

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

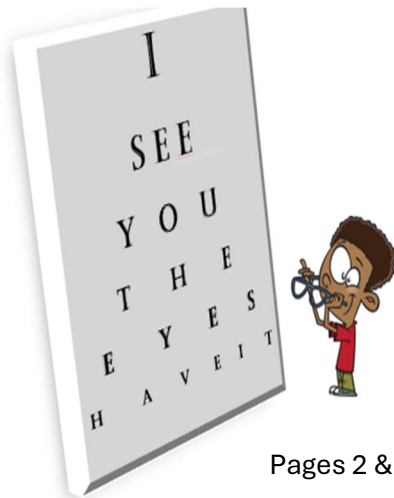
THE PRESSURE IS ON!

On July 28, 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.



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Blood Pressure drawing winners – these members participated the most – Are you next?

COVID UPDATE

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

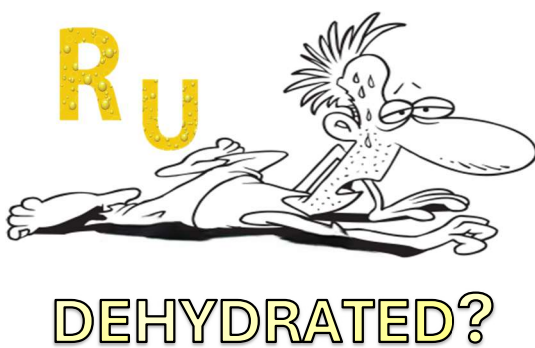
Please consider wearing a mask if you are "high-risk," especially if you will be around large crowds. Seniors, caregivers for people considered "high-risk" and people that have "high-risk" health conditions:

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



I'LL DRINK TO THAT!

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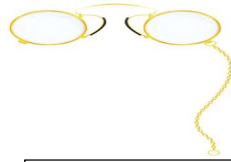


Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John 1:2

DISCLAIMER:

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THE EYES HAVE IT - EYE HEALTH



Protect Your Vision From **DIABETES**

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T

Take your medications as prescribed by your doctor.



R

Reach and maintain a healthy weight.



A

Add more physical activity to your daily routine.



C

Control your ABC's—A1C, blood pressure, and cholesterol levels.



K

Kick the smoking habit.



The greatest burden of visual impairment and blindness will affect those 80 years or older as advanced age is a key risk factor for diseases such as age-related macular degeneration and cataracts.

African Americans currently account for the second highest proportion of visual impairment, but that is expected to shift to Hispanics around 2040, as the Hispanic population—and particularly the number of older Hispanics—continues to grow.

African Americans, meanwhile, are expected to continue to account for the second-highest proportion of blindness. **“African Americans are at disproportionately high risk for developing glaucoma**, a potentially blinding eye disease that typically causes the loss of peripheral, but not central vision, so people.



www.nei.nih.gov/diabetes

Am I at risk for diabetic retinopathy?

Anyone with diabetes can get diabetic retinopathy — including people with type 1, type 2, and gestational diabetes (a type of diabetes that can develop during pregnancy).

Your risk increases the longer you have diabetes. Over time, more than half of people with diabetes will develop diabetic retinopathy. **The good news is that you can lower your risk of developing diabetic retinopathy by controlling your diabetes.**

Women with diabetes who become pregnant — **or women who develop gestational diabetes — are at high risk for getting diabetic retinopathy.** If you have diabetes and are pregnant, have a comprehensive dilated eye exam as soon as possible. Ask your doctor if you'll need additional eye exams during your pregnancy.

All in favor – say, "Eye"... The **“EYES”** have it!

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Are You an Eye Trivia Expert?

Think you know all there is to know about the eyes? Take this quiz to test your knowledge.

Which of these is a real thing an eye doctor might do to treat an eye disease?

- A. Give you very fashionable sunglasses
- B. Challenge you to a staring contest
- C. Suck the fluid out of your eye with a tiny vacuum

How many times do you blink in a day?

- A. Almost 3,000 times
- B. Almost 30,000 times
- C. Almost 300,000 times

What's the point of eyelashes?

- A. They hold your contacts in
- B. They keep dust and debris out of your eyes
- C. They make winking more dramatic

What do you call the cells in your eyes that respond to light?

- A. Rods and cones
- B. Balls and sticks
- C. Bits and bobs

What's nystagmus?

- A. The Greek god of vision
- B. Quick side-to-side eye movements you can't control
- C. The crusty goop caused by eye infections

What is your blind spot?

- A. That space behind your car that the mirrors just don't reach
- B. That thing in your life — money? love? snacks? — that you just can't think clearly about
- C. The small part of your visual field where you can't see anything

Which of these is an actual part of the eye?

- A. The canal of Schlemm
- B. The lacrimal caruncle
- C. The trabecular meshwork
- D. The zonule of Zinn
- E. All of the above



Last updated: April 23, 2021

[National Eye Institute](https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/are-you-eye-trivia-expert)

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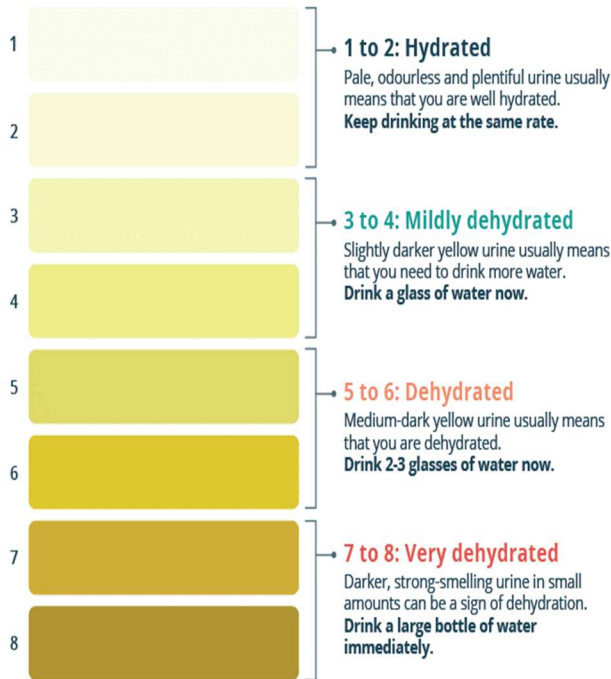
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Am I drinking enough water?

Use this urine colour chart to check how hydrated you are. It is important to drink plenty of water every day to stay healthy.



<https://www.healthdirect.gov.au/urine-colour-chart>

I'LL DRINK TO THAT



Managing Diabetes in the Heat

How to keep your cool during the hottest time of year.

Take steps to stay cool when the weather heats up.

Did you know that people who have diabetes—both [type 1](#) and [type 2](#)—feel the heat more than people who don't have diabetes? Some reasons why:

- ✓ Certain diabetes [complications](#), such as damage to blood vessels and nerves, can affect your sweat glands so your **body can't cool as effectively**. That can lead to [heat exhaustion and heat stroke](#), which is a medical emergency.
- ✓ People with diabetes **get dehydrated** (lose too much water from their bodies) more quickly. Not drinking enough liquids can raise [blood sugar](#), and high blood sugar can make you urinate more, causing dehydration. Some commonly used medicines like diuretics ("water pills" to treat high blood pressure) can dehydrate you, too.
- ✓ [High temperatures](#) can change **how your body uses insulin**. You may need to test your blood sugar more often and adjust your insulin dose and what you eat and drink.

<https://www.cdc.gov/diabetes/library/features/manage-diabetes-heat.html#print>

Are You Dehydrated?
Babies, children, and older adults are more at risk of dehydration.
<https://www.nhs.uk/conditions/dehydration/>

Symptoms of dehydration in adults and children include:	Signs of dehydration in a baby may include:	Causes of dehydration
Feeling thirsty	A sunken soft spot (fontanelle) on top of their head	Have diabetes
Dark yellow strong-smelling pee	Sunken eyes	Have been sick or have diarrhea
Peeing less often than usual	Few or no tears when they cry, Being tired or irritable,	Have been in the sun too long (heatstroke)
Feeling dizzy or lightheaded		Have drunk too much alcohol
Feeling tired		Sweat a lot after exercising
A dry mouth, lips, and tongue		Have a high temperature
Sunken eyes		Take medicines that make you pee more (diuretics)

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