

Parish Nurse News
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February is Heart Month!

Proverbs 27: 19 *As water reflects a face, so a man's heart reflects the man.*

The heart is our first teacher, and its impressions the key to a monumental developmental milestone: **Trust.**

Proverbs 3: 5 *Trust in the Lord with all your heart and lean not on your own understanding.*

“An Ounce of Prevention is worth a pound of cure”



Men, there are 5 sure ways you can lower your risk for heart disease: Over 16 years, middle-aged men who followed all 5 of these habits lowered their risk for heart disease by a whopping 87% compared to those who adopted *none*. The risk was 78% lower for 4 habits and 54% for a measly 1 habit.

♥Don't Smoke

♥♥Exercise at least 3.5 hours a week

♥♥♥Maintain weight in proportion to your height

♥♥♥♥Eat a diet centered around fruits & vegetables, whole grains, lean poultry, unsaturated fats

♥♥♥♥♥Consume alcohol only in moderation



BOYS to MEN

The next time your little guy gets all upset & starts to cry about something, let him tell you what's bugging him. Then ask him, “What are we going to do about this?” Let him get all his tears & fears out in the open. Learning to suppress real emotions can have long-term consequences. Grown men are prone to suffering *undiagnosed* depression because they often don't express anxiety or fear. So help your little buddy and make it *okay* for big boys to cry.

Laughter: Medicine for People with Type 2 Diabetes

Reader's Digest featured laughter as the best medicine many years ago and research is now providing evidence. People with type 2 diabetes maintain better blood sugar-control after watching comic performances. It is hypothesized that there are beneficial changes in immune regulation that prevents damaging inflammation from undermining blood-sugar control.

John 14:1 Let not your ♥ be troubled; you believe in Gods, believe also in me.

John 7:38 He who believes in me, as the scripture has said, out of his ♥ will flow rivers of living water.

Spices to Boost Your Health: Many spices contain disease-fighting phytonutrients, or healthful plant-based chemicals. *Allspice, cinnamon & cloves* have significantly more antioxidant power than blueberries. Cinnamon may reduce triglycerides by up to 25%. A tablespoon of oregano has about the same antioxidant capacity as an apple. *Chili pepper* helps with weight control by boosting metabolism & suppressing appetite. *Sage* may improve cognitive performance by buoying levels of acetylcholine, a chemical produced by the brain. Nature knows best!



The *Heart Truth* is that heart disease is the #1 killer of women. The centerpiece of the Heart Truth Campaign is the red dress, intended to remind women to protect their heart health & take action. It's never too late~even those with heart disease can improve heart health.

A 2006 survey conducted by Lifetime Television, in conjunction with NHLBI, found that while an increasing number of women are aware that heart disease is their #1 killer, many still do not acknowledge their personal risk and most feel that dialogue is lacking between them and their health care providers on the topic.

QUESTIONS TO ASK YOUR DOCTOR

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers? (These include total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides.) What do they mean for me, and what do I need to do about them?
4. What is my "body mass index" and waist measurement? Do they indicate that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I'm at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
10. How can a woman tell if they may be having a heart attack?

Wear your red dress pin to church services throughout February as a visible reminder to all women!



Php 2:3-4 Do nothing out of selfish ambition or vain conceit but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to interests of others.

The prayer of humility: Lord, never let the world break in,
Fix a mighty gulf between. Keep me humble and unknown,
Prized and loved by God alone. Amen.