

MOUNT PISGAH BAPTIST CHURCH



May Interest Articles

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May is Mental Health Awareness Month! For more information Please go to:
www.nami.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.

VISION FOR A LIFETIME

May is Healthy Vision Month!

When it comes to our health, we often visit our doctor regularly to make sure our bodies are healthy. But what about our eyes? They're not always top of our list, but they're just as important. During Healthy Vision Month, held each May, the National Eye Institute (NEI) reminds you to make your eye health a priority and encourages you to take important steps to protect your sight.

Get a dilated eye exam.

Getting a dilated eye exam is the only way to detect eye diseases early, because with many, there are no warning signs. While dilation helps eye doctors see the retina,

there is also new technology which uses a retinal scanner instead of dilating the eye. Optometrists can see nearly the whole retina at once, compared with just a small piece of it at a time using traditional methods. A retinal exam isn't necessary at every visit to the eye doctor, but is recommended as part of a routine eye exam schedule. Talk to your eye care professional about how often you should have one.

Know your family history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease, since many are hereditary. This will help to

determine if you are at higher risk for developing an eye disease yourself.

Use protective eyewear.

Protect your eyes when playing sports, or on the job to prevent eye injuries from happening. This includes wearing safety glasses, goggles, safety shields, and eye guards that are made of polycarbonate. **Wear sunglasses.** When buying sunglasses, look for ones that block out 99 to 100% of both UVA and UVB radiation, so you can keep your eyes healthy. Prolonged exposure to sunlight can increase your risk for eye disease. These steps can help keep your eyes healthy and prevent vision loss.

MENTAL HEALTH AWARENESS

May is Mental Health

Awareness! A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will 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. Each individual plays a strong role in their own recovery process. 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. **One in 5 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 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>



PASTOR'S PEN

As our Pastor travels to address personal health concerns he has asked his congregation to celebrate with him the blessed assurance of God's presence through his circumstances. Pastor McSwain also requests that we remain faithful in our well doing and steadfast in our fellowship at Mount Pisgah Baptist Church.

PLEASE 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"



The Health and Wellness Newsletter is now available Online at: www.mtpisgahbc.org

PLEASE FEEL FREE TO SUBMIT YOUR FAVORITE RECIPES FOR PUBLICATION IN OUR MONTHLY NEWSLETTER

NATIONAL STROKE AWARENESS

May is National Stroke Awareness Month! A stroke is a "brain attack". It occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and 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 effects 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 and this is why it is so important to identify a stroke immediately.**

NURSES NOTES

Spring Cleaning-In Your Medicine Cabinet! Spring has sprung and it's time for spring cleaning. However, it's important to extend your spring cleaning to your medicine cabinet! Here's how to get your medicine cabinet up to speed in just a few simple steps: **1. Remove all expired prescriptions and over the counter meds!** Some drugs become less effective over time, due to changing medical composition and certain medications are actually at risk of bacterial growth past the expiration date. **So check the dates!** Examine everything in your medicine cabinet, including vitamins ointments, and supplements.

Discard any item that is beyond the expiration date. **For prescriptions, follow the one year cut off rule.** Discard prescriptions that are more than one year old. **Be careful about throwing out medication.** Because of the potential harm to the environment, *it is not recommended to simply throw out medication or flush them down the toilet.* **Here's what to do:** Place all medication in a sealable bag. If there are solid medications, add some water so they can dissolve. Add kitty litter, coffee grounds, saw dust, or any material that mixes well and is unappealing for children or animals to eat. Seal the

bag and put it in the trash. While there are steps you can take to safely dispose of drugs in your home, *drug take-back programs are widely regarded as the first choice.* **2. Test all medical devices.** Blood pressure or glucose monitors, as well as thermometers. **3. Replenish your stock!** There are four medicine cabinet essentials that should be in every home: bandages, allergy medication, anti-diarrheal product, and acetaminophen for fevers, aches and pains.

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

Italian Green Beans

INGREDIENTS:

- *1/2 cup diced onions
- *2 cans Italian green beans (drained)
- *1 can petite diced tomatoes
- *1 cup Zesty Italian dressing

DIRECTIONS:

Using medium sized pot, layer the diced onions, Italian green beans, diced tomatoes; then pour Italian dressing over the top and cover. Cook over medium heat for approx. 20 minutes (or until liquids have cooked down).

Simple recipe with tons of flavor!! Enjoy and be blessed

Recipe submitted by Carol Lyle