easier to treat. If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often. If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. **Risk factors** for breast cancer include the following: **1)** A personal history of breast cancer or benign (non-cancer)

breast disease. **2)** A family history of breast cancer in a first-degree relative (mother, daughter, or sister). **3)** Breast tissue that is dense on a mammogram. **4)** Exposure of breast tissue to estrogen made by the body- This may be caused by: a) Menstruating at an early age. b) Older age at first birth or never having given birth. c) Starting menopause at a later age. d) Taking hormones such as estrogen combined with progesterin for symptoms of menopause. e) Treatment with radiation therapy to the breast/chest. 6) Drinking alcohol and Obesity. **Older age is the main risk factor for most cancers.** The chance of getting cancer increases as you get older! **Signs of breast**

**cancer** may include: a lump or change in the breast, thickening in or near the breast or in the underarm area, change in the size or shape of the breast, a dimple or puckering in the skin of the breast, a nipple turned inward into the breast, fluid from the nipple, especially if it's bloody, scaly/swollen skin on the breast, nipple, or areola, dimples in the breast that look like the skin of an orange, called peau d'orange. Symptoms of breast cancer in men are similar to those in women. **Most importantly, schedule your mammogram!!!**

\*Material reference: National Cancer institute, NIH, NIC



## 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](http://www.mtpisgahbc.org)

# DOMESTIC VIOLENCE

## October is National Domestic Violence Month!

Domestic violence effects both men and women. It's not just punches and black eyes-it's yelling, humiliation, stalking, coercion, manipulation, threats and isolation. It's stealing a paycheck, keeping tabs online, non-stop texting, or calling someone stupid so often they believe it. Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that

influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic violence can happen to anyone of any race, age, sexual orientation, economic class, immigration status, religion, or gender. It can happen to couples that are married, living together, or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels. Does the Person You Love: \*Threaten to hurt you or other people you care about? \*Hit, kick, punch, push, choke or use physical force against you? \*Criticize or

blame you for everything that goes wrong? \*Humiliate you in front of other people? \*Control your access to money? \*Control the decision-making in your relationship? \*Control your time and actions? \*Put you down-call you names? \*Destroy your property? \*Threaten to hurt you or commit suicide if you leave? \*Force you to do things when you don't want to? If you've answered "yes" to any of these questions, you may be in an abusive relationship. You didn't cause the violence and no one has the right to hurt you. If you need assistance or want to talk to someone about domestic violence, call 1-866-331-9474.

# 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 October will feature "Vitamin D"**

- **Vitamin D:** Chemical name: Ergocalciferol, cholecalciferol. \*It is water soluble. \*Deficiency may cause rickets and osteomalacia, or softening of the bones.

## \*Good sources include:

Vitamin D-rich foods include egg yolks, saltwater fish, and liver. Some other foods, like milk and cereal, often have added vitamin D. Some foods and beverages are fortified with vitamin D. To find out if vitamin D has been added to a food product, check the product labels. You can get vitamin D in three ways: through your skin, from your diet, and from supplements. When exposed to sunlight, the skin makes vitamin D, which is then activated in the body. Most people get some vitamin D from sunlight. However, several factors affect how well the body makes vitamin D after the skin is exposed to sunlight. For example, people in the northern United States make less vitamin D than

those in the South, especially in the winter when the sun is lower in the sky. In general, the following people may be at risk for vitamin D deficiency: • Older people • Persons with dark skin • People who are obese or have kidney or liver disease • People who do not get enough direct sun exposure. It is recommended that older adults and persons with dark skin get extra vitamin D from fortified foods or supplements.

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

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



# RECIPE CORNER

## TOMATOE-BACON DIP

### INGREDIENTS:

~10 slices of bacon cooked and crumbled (you can use regular bacon or turkey bacon-if personally love the pepper cracked bacon for this recipe)  
~1/2 cup of tomatoes, chopped

~2 -8 oz. containers of sour cream (or light sour cream)  
~ 2 Tbsp or three green onions chopped (with the greens)  
~salt and pepper to taste  
~jalapenos or hot sauce optional to taste

### INSTRUCTIONS:

1. Combine ingredients in small bowl and mix well
2. Chill to blend flavors
3. Serve with your favorite chips, crackers, or vegetables

ENJOY GOOD HEALTHY EATS!  
YUM!