

MOUNT PISGAH BAPTIST CHURCH



March Interest Articles

- [Colorectal Cancer Awareness](#)
- [Protect Your Kidneys](#)
- [Pastor's Pen](#)
- [Your Best Fork Forward](#)
- [Nurse's Note](#)
- [Monthly Recipe](#)



March is 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.

Information for this article was sourced from the National Kidney Foundation website www.kidney.org/

COLORECTAL CANCER AWARENESS

March is Colorectal Cancer Awareness Month and a good time to learn more about colorectal cancer (cancer of the colon and rectum) and how it can be prevented or best treated. Since there are very few symptoms associated with colorectal cancer, regular screening is necessary for two main reasons: **1.** Colorectal cancer is preventable if polyps that lead to the cancer are detected and removed. **2.** It is curable if detected in early stages. **To lower your risk of colorectal cancer:**

- Get regular colorectal screenings after age 50!
- Between 80-90% of colorectal cancer patients

are restored to normal health if their cancer is detected/treated in the earliest stage. However, the cure rate drops to 50% or less when diagnosed in later stages

- Eat a low fat, high fiber diet!
- Exercise for at least 20 minutes, three to four days a week.

The risk of developing colorectal cancer increases with age. All men/women aged 50 & older are at risk for developing colorectal cancer, and should be screened. Some people are at a higher risk and should be screened at an age younger than 50, including: Black Americans, those with a personal or

family history of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial or breast cancer. **Current screening methods include:** a simple chemical test that can detect hidden blood in the stool (fecal occult blood test), contrast barium enema x-ray, colonoscopy (a visual examination of the entire colon), flexible sigmoidoscopy (a visual examination of the rectum and lower portion of the colon) and digital rectal exam. Screening costs are covered by Medicare and most health plans.

PROTECT YOUR KIDNEYS

March is National Kidney 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.

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 (African Americans, Hispanics, Pacific Islanders and American Indians). **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 nonsteroidal anti-inflammatory drugs (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

Please join us for the 34th Anniversary of Pastor, Frank L. McSwain Sr. In celebration of this occasion there is a weekend of events planned; Friday March 9th (7-9pm) "Family & Friends Night" in Pisgah's Fellowship Hall; Saturday, March 10th (10am) have breakfast with First Lady at "Tony Roma's" Restaurant. The Grand Finale is Sunday, March 11th (5pm) "Pastor and Frist Lady Appreciation Dinner & Program" in the Mount Pisgah Fellowship Hall. Please come out and celebrate as we press forward with purpose.

Prayerfully submitted,
The Health and Wellness Ministry

"A HEALTHY VIBRANT CHURCH CONTINUING THE WORK OF JESUS CHRIST"



COMING SOON!! Get your Health and Wellness Newsletter Online

CHOPPED SALAD WITH ALVOCADO DRESSING

Sweet romaine, grape tomatoes, pinto beans and crunchy corn chips come together in just 10 minutes in this lively and satisfying salad

Recipe courtesy of vegetariantimes.com

YOUR BEST FORK FORWARD

Its National Nutrition Month and the question is: **Are you putting your best fork forward?** Make each bite count! Small shifts in our food choices add up over time. The latest Dietary Guidelines for Americans suggest starting small to make lasting changes you enjoy. Make small changes in our eating habits – one forkful at a time. Whether planning meals to prepare at home or making choices while eating out, Put Your Best Fork Forward to find your healthy eating style.

What Can You Do:

1. Create an eating style

that includes a variety of your favorite, healthful foods. 2. Practice cooking more at home and experiment with healthier ingredients. 3. How much we eat is as important as what we eat. Eat and drink the right amount for you, as MyPlate.com encourages us to do. 4. Find activities that you enjoy and be physically active most days of the week. The goal is to help manage your weight or lower your health risks.

Remember what you drink is as important as what you eat! Many beverages

contain added sugars and

offer little or no nutrients, while others may little or no nutrients or to many calories. So, drink water instead of sugary drinks. Regular soda, energy or sports drinks usually contain a lot of added sugar which provides more calories than needed. Let your thirst be your guide! Water is an important nutrient for the body but everyone's needs are different. Drink plenty of water if you are very active, work in hot conditions, or an older adult.

<http://www.eatright.org/resource/food/resources/nationalnutrition-month/toolkit>

NURSE'S NOTES

WELLNESS CHALLENGE

"GO GREEN" 7 DAY CHALLENGE

Challenge Rules:

1. Your goal is to eat five green fruits and/or veggies each day for 7 days.

2. Green Ideas: Romaine lettuce, spinach, broccoli, kiwi, green peppers, asparagus, collard greens, celery, avocados, kohlrabi, cucumbers, green apples, kale, mustard greens, brussel sprouts, green pears, grapes, green beans

3. Each day log the name and quantity of the green fruits and/or veggies you consumed.

4. If you choose to drink your green fruits and veggies by juicing or blending, you may only list the items where you used a full serving size.

Vegetables: 1 cup of raw leafy vegetables (about the size of a small fist) and ½ cup of other vegetables

Fruits: 1 medium fruit (medium is defined as the size of a baseball); ½ cup chopped, cooked or canned fruit

***By March 18, (3rd Sunday in March) find your Faith Community Nurse and turn in your results/log sheet and a picture of yourself with your favorite green fruit or veggie. We will post a picture of the winner in the next Health & Wellness Newsletter!**

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

CHOPPED SALAD WITH ALVOCADO DRESSING

INGREDIENTS:

*2 cups chopped romaine lettuce

*1 15 oz. can pinto beans, rinsed and drained

*1 cup grape tomatoes, chopped

*½ cup fresh or frozen corn kernels

*4 Tbs. chopped green onions

*4 Tbs. chopped cilantro

*1 ripe avocado

*6 Tbs. Salsa

*½ cup low-fat sour cream

*3 Tbs. lime juice

*Tabasco sauce to taste

*Baked tortilla chips to taste

DIRECTIONS:

1. Combine lettuce, beans, tomatoes & corn.

Sprinkle cilantro and onions on top.

2. Mash avocado in separate bowl and whisk in sour cream, salsa & Tabasco sauce. Pour dressing over salad, toss well & top with corn chips.

Nutritional information per serving (makes 4 servings) calories: 330 | 8 g protein | 23 g carbohydrates | 293 mg sodium | 10 g fiber | 6 g sugar