

MOUNT PISGAH BAPTIST CHURCH

April Interest Articles

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April is Autism Awareness Month! For more information Please go to: www.autismspeaks.com

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.



SARCOIDOSIS AWARENESS

April is National Sarcoidosis Awareness Month! Sarcoidosis is an inflammatory disease in which the immune system goes into overdrive, causing cells to group together into clumps called granulomas. While most commonly diagnosed in African American women ages 20-40, it has been characterized in all demographics regardless of age, gender, or race. Signs and symptoms of sarcoidosis vary widely depending on the organs affected. When patients are first diagnosed, they often present with a classic set of signs described as **Lofgren's Syndrome**: Fever, Enlarged lymph nodes, Swollen and painful joints/arthritis, Erythema nodosum-raised, red, and tender bumps to form on the skin, usually on the front of the

legs. Nearby joints are often swollen and painful. Often, the presence of erythema nodosum is a good sign, indicating the type of sarcoidosis that also goes away on its own after a few months or years, often without treatment. While more than 90% of cases affect the lungs and lymph nodes, sarcoidosis also can cause skin and eye damage. Occasionally those with sarcoidosis develop granulomas and inflammation in their hearts, which can trigger abnormal heart rhythms and heart failure. Sarcoidosis can affect any organ in the body and women are more likely than men to develop sarcoidosis. Many patients never have symptoms, and the disease is diagnosed only

because a chest X-ray is taken for another reason. In most of these cases, the disease improves by itself. After you're diagnosed with sarcoidosis, your doctor will determine if you need treatment. If your symptoms are severe or organ function is threatened, you'll likely be treated with meds. But even if there are no symptoms, patients with sarcoidosis should have breathing tests, blood tests, electrocardiogram, and an eye examination to uncover possible problems that may exist. There is no cure for sarcoidosis, but most people do very well with no treatment or only modest treatment. In some cases, sarcoidosis goes away on its own. However, sarcoidosis may last for years and may cause organ damage.

AUTISM SPEAKS

April is Autism Awareness Month! Autism is a complex neurobiological disorder that typically lasts throughout a person's lifetime. It is part of a group of disorders known as autism spectrum disorders (ASD). **Today, 1 in 150 individuals is diagnosed with autism, making it more common than pediatric cancer, diabetes, and AIDS combined.** It occurs in all racial, ethnic, and social groups and is four times more likely to strike boys than girls. Autism impairs a person's ability to communicate and relate to others. It is also associated with rigid routines and repetitive behaviors or following very specific routines. Symptoms can range from very mild to quite severe. Autism spectrum

disorders is characterized by varying degrees of impairment in communication skills and social abilities, and also by repetitive behaviors. Autism spectrum disorders can usually be diagnosed by age 3, although new research is pushing back the age of diagnosis to as early as 6 months. Parents are usually the first to notice unusual behaviors in their child or their child's failure to reach appropriate developmental milestones. If you have concerns about your child's development, speak to your pediatrician about getting your child screened for autism. When autism is diagnosed, early intervention instruction should begin. Research shows, that early intervention in

appropriate educational setting for at least two years during the preschool years can result in significant improvements for young children with ASD. Effective programs focus on developing communication, social, and cognitive skills. Autism is the fastest-growing serious developmental disability. Currently, there are no means to prevent autism and no cure. **Most importantly, people have had concerns that ASD might be linked to vaccines that children receive, but studies have shown that there is no link between receiving vaccines and developing ASD!** In 2013, an Institute of Medicine completed the largest study ever on vaccines given to children: and the study concluded that these vaccines are very safe.



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

MINORITY HEALTH AWARENESS

National Minority Health Month is an initiative that addresses the health needs of African Americans, Hispanics, Asians, Native Americans, and other minorities. Its goal is to strengthen the capacity of individuals and communities to eliminate the burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications. **All people, regardless of where they live or where they come from, should have the opportunity to reach their full potential for health.** However, the awareness of health disparities are lacking among the general public. Factors that drive health inequities are associated with social, economic, and environmental disadvantages. We must advocate for public policies that protect individuals from health risk. For example: Access to quality health care and insurance coverage; Access to healthy food options; Fair access to employment; and education. Disparities of minority health have a common thread; a lack of preventative healthcare and limited access to healthcare. Fixing the system of limited healthcare often seems like a goal that cannot be won. However, we can change our

own personal situations and families first! You must complete annual exams, take your prescribed medications, exercise and eat a healthy diet, and follow the medical guidelines provided by your doctor. In promoting minority health awareness we should at least recognize that obesity, cardiovascular disease, diabetes, and cancer all have a common prevention that we can control...exercise! So let's fight! Let's fight for our health. Let's fight for our ethnicity and our culture. Let's fight for our health with physical activity. I want my community to know that I care and I am fighting for minority health.

NURSES NOTES

We will continue to provide information and discuss the (new) coronavirus named COVID-19 in this section of "Nurses Notes" until the need has subsided. It is important to know that symptoms may include fever, cough, gastrointestinal pain and shortness of breath. Primary route of transmission for the Coronavirus is from one infected person to another. It's also transmitted by: *aerosol droplets-by coughing and sneezing, *through close personal contact (maintain social distancing-6ft), 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. *The government has issued a "stay at home order" for the state of Illinois! This is to help reduce the rate of transmission of COVID-19.

Please stay at home and limit any travel unless absolutely necessary!! 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 symptoms so they can prepare for your arrival. There are currently no vaccines to protect against COVID-19. 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

DEVILED EGG CHICKS

INGREDIENTS

- 12 large eggs hard boiled
- 1/3 cup mayonnaise
- 1 1/2 tsp Dijon mustard
- 1/4 tsp garlic powder
- 1/8 tsp salt or to taste
- Dash of cayenne pepper & sweet relish-to taste (optional)
- 1 carrot peeled-sliced into rings and 6 black olives

INSTRUCTIONS

1. Peel eggs and slice off thin layer

from the base-gives flat surface to stand on platter. Cut off top third of egg and loosen the yolk out (keep the lids paired with bases)

2. In a bowl combine mashed yolks and remaining ingredients, except carrots and olives. Season to taste and mash until smooth. Transfer mix back into egg bases. Place top 1/3 cap back over base & mix then press down slightly to adhere.
3. For eyes, poke thru olive with a straw several times then gently

squeeze-the little circles will pop out

4. For the beaks, thinly slice rings of carrot and cut each ring into sixths. *Insert 2 olive spots for eyes and 2 carrot wedges for the beak. Set deviled egg chicks on platters.

ENJOY AND HAVE A HAPPY EASTER!

