

MOUNT PISGAH BAPTIST CHURCH



February Interest Articles

- American Heart Month
- Dental Awareness Healthy Smiles
- Pastor's Pen
- Heart to Heart
- Nurses Note
- Monthly Recipe



Planning a trip to the grocery store? Pump up your heart health by choosing food low in sodium (salt). For more information:

<http://1.usa.gov/y0uXTq>

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.

AMERICAN HEART MONTH

February is American Heart Month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. **Anyone at any age can benefit from simple steps to keep their heart healthy. Here's how:**

☐ Healthy eating is a must! Eat foods low in saturated fats, trans fat and cholesterol and high in fiber. Limiting salt can lower your blood pressure and limiting sugar can lower blood sugar levels to prevent or help control

diabetes. ☐ Maintain a healthy weight. Being overweight increases your risk for heart disease. ☐ Be physically active. Walking is a great exercise and cheap! Children and adolescents should get one hour or more of physical activity every day. Additionally, at least two days a week you need muscle-strengthening activities that work all major muscle groups. ☐ Don't smoke and limit alcohol! ☐ Have your cholesterol, blood pressure, and blood sugar checked regularly. If you take medication to treat any of these chronic medical conditions, follow your Doctor's instructions

and keep all appointments. ☐ Learn the symptoms of a heart attack and cardiac arrest. Not everyone experiences severe chest pain with a heart attack, and heart attack symptoms in women can be different than men. The warning signs of a heart attack include: ☐ Chest discomfort ☐ Discomfort in other areas of the upper body ☐ Shortness of breath ☐ Other signs may include: breaking out in a cold sweat, nausea or lightheadedness

Cardiac arrest warning signs are a sudden loss of consciousness and no normal breathing.

DENTAL AWARENESS: HEALTHY SMILES

What you eat affects your mouth by building healthier teeth/gums and by helping prevent tooth decay and gum disease. While a healthy diet rich in fruits and vegetables, whole grains, lean proteins, and unsaturated fats will benefit your overall oral health, there are a few standout foods and nutrients that can really boost it.

Calcium: When a diet is low in calcium, as a majority of Americans' diets are, the body leeches the mineral from teeth and bones, which can increase your risk of tooth decay and the incidence of cavities. Calcium is found in dairy foods like milk, cheese, and

yogurt; in fish, including sardines with bones and salmon; and in some vegetables, including kale and broccoli. **Vitamin C:** The body needs vitamin C to repair connective tissue and help the body fight off infection. Gingivitis is the mildest form of periodontal diseases, and it causes the gums to become red from inflammation, swelling and bleeding easily. Eating one piece of citrus fruit (oranges, grapefruits, tangerines) or a kiwi daily will help you meet the Recommended Daily Allowance for vitamin C. **Fruits and Vegetables:** Crunchy fruit and veggies like apples, pears, celery,

and carrots are excellent for your teeth in two ways. The crisp texture acts as a detergent on teeth, wiping away bacteria that can cause plaque. Plus, these foods require a lot of chewing, which increases the production of bacteria-neutralizing saliva. **Foods to Avoid:** Sugary snacks, especially gummy candies and hard candies that stick in your teeth are at the top of the list of foods to avoid. Soda provides a double hit to teeth, combining sugar with acids. Even foods and drinks that are good for your teeth, like milk, contain sugars. No matter what you eat, it's important to brush, rinse and floss afterward.



PASTOR'S PEN

February 2-8, 2018 the Mount Pisgah Baptist Church family is participating in a Corporate Fast and Prayer for our Pastor, Reverend Frank L. McSwain Sr. Guidelines for this Corporate Fast are still available upon request. Daily Prayer from Noon-1:00pm has also been requested #pisgahpraysforourpastor

BLESS LORD AS WE REMIAN PRAYERFUL FOR OUR PASTOR, HIS FAMILY, OUR CHURCH, AND OUR COMMUNITY 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

Learn more about Heart Health:

American Heart Association
<http://www.heart.org/HEARTORG/Nutrition.gov>
<https://www.nutrition.gov/>
 The Hidden Epidemic: Heart Disease in America (PBS)
<http://www.pbs.org/wgbh/takeonstep/heart/resources.html>

HEART TO HEART

Heart disease is the No. 1 killer for all Americans, and stroke is also a leading cause of death. As frightening as those statistics are the risks of getting those diseases are even higher for African-Americans. **High blood pressure, obesity and diabetes are the most common conditions that increase the risk of heart disease and stroke.** The prevalence of high blood pressure in African-Americans is the highest in the world. Also known as hypertension, it can cause permanent damage to the

heart before you even notice any symptoms, that's why it is often referred to as the "silent killer." Not only is HBP more severe in blacks than whites, but it also develops earlier in life. The No. 1 thing you can do is check your blood pressure regularly. Mount Pisgah offers free Blood Pressure checks every 4th Sunday.

African-Americans are disproportionately affected by obesity. Among blacks age 20 and older, 63 percent of men and 77 percent of women are overweight. We must focus

on the quality of your diet throughout the day, not just during mealtime. You can add hundreds of calories to your diet just on snacking. Choosing wise snacks can be part of a healthy diet.

African Americans are more likely to have diabetes than whites. Diabetes is treatable and controllable but most people don't recognize early signs. For heart disease risks, regular exercise also plays a key role in strengthening the cardiovascular system. Aim for at least 30 mins of walking a day.

NURSES NOTES

Its American Heart Month! The year is young and it's a great time to give your heart some love and commit to staying heart-healthy all year long.

***Eating Right Starts at Home!**

To stay on track with heart-healthy eating, plan on cooking at home more. When you're bombarded daily with fast-food temptations, as most of us are, it can be hard to make cooking a habit. It's oh so easy to just drive through and get dinner. But by preparing your own meals, you'll know exactly what's in your food.

***Know Your Numbers!**

Pay attention and continue to monitor your numbers: It is wise to check your cholesterol annually and know your average blood pressure, Total Cholesterol includes your LDL, HDL and all other lipoproteins. A desirable level is less than 200 mg/dL.

***Don't Brush Off Snoring!**

One in five adults has at least mild sleep apnea, a condition that causes pauses in breathing during sleep. If not properly treated, sleep apnea can contribute to high blood pressure, heart disease and stroke.

***Know Your Family History!**

Having a relative with heart disease increases your risk, especially if the relative is a parent or sibling.

***Tame Your Stress!** Long-term stress causes an increase in heart rate and blood pressure that may damage the artery walls. Try to find time each day to do something you enjoy.

Blessings,
 Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

KIDS KITCHEN

This is a simple recipe for you and your children to prepare together. Getting your children involved in food preparation will go a long way in encouraging them to develop healthy eating habits.

Banana Rolls

INGREDIENTS

- 1 banana
- 2 tablespoons peanut butter or nut butter alternative
- 1/4 cup cereal (i.e. cheerios, etc.)

INSTRUCTIONS

1. Peel and cut bananas into 2" pieces.
2. Spread one end of each piece with a small amount of peanut butter.
3. Dip the peanut butter end into cereal.
4. Serve immediately or chill until served.