

Parish Nurse News
July 2006

John 3: 2 “Beloved, I pray that in all respects, You may prosper & Be in good health,
just as your soul prospers.”

Health Literacy: The degree to which individuals have the capacity to obtain, process & understand basic health information & services needed to make appropriate health decisions.

Did you know? Nearly half of all American adults have trouble understanding basic health information because it’s not written or spoken at a level they can understand.

Why?



Stress: People often get information about a life-changing medical condition. It’s often hard to put this stressful information to the back of your mind so you actually hear and process what else your provider is telling you.

Prescriptions: Side effects of certain medications make your mind foggy. You may have more trouble understanding things that were easily understood before you were on the medicine.

Age: More than 65% of those over age 60 have trouble reading & understanding what they’ve read.

Problem: Persons make mistakes in taking their medication or fail to start a prescribed treatment. They are more likely to be **admitted to the hospital**

What to do

Take someone with you who can take notes or take a small tape recorder.

Ask, Ask & Ask Again! Drs often overestimate the reading levels of their patients or use medical terms unfamiliar to them. They often speak rapidly & appear rushed. Written instructions are meant to supplement verbal instructions, not replace them.



You have the right to ask until you understand.
They have a professional obligation to explain until you do!

Label each RX bottle with the condition for which is being taken.
If you are taking multiple Blood Pressure Pills: BP 1, BP2, BP3
Fill your partitioned pill box once weekly and ask another to double check it.
Call your pharmacist or physician if you have unpleasant side effects.
NEVER combine RXs in a single bottle, even if they’re a different color or shape.

Proverbs 17:22 A cheerful heart is good medicine.... (Laughter is the best medicine?)

Proverbs 16:31 Gray hair is a crown of splendor; it is attained by a righteous life.

COURAGE does not always ROAR... sometimes it is the quiet voice at the end of the day saying,
“I will try again tomorrow.”

Brown is Better: There is strong evidence that bread whose 1st ingredient is “whole wheat”

will be beneficial for heart disease and diabetes. Magnesium is the #1 mineral in whole grains along with potassium. Both are needed but aren't typically added to fortified foods. The higher-than-whole-wheat levels of B-1, B-2, and iron in enriched flour aren't reason enough to pick enriched over whole wheat.

Puttin' on the Spritz: Wish-bone salad spritzers coat your greens with one calorie/spritz. Balsamic, Red Wine or Italian: 10 spray/serving limit due to sodium. (Normal salad dressing is 70 cal/T; vinaigrettes cut it down to 35 cal/T)



Glorified Cottage Cheese Salad

Combine: 1 12 oz container of low- or no-fat small curd cottage cheese
1 3 oz pkg of sugar-free lemon gelatin
Fold in: 1 T fresh lemon juice and 8 oz of low- or no-fat whipped topping
1 cup fresh blueberries Chill & serve.

Hitchhikers & beggars: Mt 7:1 Do not judge, or you too will be judged.
Proverbs 22:16 He who oppresses the poor to increase his wealth
& he who gives gifts to the rich—both come to poverty.

Swimmer's Ear Prevention 1 part white vinegar with 1 part alcohol
Pour 1 tsp in each ear—just let it roll in & out
Administer before & after swimming

Diaper Squad Don't allow your child to wade if he defecates in his diaper.
A dirty diaper may contain Cryptosporidium which causes
healthy people severe diarrhea lasting 1-2 weeks. People with
weakened immune systems may not survive the infection.

Jesus was a human. He was a child, experienced adolescence,
& grew into manhood. He had feelings with
human limitations. Here is one way Jesus was
a role model of health:

He Didn't Do It Alone



Jesus carefully selected the 12 apostles.
Once he was gone from Earth, his ministry *could*
have ended. In his time on Earth, he fostered a
fellowship of believers who fostered forgiveness
& restoration of healthy relationships in
community. That relationship is worldwide today.

Friendship in Christ



Ephesians 4:2-3 Be completely humble & gentle;
be patient, bearing with one another in love.
Make every effort to keep the unity of the Spirit
through the bond of peace.

— Prayer: Jesus, you were kind & compassionate to the disciples even when they failed to follow your example. Help us maintain civility with our friends when we disagree. Before parting, may there always be a bond of peace. Amen.