

MOUNT PISGAH BAPTIST CHURCH

June Interest Articles

- [Men's Health Awareness](#)
- [Such a Headache](#)
- [Alzheimer Awareness](#)
- [Pastor's Pen](#)
- [Nurses Note: Staying Hydrated](#)
- [Recipe Corner](#)



June is Men's Health Awareness Month! For more information Please 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.



MEN'S HEALTH AWARENESS

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) then 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 cholesterol, diabetes, kidney 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)
Source: For more information, and details please go to www.menshealthmonth.org

SUCH A HEADACHE

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 usually comes along with other sinus symptoms, such as a runny nose, fullness in the ears, fever, and swelling in your face. Once you get your headaches diagnosed correctly, you can start the right treatment plan for your symptoms. The first step is to talk to your doctor.



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

ALZHEIMER AWARENESS

June is Alzheimer's & Brain Awareness Month!

Alzheimer's currently affects more than 5 million Americans and that number is likely to triple by 2050. Alzheimer's is the leading cause of dementia worldwide. Lack of education and awareness prevents early intervention. The result is that we diagnose it too late! A more educated public could manage risk factors and seek medical attention at the earliest sign of decline. Physicians could then diagnose and prescribe appropriate treatment including drugs

to slow disease progression.

Consider the following: 1) **we generally detect Alzheimer's at the end-stage of the disease.** Alzheimer's typically follows an average 14-year course from the onset of the first symptoms until death. Surprising, on average, we diagnose Alzheimer's in years 8-10! This means symptoms go untreated for at least seven years, during which time the lesions spread through the brain and cause irreparable damage. 2) **Please be aware that memory loss is not a part of normal aging.** Regardless of the cause of memory loss, timely medical intervention is best. 3) **Current Alzheimer's**

drugs are more effective than you think. We must intervene earlier so treatments can be given to patients with healthier brains. 4)

Alzheimer's disease can be treated. Please be aware that "we have no cure" does not mean "there is no treatment". 5) **Although we don't know when, better treatments for Alzheimer's are certainly on the way.**

Very promising drugs are in FDA clinical trials right now. 6) **Maintaining good vascular health (blood flow) will help your brain stay healthy.** Also managing risk factors may delay or prevent the progression of Alzheimer's.

NURSES NOTES

Staying Hydrated is

important as temperatures rise during the heat of the summer. Dehydration can lead to muscle fatigue, loss of coordination, cramps, and heat stroke. Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. If you are well hydrated, the heart does not have to work as hard. The amount of water a person needs depends on climatic conditions, clothing worn, and exercise intensity and duration. A person who perspires heavily will need to drink more water than someone who doesn't. Certain medical conditions, such as diabetes or heart

disease, may also mean you need to drink more water. Some medications, such as diuretics, cause the body to lose more fluid. **Thirst is not the best indicator that you need to drink more water—if you get thirsty, you are already dehydrated. The easiest thing to do is to pay attention to the color of your urine. Pale and clear means you're well hydrated. If the urine is dark, drink more fluids.** For most people, water is the best thing to drink to stay hydrated. To prevent dehydration, the American College of Sports Medicine recommends drinking 3-8 fluid ounces every 15-20 minutes while exercising. Sports drinks with

electrolytes may be useful for people doing high-intensity, vigorous exercise in very hot weather. It's healthier to drink water while exercising, and then when you are done, eat a healthy snack like fruit, or a small handful of unsalted nuts. It's best to avoid fruit juices, sodas, alcoholic drinks, and drinks containing caffeine. Drinks containing caffeine can act as a diuretic, causing you to lose more fluids. **Drinking water BEFORE you exercise or go out into the sun is an important first step. Otherwise, you will be playing catch-up and your heart will be straining.**

Information for this article was sourced from the American Heart Association www.heart.org

RECIPE CORNER

Zucchini Fries

INGREDIENTS

- 2 medium zucchini
- 1/2 cup Parmesan cheese
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1/2 tsp basil
- 1/2 teaspoon salt
- Vegetable oil

INSTRUCTIONS

1. Preheat oven to 375°.
2. Cut the ends off of the zucchini. 3. Cut in half then cut each half in half lengthwise, then in 2-4 strips. 4. Mix all dry ingredients. 5. Line a cookie sheet with foil and lightly oil.
6. Place the dry mixture, zucchini strips, and a tablespoon of vegetable oil in a zip top plastic bag and shake to coat the zucchini. 7. Place the zucchini (not touching) on the cookie sheet and bake until golden, about 20 minutes.