

## MOUNT PISGAH BAPTIST CHURCH



### September Interest Articles

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Use the "MyPlate" calculator to get a personalized daily food plan: lower your cholesterol

<http://bit.ly/29Qo56p>

As we discuss health and wellness topics there are websites that can provide fantastic information. [www.healthfinder.gov](http://www.healthfinder.gov) is an excellent website to examine any health-related topic. It's easy to navigate and full of detailed facts.

## CHOLESTEROL EDUCATION

September is National Cholesterol Education Month. Definition: Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. **Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.** High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not

enough, through medications. It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the U.S. It is recommended that adults aged 20 years or older have their cholesterol checked every 5 years. Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history. Less than half of young adults who have these risk factors don't get cholesterol screening even though up to

a quarter of them have elevated cholesterol. A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides. No matter your age, you can take steps each day to keep your cholesterol levels in a healthy range. You can help prevent and manage high cholesterol by making healthy choices and by managing any health conditions you may have. If you have high cholesterol, you will need to eat a healthy diet, exercise regularly, quit smoking, and you may need to take medication.

## HEALTHY AGING

September is National Healthy Aging Month! An annual health observance designed to focus on the positive aspects of getting older and provide motivation and practical ideas to improve physical, mental, social, and financial well-being. No matter what your age, it may not be too soon, or too late, to start thinking about healthy aging. And, since we each get a little older every day, it makes sense to think about healthy aging as a "life-course" process. Parents can teach their children healthy living habits by starting them early, so that good health behaviors may last a lifetime. If you didn't have the full benefit of learning healthy living and aging habits when you were young, now is the perfect time

to help you take charge and be on your way toward a healthier life. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age: **Get moving!** Exercise regularly to maintain a healthy body and brain. **Stay social!** Take a class, volunteer, play games, see old friends, and make new ones. **Stay balanced!** Practice yoga or tai chi to improve agility and prevent falls. **Stay connected!** Loneliness and isolation are harmful to your health. It can increase levels of stress hormones that negatively affect your body. **Sleep**

**well!** Talk to a sleep specialist if you don't sleep soundly throughout the night. **Beat the blues!** Stay positive. If you have been feeling down for a while, see a doctor. Chemical imbalances are possible and depression can be treated. **Don't forget!** To aid your memory, complete puzzles, make lists and follow routines. Stay mentally fit. **Vitamin supplements!** After 50 years of age the recommended vitamins supplements include: **Calcium, Vitamin D, Vitamin B12 and Vitamin B6** **Find your inner artist!** Take music lessons or painting classes. There is no better time to start than now!

The information for this article was condensed from the **Healthy Aging** <https://healthyaging.net/> and **WebMD** <https://www.webmd.com/> websites.



## 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](http://www.mtpisgahbc.org)

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

# CHILDHOOD CANCER AWARENESS

**Do you know September is Childhood Cancer Awareness Month?** If you are like most people, you probably do not! Although cancer is the leading cause of death from disease in children in the United States, killing more children each year than AIDS, asthma, diabetes and cystic fibrosis combined-pediatric cancer still does not receive funding equal to those diseases impacting adults. Treatment of childhood cancer is often thought of as one of medicine's success stories. However, for the survivors of childhood cancer living in the United

States, the "cure" can come at an extremely high price. Families are often financially devastated from the price of treatment and never fully recover, literally losing everything. The treatment: surgery, radiation, bone marrow transplants and chemotherapy may cure the cancer, but it also adversely affects the growing bodies and developing minds of the children who receive it. For example: •Children who receive radiation to the chest are at risk for developing respiratory problems. Young girls have a risk of developing breast cancer that is nearly 20 times that of their peers.

•A class of drugs used for childhood cancers, known as anthracyclines, have been linked with decreased heart function in childhood cancer survivors. •Childhood cancer survivors have an increased risk of developing a second cancer during their lifetime. Therefore, this month, we pay tribute to the families, friends, and professionals who lend their strength to children fighting cancer. Prayerfully their courage continues to move us toward new cures and healthier outcomes. As a parent of a pediatric cancer survivor, I challenge you join the fight and help any way you can.

## NURSES NOTES

I was approached by several members of the congregation with inquiries regarding information on Vitamin Supplements and how they affect our body. I hope to highlight 1-2 Vitamins in each issue of every Newsletter. The September issue of the Health and Wellness Newsletter will begin with a general summary of Vitamin Supplements. We will continue our discussion of individual Vitamins in the October Newsletter.

Vitamins are substances that your body needs to grow and develop normally.

**There are 13 vitamins your body needs. They are:**  
**\*Vitamin A, \*B vitamins** (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate), **\*Vitamin C, \*Vitamin D, \*Vitamin E, and \*Vitamin K.** You can usually get all your vitamins from the foods you eat. Your body can also make Vitamins D and K. People who eat a vegetarian diet may need to take a Vitamin B12 supplement. Each vitamin has specific jobs. If you have low levels of certain vitamins, you may experience health problems. For example, if you don't get enough Vitamin C, you could become anemic. Vitamin A

prevents night blindness. Vitamin E is an antioxidant and key to a strong immune system. Vitamin K helps the blood clot.

The best way to get enough vitamins is to eat a balanced diet with a variety of foods. In some cases, you may still need to take vitamin supplements. However, high doses of some vitamins may cause problems, so **it's a good idea to ask your health care provider first!**

Blessings,  
Lorrie Tice-Carr BSN, RN, FCN



## RECIPE CORNER

### Chicken Quesadillas

**INGREDIENTS:** • 1 cup chopped, cooked chicken • 2 tablespoons salsa • 1/4 cup chopped white onion • Non-stick vegetable cooking spray • 1/4 cup canned chopped green chili peppers (optional) • 1/2 cup

Monterey Jack, Colby or other cheese, shredded • 4 (10-inch) whole-wheat tortillas  
**INSTRUCTIONS:** 1. Preheat electric skillet to 350°. 2. Mix chicken, salsa, onions, and green chili peppers (optional). 3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese. Fold tortilla over mixture and

seal edges. 4. Place in skillet sprayed with non-stick vegetable cooking spray. 5. Brown on one side at medium heat for approximately 3-4 minutes. 6. Turn tortilla over and brown other side. 7. Cut each folded tortilla into 3 wedges.

**\*Calories per serving: 240**  
**\*4 servings**