

MOUNT PISGAH BAPTIST CHURCH

October Interest Articles

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Living with diabetes? Check out these recipe ideas for people with #diabetes and their families:
<http://1.usa.gov/NuYIAh>.

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.



DIABETES AWARENESS

November is National Diabetes Awareness Month. Nearly 1/2 of American adults have diabetes or pre-diabetes. This is a staggering number per the National Institutes of Health Report. The support team you build is vital for success. Many don't believe that diabetes is serious. But it is, and it can be deadly. It can lead to development of other diseases, to increased risk for blindness, heart attacks and amputations. There are some common types of Diabetes:

-Type 1: (formerly called Juvenile): is an autoimmune disease; most common under the age of 20; **the pancreas stop producing insulin in the body** and this results in very high blood sugars; Insulin

injections are required to survive; diet and exercise are important and involvement of medical professionals is vital.

-Type 2: (formerly adult onset); is the most common type; is a metabolic disorder that results in high blood glucose levels **caused by Insulin Resistance** (the ineffective use of insulin produced in the body) and/or the body is unable to produce enough insulin; obesity & inactivity are components; this is a serious medical condition

-Pre-Diabetes: blood sugar levels are higher than normal but not yet high enough to be type 2; the long term effects from diabetes may already be happening in the body (i.e., heart, kidney, blood vessels and nerve damage); lifestyle

changes are vital to combat this diagnosis and prevent progression; genetics can be part of this. **Early signs of diabetes include:** excessive thirst, frequent urination fatigue, and weight loss. **The most important thing is to complete diabetes screening!** See your Doctor, check your blood glucose level (A1C) and do the diet-exercise programs. **A1C is a blood test used to manage blood glucose levels. Hemoglobin A1C provides an average level of blood glucose over a 2-3 month period.** Know your numbers! A Certified Diabetic Educator is also a great person to have on your team! This disease is all about survival and the need to lessen complications!

NATIONAL EPILEPSY MONTH

Epilepsy is a chronic disorder that causes unprovoked, recurrent seizures. A seizure is a sudden rush of electrical activity in the brain. There are two main types of seizures: **Generalized seizures** affect the whole brain. **Focal, or partial seizures,** affect just *one part of the brain.*

A mild seizure may be difficult to recognize. It can last a few seconds during which you lack awareness. Stronger seizures can cause spasms and uncontrollable muscle twitches, and can last a few seconds to several minutes. **Reasons you might have a seizure include:** high fever, head trauma, very low blood sugar, and alcohol withdrawal. **Anyone can develop epilepsy, but it's more common in young children and**

older adults. There's no cure for epilepsy, but the disorder can be managed with medications and other strategies. **Seizures are the main symptom of epilepsy.** Symptoms differ from person to person according to the type of seizure. ***Focal (partial) seizures:** doesn't involve loss of consciousness. Symptoms include: alterations to sense of taste, smell, sight, hearing, or touch, dizziness, tingling and twitching of limbs. ***Complex partial seizures:** involve loss of awareness or consciousness. Other symptoms include: staring blankly, performing repetitive movements-unresponsiveness. ***Generalized seizures** have 6 types: **~Absence seizures,** they cause a blank stare or

repetitive movements like lip smacking or blinking. **~Tonic seizures** cause muscle stiffness. **~Atonic seizures** lead to loss of muscle control and make you fall down suddenly. **~Clonic seizures** cause repeated, jerky muscle movements of the face, neck-arms. **~Myoclonic seizures** cause spontaneous twitching of the arms and legs. **~Tonic-clonic seizures** called grand mal seizures experience: stiffening of the body, shaking, biting of the tongue, or loss of time. **Common triggers** for most seizures include: lack of sleep, illness or fever, stress, bright-, flashing lights, or alcohol. **Seizure first aid reminds us to:** stay with the person, time the seizure, protect from injury, do not restrain the person or put anything in their mouth, and roll the person on his/her side.



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 available Online at: www.mtpisgahbc.org

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

This Holiday Recipe courtesy of "Sister So-n-So"

HOSPICE-PALLIATIVE CARE

November is National Hospice & Palliative Care Month! Most families wait too long to utilize hospice care. Researchers say people are in hospice care for an average of only 12 days. Why aren't they admitted sooner? Hospice centers provide valuable end-of-life care. The Medicare hospice benefit (MHB) was established in 1982 in order to give recipients access to high-quality care near the end of their lives. But, new research in the Journal of the American Geriatrics Society states that those who utilize the service often do so too late.

Underutilization of hospice care can create a burden for healthcare workers, and result in patient suffering. The reason why hospice care isn't used more frequently is complex. The MHB was initially offered for those with end-stage cancer. However, more people have begun seeking hospice care for non-cancer related ailments. The problem is that other issues may be harder to discern when determining an individual's eligibility for hospice care. The challenge is even greater for those with a combination of different conditions who face issues such as frailty and organ failure-not cancer.

Hospice care is strictly palliative, meaning it is meant to provide comfort and quality of life. Benefits of hospice care include but are not limited to: support tailored to the individual and expert pain management. Hospice is a benefit delivered by professionals who are experts in the care of those with serious, advanced illness. Waiting too long for hospice is jeopardizing care by condition and duration of stay as well. It is my hope individuals would be more open to receiving hospice services so they can maximize the many benefits they may need and deserve. Don't wait too late!

NURSES NOTES

Welcome to November, the month where all your male co-workers, friends and family are clean-shaven and baby-faced on Nov. 1 and look like western-movie villains or grizzly bears by Thanksgiving. "**November**" is growing out one's facial hair for 30 days and it's meant to raise awareness/money for cancer. Movember began in Australia in 2003 to raise awareness for prostate and testicular cancers, according to the Movember foundation (a nonprofit that raised nearly \$21 million in 2013). It's also a chance for men to show off their 'staches, goatees, beards, and other furry face-warmers. The hope is that in changing ones appearance it will foster a conversation and start a discussion about men's

health. This year's Movember campaign has an emphasis on men's mental health and fitness. "**No-Shave November**" is a different organization that encourages people to donate what they would otherwise spend on hair grooming to the American Cancer Society. Instead of being "all about the mustache" this group is a little more anything goes. Yes you can grow mustaches and beards, but it **also encourages women to participate**. No-Shave November was founded on Facebook in 2009, but last year began a partnership with the American Cancer Society. **To participate in November:** start with a fresh face at the beginning of the month and "donate your face" until Nov. 30 by not shaving. You're like a fuzzy billboard for

men's health issues. You can certainly raise funds too! **To participate in No-Shave November:** select one of your hair grooming practices and donate what you'd normally spend on it toward cancer research. Everyone spends some amount of money on grooming, whether that's shaving, waxing, or threading. If just for November, those individuals can give that cost (ranging from a few dollars for razors to a \$100 salon visit) to a cancer charity instead, it could be a sizable chunk of change to help cancer patients and their families. Men and Women can participate in Movember & No-Shave November by donating money to the American Cancer Society. Get involved and have fun!

RECIPE CORNER

RED HOT JELLO SALAD

INGREDIENTS:

~1 pkg. (3 oz.) cherry gelatin ~1½ cups boiling water, divided ~¼ cup red-hot candies ~¼ cup cold water ~1 cup chopped apples (tart or sweet) ~1 cup chopped celery ~½ cup chopped walnuts.

INSTRUCTIONS:

1. In a small bowl, dissolve cherry gelatin in 1 cup boiling water. In a separate bowl, dissolve red-hots in remaining ½-cup water. Stir the red-hot water into gelatin mixture. Stir in cold water. Refrigerate until slightly thickened, about 1 hour. 2. Once the gelatin has thickened, fold in the apples,

celery and walnuts. Pour into a 4-cup mold coated with cooking spray. Refrigerate for 2 hours or until firm.

Side note: to get the Red Hot Jello Salad out of the mold/pan – run a knife around the outside, then dip the pan in very hot water for about 15-20 seconds! Place a serving plate over the pan and carefully invert the salad onto the plate! It should slide right out!