

MOUNT PISGAH BAPTIST CHURCH

June Interest Articles

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June is Men's Health Awareness Month! For more information go to: www.menshealthmonth.org

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.



OH MAN MONTH!

June marks National Men's Health Month! The purpose of Men's health month is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. According to the Centers for Disease Control and Prevention, the average woman lives six years longer than the average man. Women are also 100% more likely to visit a doctor for annual exams and preventive services than men. Furthermore, men are more likely to develop heart disease than women and more likely to get cancer. According to the Men's Health Network, a higher percentage of men have no health care coverage at all and are more likely to engage in risky

behaviors. In addition to striving to be healthy every day, one of the most important decisions a man can make is to see a doctor for routine check-ups and screenings. It has been suggested that some men will take better care of their automobiles (oil changes, tune up, and tires) than their own body! Many of the major health risks that men face, like heart disease and colon cancer, can be prevented and even treated with an early diagnosis. Doctors regularly screen for unhealthy blood pressure, cholesterol, blood sugar, mental health, and weight. Men's Health Network recommends the following simple, lifesaving screenings: *Yearly physical and blood pressure *Skin cancer exam

*Blood panel to check kidney, diabetes, cholesterol, and thyroid (men 20 & older) *Blood panel with a prostate cancer screening (men 50 and older, though black men and men with a family history of prostate cancer may wish to begin prostate screenings at age 40 or earlier) *Colonoscopy to check for colon cancer (men 45 and older). Ladies we also have a very important role regarding men's health. We need to make sure they are taking care of themselves! Remind them about annual physicals and screening. Be the watchful eye that points out any health concerns for the men in our lives. Their life may depend on it! For more information please go to: www.menshealthmonth.org

MAKES MY HEAD HURT

June is National Migraine and Headache Awareness Month! Headaches can be more complicated than most people realize. Different kinds can have their own set of symptoms, happen for unique reasons, and need different kinds of treatment. Once you know the type of headache you have, you and your doctor can find the treatment that's most likely to help and even try to prevent them. There are 150 different types of headaches. The most common ones are: **Tension type headaches:** They are the most common type of headache among adults and teens. They cause mild to moderate pain and come and go over time and usually have no other symptoms. **Migraine:**

This condition is accompanied by intense headaches. These headaches are often described as pounding, throbbing pain. They can last from 4 hours to 3 days and usually happen one to four times per month. Along with the pain, people have other symptoms, such as sensitivity to light, noise, or smells; nausea or vomiting; loss of appetite; and upset stomach or belly pain. **Cluster headaches:** This type is intense and feels like a burning or piercing pain behind or around one eye, either throbbing or constant. It's the least common but the most severe type of headache. The pain can be so bad that most people with cluster headaches can't sit still and will often

pace during an attack. On the side of the pain, the eyelid droops, the eye reddens, pupil gets smaller or the eye tears. The nostril on that side runs or stuffs. They're called "cluster headaches" because they tend to happen in groups. **Sinus headaches:** With these, you feel a deep and constant pain in your cheekbones, forehead, or bridge of your nose. They happen when cavities in your head, called sinuses, get inflamed. The pain comes along with other sinus symptoms, such as a runny nose, ear pain, fever, and swelling in your face. Once you get your headaches diagnosed correctly, you can the right treatment plan for your symptoms. The first step is to talk to your doctor.



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

REMEMBER?

June is Alzheimer's & Brain Awareness Month! Alzheimer's disease (AD) is a condition that many are familiar with. But here is some good news: studies suggest you can do a lot to keep your mind sharp. Recommendations for staving off and even helping to reverse AD are suggested in following four strategies. **1: Diet & Supplements**-Research confirms that eating to a primarily plant-based diet can slow or possibly reverse memory loss. Vegetarian diets improve focus and higher brain productivity. Eating a Mediterranean diet is still suggested for better brain health. Also, take a high

potency multivitamin and multi-mineral supplement that includes folic acid. Memory specific supplements of omega-3 oils, coenzyme Q10, phosphatidylserine, alpha lipoic acid, and huperzine-A, are also recommended. **2: Physical & Mental Exercise**-Both are essential in preventing AD. Exercise increases blood flow to the brain, and causes the growth of new brain cells. Additionally, keeping one's mind active is an important aspect of AD prevention. There are a variety of ways to do this. Reading is one of the best ways to stay sharp. In addition, music, sudoku, and completing crossword puzzles helps.

3: Yoga & Meditation-Chronic stress is a major risk factor for AD. Stress produces inflammation, a trademark of AD. Find a regular activity to soothe the stress on the brain. **4: Psychological Well-Being**- Psychological well-being (PWB) reduces negativity, providing a foundation for personal growth and aging with purpose. PWB lowers the risk for cognitive decline, reduce cholesterol and inflammation. Positive emotions counteract stress response and support a healthy. PWB may create an enhanced sense of spirituality, which slows the progression of AD. Living a healthy life offers the best chance for aging AD-free and nourishing a sharp mind.

NURSES NOTES

Pisgah will continue to provide information and discuss the corona virus named COVID-19 in this section of "Nurses Notes" until the need has subsided. We will review symptoms, routes of transmission, and how to prevent the spread of corona virus. 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 corona virus: ***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 surfaces that are commonly touched around the home, workplace and your church. * We encourage our high-risk population at Pisgah to minimize risk of exposure by avoiding large crowds and gathering! ***Practice social distancing at all times and wear your mask!!!** If you feel sick with symptoms, fever, or difficulty

breathing, seek medical advice immediately!
As Mount Pisgah prepares for re-entering the building for Sunday church service, we are taking extra care and precautions to make sure all attendees stay safe and well. While making the necessary adjustments for this new season of worship, we realize things may be different. With this in mind we ask for your patience, tolerance, and prayer as we press forward with purpose. Discussions regarding the best way to proceed are ongoing and we will forward all information as it becomes available.
For the most current information, visit the Center for Disease (CDC) website:

RECIPE CORNER

SUMMER FRUIT DIP

INGREDIENTS

- 1 bar of cream cheese
- 1 large jar of marshmallow puffs
- 2 Tbsp. milk
- 1Tbsp sugar
- seasonal summer fruit (watermelon, cantaloupe, honey dew melon, grapes strawberries, kiwi, and any other fruit of your choosing)

INSTRUCTIONS

1. Set cream cheese out to settle at room temperature before mixing with other ingredients
2. In a bowl combine one bar of cream cheese (room temp), one jar of marshmallow puffs. Then add milk and sugar to taste and consistency
3. Use hand mixer to combine all ingredients until smooth

4. Clean, cut, and slice all fruit and set aside in a container.

*I like to set my fruit in the fridge to chill prior to serving.

*Once your fruit and dip have chilled to your likingplate and serve!

Enjoy this sweet treat on a warm summer day ☺