

## MOUNT PISGAH BAPTIST CHURCH



### May Interest Articles

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Read labels each and every time before eating any food product. Ingredients & manufacturing can change!  
[www.FoodAllergyAwareness.org](http://www.FoodAllergyAwareness.org)

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.

## ARTHRITIS AWARENESS

### May is Arthritis Awareness

**Month!** Arthritis is a joint disorder featuring inflammation of one or more joints. Over time, a swollen joint can become severely damaged. If you feel pain and stiffness in your body or have trouble moving around, you might have arthritis. **Types of arthritis include:**

\***Osteoarthritis** is the most common type of arthritis. It's often related to aging or to an injury. \***Autoimmune arthritis** happens when your body's immune system attacks healthy cells in your body by mistake. **Rheumatoid arthritis** is the most common form of this kind of arthritis. \***Juvenile arthritis** is a type of arthritis that happens in

children. \***Infectious arthritis** is an infection that has spread from another part of the body to the joint. \***Psoriatic arthritis** affects people with psoriasis. \***Gout** is a painful type of arthritis that happens when too much uric acid builds up in the body. It often starts in the big toe. **There is no specific diet that treats arthritis, but some types of food may help reduce inflammation.** The following foods are good for joint health: fish, nuts and seeds, fruits and vegetables, beans, olive oil, and whole grains. Habits that can help a person with arthritis to manage their condition are: **Being organized:** keep track of symptoms, pain levels, medications, and possible side

effects for consultations with your doctor. **Eating a healthful diet:** a balanced diet can help you achieve a healthy weight and control inflammation. Avoid refined, processed foods and animal derived foods. Choose whole plant foods that are high in antioxidants and have anti-inflammatory properties. **Caring for joints:** tips for protecting joints include using the stronger, larger joints as levers when opening doors, using several joints to spread the weight of an object and gripping as loosely as possible by using padded handles. Also, joint friendly activity such as walking and swimming helps maintain a healthy lifestyle!

## ALLERGIES ANYONE

### May is Allergy Awareness

**Month!** There are several types of allergies; Food allergies, Indoor/Outdoor allergies (sinus, seasonal, pet, grass/weed pollen), skin allergies (eczema, hives), and drug allergies (penicillin is most common). Food allergies are the most common type of allergy in the United States. Food allergy is a medical condition in which exposure to a food triggers a harmful immune response. The immune response, called an allergic reaction, occurs because the immune system attacks proteins in the food that are normally harmless. The symptoms of an allergic reaction to food can range from mild (itchy mouth, a few hives) to severe (throat tightening, difficulty breathing).

Anaphylaxis is a serious allergic reaction that is sudden in onset and can cause death. More than 170 foods have been reported to cause allergic reactions. **There are eight foods that account for 90 percent of all food allergy reactions: Peanuts, Tree Nuts, Milk, Egg, Wheat, Soy, Fish and Shellfish.** Allergy to sesame is an emerging concern. Researchers estimate that 32 million Americans have food allergies, including 5.6 million children. Caring for children with food allergies costs U.S. families nearly \$25 billion annually. Compared to non-Hispanic white children, African American children are at significantly greater risk of developing food allergy. Research indicates that delaying the introduction of allergenic foods does not

provide protection against food allergy. In fact, feeding peanut foods early and often to babies with egg allergy or eczema dramatically reduces their risk of developing peanut allergy. While most food allergies arise in childhood, at least 15 percent of patients with food allergies are first diagnosed in adulthood. Although allergies to milk, egg, wheat and soy often resolve in childhood, children appear to be outgrowing some of these allergies more slowly than in previous decades, with many children still allergic beyond age 5. Allergies to peanuts, tree nuts, fish and shellfish are generally lifelong.



## PASTORS PEN

### CONTINUED THANKS!!

There are often times when our pastoral staff, elders, ministries, and members, go the extra mile for Mount Pisgah unnoticed, especially during this period of transition. Times like this certainly deserve a thank you note. **We should write a note from time to time just to say thank you for all you do.** Thank you notes don't have to be super long, but it should be something they can look back on that allows them see your appreciation. You can include something that was said in a recent sermon to let them know what lessons or words stuck with you. This means a lot! Slip a thank you card to the person you sit next to every Sunday or the person that is never acknowledged for the things they do and more importantly, the person that encourages you the most in your walk of faith. **Please help us flood Mount Pisgah with gratitude and just encourage one another. Send a Thank You Note!**

Prayerfully submitted,  
Health and Wellness Ministry

Let the elders that rule well be counted worthy of double honour, especially they who labour in the word and doctrine - 1 Timothy 5:17

"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

# ASTHMA

## May is Asthma Awareness

**Month!** Asthma is a chronic lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing, chest tightness, shortness of breath, and coughing. Asthma affects people of all ages, but it most often starts during childhood. Sometimes asthma symptoms are mild and go away on their own or after minimal treatment with asthma medicine and other times, symptoms continue to get worse. Treating symptoms when you first notice them is important. This will help prevent the symptoms from worsening and causing a severe asthma attack. Severe asthma attacks

may require emergency care, and they can be fatal. The exact cause of asthma isn't known. Researchers think some genetic and environmental factors interact to cause asthma, most often early in life. Young children who have frequent respiratory infections, as well as having allergies, eczema, or parents who have asthma, are at highest risk of developing asthma that continues beyond 6 years of age. Among children, more boys have asthma than girls. African Americans are at higher risk for asthma than those of other racial and ethnic group. Asthma is a long-term disease that has no cure. The goal of

asthma treatment is to control the disease. Asthma is treated with two types of medicines: long-term control and quick-relief medicines. Long-term control medicines help reduce airway inflammation and prevent asthma symptoms. Quick-relief, or "rescue," medicines relieve asthma symptoms that may flare up. You can work with your doctor to create a personal asthma action plan. The plan will describe your daily treatments, such as which medicines to take and when to take them. The plan also will explain when to call your doctor or go to the hospital

# NURSES NOTES

## VITAMIN CHRONICLES:

Throughout the year we will review the 13 essential vitamins and highlight a different vitamin each month. Here are some key points about vitamins: \*There are 13 known vitamins. \*Vitamins are either water-soluble or fat-soluble. \*Fat-soluble vitamins are easier for the body to store than water-soluble. \*Food is the best source of vitamins, but some people may be advised by a physician to use supplements. **The month of February features Vitamin B5-Pantothenic Acid. Vitamin B5:** Chemical name: Pantothenic Acid. \*It is water soluble. \***Deficiency** may cause paresthesia, or "pins and

needles.". \***Good sources** include: meats, whole-grains (milling may remove it), broccoli, avocados, royal jelly, and fish ovaries.

**Pantothenic Acid is one of the B vitamins that are often consumed as a complex vitamin.** Vitamin B complexes generally include vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin/niacinamide), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), vitamin B12, and folic acid.

**Benefits of Pantothenic Acid include:** All B vitamins helps the body break down carbohydrates, fats and proteins into energy. It also

helps alleviation of conditions like asthma, hair loss, allergies, stress and anxiety, respiratory disorders, and heart problems. Vitamin B5 is widely known to be beneficial in treating serious mental disorders like chronic stress and anxiety. It supports the synthesis of hormones in the adrenal glands, which may help you cope with stressful situations; one reason why **vitamin B5 is also known as the "anti-stress vitamin"**.

*\*Always seek medical advice prior to adding any vitamin supplement to your diet.*

# RECIPE CORNER

## VEGGIE PIZZA

### CRUST:

\*2 pkg crescent rolls. Flattened on pizza pan and bake according to pkg. Then set aside to cool

### BASE:

\*1 cup sour cream, 1 (8 ounce) softened cream cheese, 1 pkg ranch dressing mix, 1 tsp dried dill weed, 1/4 tsp garlic salt. Mix ingredients together and spread on top of cooled crust.

**TOPPINGS:** First, place finely chopped green onions over base and/or fresh chopped spinach leaves (as desired-to taste). Now begin to add any vegetable you prefer: 1 grated carrot, 1 stalk of celery thinly sliced, 1 cup fresh chopped cauliflower, 1 cup fresh cut broccoli, 1/4 cup chopped cucumber, 1/2 cup halved and thinly sliced radish, 1/4 green pepper chopped, 1/4 red pepper chopped, 1/4 yellow pepper

chopped, zucchini spirals, chopped mushrooms, and cherry tomato halves or olives as desired. Sprinkle lightly with cheese if preferred



All recipes are submitted as a base. Please feel free to make it your own!