

MOUNT PISGAH BAPTIST CHURCH

May Interest Articles

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Time lost is brain lost. Every minute counts when you or someone you know is having a stroke. Act F.A.S.T. and call 9-1-1 right away if you spot signs of stroke. <http://bit.ly/2mYG0xa>

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.



LOOKING AT LUPUS

May is National Lupus

Awareness Month! Are you aware that Lupus is an autoimmune disease? In other words, Lupus occurs when the immune system, which normally helps protect the body from infection and disease, attacks different parts of the body. Systemic Lupus Erythematosus, or SLE, is a type of lupus that can affect multiple organs. **SLE occurs more in women, minorities, and especially blacks!** Lupus symptoms can show up in many different ways, which can make it hard to diagnose. Lupus symptoms can range from mild to life threatening, so early diagnosis and proper treatment are critical to preventing long-term consequences of the disease. Because lupus can affect so

many different parts of the body, it can cause a lot of different symptoms. And many people with lupus don't have all the symptoms. The most common signs and symptoms of Lupus are: *Fatigue or extreme exhaustion no matter how much they sleep *Joint pain or swelling *Chest pain when deep breathing *Fingers or toes turning blue or white/feeling numb (Raynaud's disease) *Skin rashes-Butterfly-shaped face rash across the cheeks and nose *Sensitivity to the sun/light *Heart/Lung/Kidney problems *Hair loss *Headaches *Recurring mouth sores. Symptoms of Lupus can come and go and change over time. People with Lupus/SLE can have periods of symptoms

called flares, followed by symptom-free periods called remissions. They may have flares often, or years apart, throughout their life and with varying severity. There is no simple test for Lupus or Systemic Lupus Erythematosus (SLE). For an accurate diagnosis, a doctor will take into account the patient's symptoms, signs observed during physical exams, and the results of X-rays and lab tests. Lupus may be difficult to diagnose because its signs and symptoms are not specific and can look like signs and symptoms of other diseases, so it is important to see a doctor who specializes in rheumatology for a final diagnosis. Lupus is a disease that can affect people of all ages, races, and ethnicity!

STROKE AWARENESS

May is National Stroke

Awareness Month! Are you aware that a stroke is a "brain attack"? It occurs when blood flow to an area of the brain is cut off and then brain cells deprived of oxygen begin to die. How a person is affected by their stroke depends on where the stroke occurs in the brain and how much the brain is damaged. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability. **Stroke is the #1 preventable cause of disability and 80% of strokes can be prevented!**

Preventable risk factors for stroke include: uncontrolled blood pressure, diabetes, and cholesterol; poor diet;

physical inactivity; obesity; smoking; and atrial fibrillation.

To reduce your risk for stroke, follow these 7 suggestions: manage your blood pressure; eat better; get physically active; lose excess weight; lower your cholesterol; reduce your blood sugar; and don't smoke. **Everyone needs to know the symptoms of stroke.** The acronym "**FAST**" is used to help you remember:

***Face drooping**, ***Arm weakness**, ***Speech difficulty**, ***Time to call 911**. It is critical to get medical attention quickly if a stroke is suspected. Immediate treatment may minimize the long-term effect of a stroke or prevent death. **If the stroke is caused by a blood clot, and 85% of strokes are, there is a medication**

available that if administered within 3 hours that can dissolve the clot and improve blood flow to the part of the brain affected. Many stroke victims don't get to the hospital in time for the medication to be administered. This is why it is so important to identify a stroke immediately and seek medical attention right away. Bottom line: You can help prevent stroke by making healthy lifestyle choices. Always take your prescription medications to treat heart disease, high cholesterol and blood pressure. Schedule annual physical exams and discuss any medical issues you may be having. You and your healthcare team to work together to prevent, control or treat the medical conditions that lead to stroke.



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

MENTAL HEALTH AWARENESS

May is Mental Health

Awareness! Are you aware that research suggests a mental health condition is not the result of one event but multiple events, linking causes, genetics, lifestyle and environment also influence development of mental health conditions? A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Basic brain circuits and biochemical processes may also play a role. Each person may respond differently or have different experiences, even people with the same diagnosis. Recovery, including

meaningful roles in social life, school and work, is possible, especially when you start treatment early. Keep in mind each individual plays a strong role in their own recovery process. One in five adults experiences a mental health condition every year. Half of mental health conditions begin by age 14, and 75% of mental health conditions develop by age 24. Early engagement and support are crucial to recovery. **Faith communities have been forced to pay more attention to mental health as these issues have become more prevalent among our communities. Research has shown that religion and**

spirituality can directly improve our physical and mental health. People often turn to faith in times of crisis and find that spiritual practices, as well as support from spiritual communities help them manage their mental health. *One practice that has received a lot of attention is prayer and meditation. Studies have found that 10-20 minutes of prayer or meditation twice a day causes what is called the "relaxation response": decreased metabolism, heart rate and calmer brain waves. Finding a caring congregation, like Mount Pisgah, that supports individuals and families affected by mental illness is the key! For more info visit <https://www.nami.org>

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. **There is now a COVID-19 drive through testing site available at the McLean County Fairgrounds-1106 Interstate Drive Bloomington- that is expected to remain open through the end of May!** The site is open from 9am-5pm seven days a week. It is for any health care worker or first responder with or without symptoms and for anyone else with symptoms! Common symptoms may include fever, cough, sore throat, headache, and shortness of breath. Primary route of transmission for the Coronavirus is still 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 face 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. *Remember to disinfect high traffic areas that are

commonly touched. *The government has issued a "stay at home order" for the state of Illinois to help reduce the rate of transmission of COVID-19. **Please stay at home and limit any travel unless absolutely necessary!!** If you feel sick with fever, cough or having difficulty breathing, you should seek medical advice. If possible, please call ahead before you go to a doctor's office or emergency room so they may prepare for your arrival. 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

VEGGIE PIZZA

CRUST: *2 pkg crescent rolls. Flattened on pizza pan and bake according to pkg. Then set aside to cool
BASE: *1 cup sour cream, 1 (8 ounce) softened cream cheese, 1 pkg ranch dressing mix, 1 tsp dried dill weed, 1/4 tsp garlic salt. Mix ingredients together and spread on top of cooled crust.

TOPPINGS: First, place finely chopped green onions over base and/or fresh chopped spinach leaves (as desired-to taste). Now begin to add any vegetable you prefer: 1 grated carrot, 1 stalk of celery thinly sliced, 1 cup fresh chopped cauliflower, 1 cup fresh cut broccoli, 1/4 cup chopped cucumber, 1/2 cup halved and thinly sliced

radish, 1/4 green pepper chopped, 1/4 red pepper chopped, 1/4 yellow pepper chopped, zucchini spirals, chopped mushrooms, and cherry tomato halves or olives as desired. Sprinkle lightly with cheese if preferred



All recipes are submitted as a base. Please feel free to make it your own!