

MOUNT PISGAH BAPTIST CHURCH

October Interest Articles

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#DYK? Breast cancer can occur in men. Over 2,000 men are diagnosed each year. Find out more: <http://1.usa.gov/1pMJv> [ou](#)

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.



Breast Cancer Awareness

October is National Breast Cancer Awareness Month.

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. **The good news is that most women can survive breast cancer if it's found and treated early.** Mammograms or a physical examination can help find breast cancer early when it's easier to treat. If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often. If you are a woman age 50 to 74, be sure to get a mammogram every 2 years.

Risk factors for breast cancer

include the following: **1)** A personal history of breast cancer or benign (noncancer) breast disease. **2)** A family history of breast cancer in a first-degree relative (mother, daughter, or sister). **3)** Breast tissue that is dense on a mammogram. **4)** Exposure of breast tissue to estrogen made by the body. This may be caused by: a) Menstruating at an early age. b) Older age at first birth or never having given birth. c) Starting menopause at a later age. d) Taking hormones such as estrogen combined with progesterin for symptoms of menopause. e) Treatment with radiation therapy to the breast/chest. **6)** Drinking alcohol and Obesity. **Older**

age is the main risk factor for most cancers. The chance of getting cancer increases as you get older! **Signs of breast cancer** may include: a lump or change in the breast, thickening in or near the breast or in the underarm area, change in the size or shape of the breast, A dimple or puckering in the skin of the breast, A nipple turned inward into the breast, Fluid from the nipple, especially if it's bloody, Scaly/swollen skin on the breast, nipple, or areola, Dimples in the breast that look like the skin of an orange, called peau d'orange. Symptoms of breast cancer in men are similar to those in women.

*Material reference: National Cancer institute, NIH, NIC

Liver Living

October is National Liver Awareness Month.

Your liver is a very important organ that helps to clear the body of toxins in the blood, regulate glucose, protein and fats in the bloodstream, process/store nutrients for digestive system, and make substances that help the blood to clot. It is vitally important for life. **Non-Alcoholic Fatty Liver Disease or NALF**, happens when too much fat is stored in liver cells. It is the most common form of chronic liver disease in the USA. Initially there are no signs or symptoms. The changes in the liver go on quietly and can then progress to cirrhosis and liver failure. The diagnosis is often made incidentally by medical providers. An ultrasound, MRI, or CT of the abdomen is done

for another reason (i.e., gallbladder, kidney stones, etc.) and the radiologist notes changes in the liver - like enlargement of the organ. When NALF happens, there can be abdominal swelling, enlarged breasts for men, enlarged spleen, red palms (of the hands), yellowing of the eyes and skin (jaundice). **Risk Factors include:** high cholesterol & triglyceride levels, sleep apnea, metabolic syndrome diabetes/type 2, underactive pituitary gland, polycystic ovary syndrome, obesity (especially when fat is concentrated in the abdomen). **What to do if you are at risk, or have received diagnosis:** --lose weight by changes in diet and with exercise and be more active

--choose a healthy diet rich in vegetables, whole grains, and fruit --if have diabetes, work to control your blood sugars -- lower your cholesterol -- protect your liver by avoiding or strictly limit alcohol intake -- know your medicines, prescribed and over-the-counter; take them only as directed, and this includes NSAID's (tylenols) --check your medical provider about vaccinations, especially Hepatitis A and Hepatitis B series --**coffee drinkers can rejoice as one cup per day is helpful!** --there are currently no alternative or herbal treatments available for Non-Alcoholic Fatty Liver Disease or NALF!!

The information for this article was condensed from websites: WEBMD



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 REMAIN 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

A.D.H.D.

October is Attention Deficit Hyperactivity Disorder (ADHD) awareness month!

Attention deficit hyperactivity disorder is a neurodevelopmental disorder. The core characteristics are difficulty with regulating attention and controlling impulses and hyperactivity. Generally, ADHD develops in childhood, although it might not be diagnosed until later in life. It continues into adolescence and adulthood. ADHD affects all aspects of life, including achievement in school, work, relationships, health, and finances. It also has an

emotional cost, as many people with ADHD experience deep shame and a sense of failure as they struggle with daily activities other people seem to do effortlessly. However, the good news is ADHD can be successfully treated and managed. Symptoms of ADHD are identified in three different types. These are: **1) Inattentive** (find it hard to pay attention to what's happening in the environment) **2) Hyperactive-Impulsive** (are always moving and "on the go", find it almost impossible to sit still). **3) Combined** (where both inattention and hyperactive-impulsivity are

present) ADHD symptoms are not uniform. **Each person experiences ADHD symptoms differently and to varying degrees of severity.** ADHD is a lifelong disorder for most folks. In addition, two-thirds of people diagnosed with ADHD have other disorders as well: depression, learning disabilities, and autism spectrum disorders are just a few. Treatment of ADHD is broader than prescription medication. It includes life skills and accommodations at school/work. The most important message is that many people with ADHD manage their treatment effectively and live full rewarding lives.

NURSES NOTES

Its officially Fall season!

Welcome back short days, crisp air, and colorful leaves. **Think of the new fall season as a fresh start to your healthy habits.** Stow away the swimsuit and dust off the sweater for apple picking. Enjoy the seasonal produce that makes this season so tasty. Let's celebrate the holidays like a health pro by enjoying foods without overindulging. Some key things to remember: All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds are rich in phytosterols, which help to lower cholesterol. The best way to prevent getting the flu this season is to get a flu shot!! And

while you're at it, steer clear of the common cold, too. Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system. Sign out of Facebook, ditch the fall lineup and head outside. Spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration. And while you're outside, get a workout. Take a run, hike or bike ride. Eat like an athlete and not a couch potato on game day. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Buy in-

season veggies, such as cabbage, broccoli and Brussels sprouts. Not to mention carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Enjoy a healthier Thanksgiving dinner with controlled portions and healthy menu choices! I encourage you to "fall" into a healthy fall season.

***Note: We will begin our vitamin series at the beginning of the year**

Blessings,
Lorrie Tice-Carr BSN, RN, FCN



RECIPE CORNER

Oven Shrimp Boil

INGREDIENTS: *1 lb small red potatoes, halved *4 pieces frozen mini corn on the cob, thawed, cut in half (and/or favorite veggie-zucchini) *2 teaspoons oil *2 teaspoons Old Bay seasoning (or Cajun seasoning) *1 lb uncooked peeled deveined extra-

large shrimp (16 to 20 count) *12 oz fully cooked sausage, sliced (andouille, turkey, smoked) *1 lemon, cut into 8 wedges (optional) *1/4 cup chopped fresh parsley leaves

INSTRUCTIONS: **1.** Preheat oven 400° **2.** Tear 4 large sheets of foil and place on counter. **3.** Place potatoes in microwave until tender. **4.** Place tender

potatoes, corn/veggie, sausage, and shrimp in large bowl. **5.** Drizzle with oil add seasoning until evenly coated. **6.** Place even amounts of mixture on each foil packet. **7.** Squeeze one lemon wedge on each packet and sprinkle with parsley. **8.** Seal edges of foil and allow space for heat circulation. **9.** Bake for 20-30 mins in oven **MAKE IT YOUR OWN & ENJOY! CALORIES 540**