

# SHILOH HEALTH MINISTRY

## NEWSLETTER



### OUR MISSION

PROMOTE SPIRITUAL, PHYSICAL AND MENTAL WELLNESS IN OUR CHURCH AND COMMUNITY. ENCOURAGE, SUPPORT, AND EMPOWER MEMBERS AND COMMUNITIES IN THE INTEGRATION OF FAITH AND HEALTH

### THE PRESSURE IS ON!

**On August 25, 2024,** the Health Ministry will take blood pressure from 9:15 – 10:30.

Easy as 1, 2, 3...

- Wear something easy for the cuff to fit over
- Try not to drink coffee before taking the test
- Hydrate - drink water

*FYI – This is a service and is not intended to diagnose. If your reading is elevated, please consider following up with your healthcare provider.*

# LUPUS

Awareness Walk  
**September 21, 2024**



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### COVID UPDATE

We are in the clearing, but not out of the woods.

Please consider wearing a mask if you are "high-risk," especially if you will be around large crowds. Seniors, caregivers for people considered "high-risk" and people that have "high-risk" health conditions:

For respiratory disease, diabetes, cardiovascular disease, and anyone with a compromised immune system, it is suggested that you continue to wear a mask.



Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John 1:2

#### DISCLAIMER:

This material is for informational purposes only and should not be considered professional medical advice, nor is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare providers.

## From Shiloh's Health Ministry:

**Lupus is a chronic autoimmune disease that affects the immune system.** The immune system becomes unable to tell the difference between foreign invaders and your body's healthy tissues. It goes after healthy tissue as well, which results in inflammation and pain. Lupus can damage any part of the body (skin, Joints, and/or organs inside the body).

Nine out of every ten people with Lupus is a woman. Lupus is Three times more common in African American Women than in Caucasian women. The death rate among African Americans is higher than in any other racial group.

There is currently no cure for Lupus.

The Lupus Foundation and thousands of walkers in sixty cities across the nation work to raise money for Lupus research, increase awareness and rally support for the estimated **1.5 million Americans who suffer from the brutal impact of Lupus.**

**The local 2024 "Walk to End Lupus Now" will take place in Seattle on Saturday, September 21, 2024.**

**Location:** Lake Union Park - South Lake Union

**Time:** Same Day Registration begins at 8:00 am. Opening Ceremonies 9 am - Walk starts at 9:15 am

**If you are interested in joining efforts with the Lupus Foundation and this group of walkers, please contact Sister Audry Henry by August 25, 2024.**

Audry Henry

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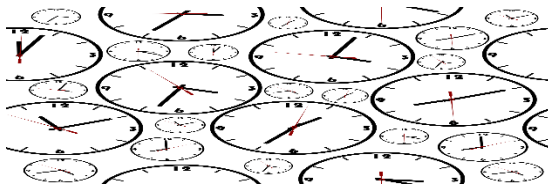
# More about LUPUS



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It may take time to diagnose

Because lupus has so many possible symptoms that can imitate or overlap with so many other diseases, it can take a long time to get an accurate diagnosis.



There is no cure for Lupus



The Lupus Foundation estimates that each patient loses \$20,000 a year in healthcare and lost productivity. Other reports indicate annual costs of up to \$35,000 a year. (2019)

<https://www.allure.com/story/what-is-lupus-symptoms-misconceptions>



Being chronically ill can greatly impact your mental health. Some stats suggest that up to 60 percent of people with chronic illness experience depression. "Many lupus patients have chronic fatigue and brain fog, as well as complaints of memory issues or confusion..."

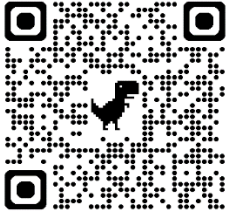
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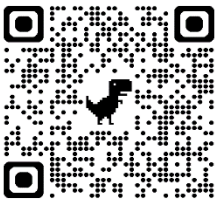
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Why the QR codes and the link? There are two reasons, first "you can't tell it all" (The late Bishop Jesse Ogborn, Shiloh Baptist Church, Tacoma), and second reason, it's good to check out information with your own eyes (smile). Here's the URL: <https://www.allure.com/story/what-is-lupus-symptoms-misconceptions>

- 11 Misconceptions about Lupus



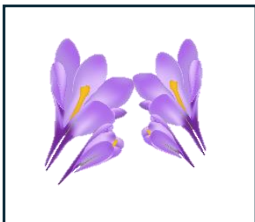
- Check out the QR for a short read about Lupus from Gabrielle Davis:
- <https://lupus.net/community/community-advocates/gabrielle-davis>



- Emmitt Henderson read his story about his journey with Lupus
- <https://lupus.net/community/community-advocates/emmitt-henderson>



- Check out this video from Jokiva Bellard, a young lady diagnosed with Lupus, and her journey: <https://youtu.be/sflf-5qGNzI>



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