

Parish Nurse News
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Proverbs 4:23 “Above all else, guard your heart, for it is the wellspring of life.”

Nelson’s Bible Dictionary defines the heart as the inner self that thinks, feels and decides. The heart is strongly associated with love, and the most important duty of man is to love God with their whole heart. With the heart, man believes in Christ and so experiences both love from God & the presence of Christ in his heart.

IN THE BIBLE:

♥ The word “heart” has a much broader meaning than it does to the modern mind.

♥ The heart is that which is central to humankind.

♥ All emotions are experienced by the heart:

Love/Hate: Ps. 105:25; I Peter 1:22
Joy/Sorrow: John 16:6
Peace/Bitterness: Col 3:15
Courage/Fear: Gen 42:28; Amos 2:16

♥ **Thinking processes of man are said to be carried out by the heart:** *This intellectual activity corresponds to what is today called “the mind.”*

Think: Esth 6:6
Understand: Job 38:36
Imagine: Jer 9:14

*There is no Hebrew word which when translated means “the mind.”
Biblical reference to heart often*

means

Remember: Deut 4:9
Be wise: Prov 2:10
Speak to itself: Deut 7:17

“the mind.” (Deut 30:1; Jer 19:5)

♥ **Decision-making is also carried out by the heart:** **Purpose** (Acts 11:23)
Intention (Heb 4:12)
Will (Eph 6:6)

Four Greek words account for nearly all instances of “mind” used in New Testament. They are similar in meaning: thought, understanding, reason, mind. (M Bauer)*

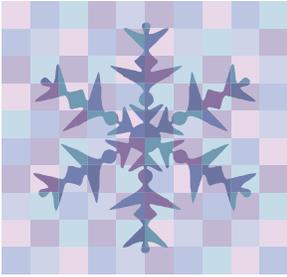
♥ “Heart” often means someone’s *true* character or personality: **GOD KNOWS OUR HEARTS**

I Samuel 16:7 ...The Lord said, “Do not consider his appearance or his height... The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.”

Purity/Evil: Jer. 3:17; Matt. 5:8
Sincerity/Hardness: Ex 4:21; Col 3:22
Maturity/Rebelliousness: Ps 101:2; Jer 5:23

♥ **DO YOU KNOW YOUR HEART?** What emotions & thoughts are reigning in your heart? Really.

FROSTBITE



Frostbite can occur within a matter of minutes in sub-zero temperatures. Symptoms:

1. Area tingles then feels numb (late stage loss of all sensation)
2. Skin becomes hard, pale and very cold
3. Skin changed to red and becomes swollen when warmed

FIRST AID

Tissues must be warmed slowly; warm your hands by tucking them under your arms. Never use hot water.

Do not massage with snow.

Cover affected area with woolen/ cloth material or “hold hands” with a warm person

Warm soup, hot chocolate, tea or coffee may be offered. Don't force; they may vomit.

Notify a healthcare provider if numbness remains after warming the affected area.

HYPOTHERMIA

Older adults, infants, young children and people who are extra lean are at particular risk. Hypothermia is defined as an internal core temperature of 95 degrees or less. Signs and symptoms tend to develop slowly. People with hypothermia often experience gradual loss of mental acuity & physical ability, so they may be unaware that they need emergency attention. Cardiovascular disease increases risk of hypothermia.

Symptoms

1. Shivering and slurred speech
2. Cold pale skin
3. Abnormally slow breathing
4. Fatigue, lethargy, or apathy
5. Confusion and loss of coordination

Treatment

1. Call 911 & monitor person's breathing. If it becomes excessively slow or shallow begin CPR.
2. Replace any wet clothing with dry clothing.
3. Don't apply direct heat such as heating pads.
4. Apply warm compresses to neck, chest & groin
5. Don't attempt to warm the legs or arms. This would force cold blood towards heart & lungs which further reduces core temperature.
6. Never offer alcohol; non-alcoholic drinks ok
7. Don't massage/rub the person. Handle gently as hypothermic persons are at risk for cardiac arrest

Healthy Spirit Alphabet

M: Luke 6: 36-37

N: Philippians 4: 8-9

O: Philippians



5 Questions to ask your MD to help protect you from #1 health problem in the US: CVD

1. *What are the options for treating cardiovascular disease (CVD)?*
2. *How do I know if I'm a good candidate for a stent?*
3. *How are bare-metal & drug-eluting stents different?*
4. *Are there differences between drug-eluting stents?*
5. *What is the most important factor to consider when choosing treatment options?*

Prayer: Come into our hearts, Lord Jesus. Come in today. Come blessed Lord to stay. Amen.