

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!

Did you know silence is not always golden? Especially when it comes to your health. Hypertension, aka High Blood Pressure, or “The Silent Killer” is treatable.

Why is the “pressure on”? Because we care!

So, mark your calendars.

March, 2024 the Health Ministry will take blood pressures after the 8:00am service 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 health care provider.

There is no shame in getting the help you need.

24-hour Pierce County Crisis Line
(800) 576-7764
24-hour Pierce County Crisis Text Line
Text "HEAL" to 741741



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THIS IS SO EMBARRASSING

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Be a listening ear
Not a running mouth...



Be a friend you would love to have...



Free webinar **March 5, 2024**
5:30 PST
Event by [National Baptist Convention, USA, Inc. HOPE Health Initiative](#)

Heart



Nutrition

Take it to 

Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

- ✓ Get Enough Quality Sleep
- ✓ Eat Better
- ✓ Stop Smoking
- ✓ Maintain a Healthy Weight
- ✓ Be More Active
- ✓ Control Cholesterol
- ✓ Manage Stress
- ✓ Manage Blood Sugar
- ✓ Control Blood Pressure
- ✓ Practice Self-Care & Find Social Support

DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. It does not require any special foods and provides daily and weekly nutritional goals. The DASH eating plan supports overall heart health and helps lower high blood pressure and LDL "bad" cholesterol.

✓ Eat This

 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

This plan recommends:

- ➔ Eating vegetables, fruits, and whole grains
- ➔ Eating foods rich in potassium, calcium, magnesium, fiber, and protein
- ➔ Choosing low-or reduced-sodium, or no-salt-added versions of foods
- ➔ Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- ➔ Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- ➔ Limiting sugar-sweetened beverages and sweets

Find recipes, tools, and resources at nhibi.nih.gov/DASH

And SOME CHANGE...

How often have you heard or said, I have a few dollars and **some change**?

Well, reading a nutrition label is your "**some change**" and if you can count – no, not calories that would be asking too much, but if you can count, add, and subtract...then it is possible to make a change to improve health and possibly lose weight.

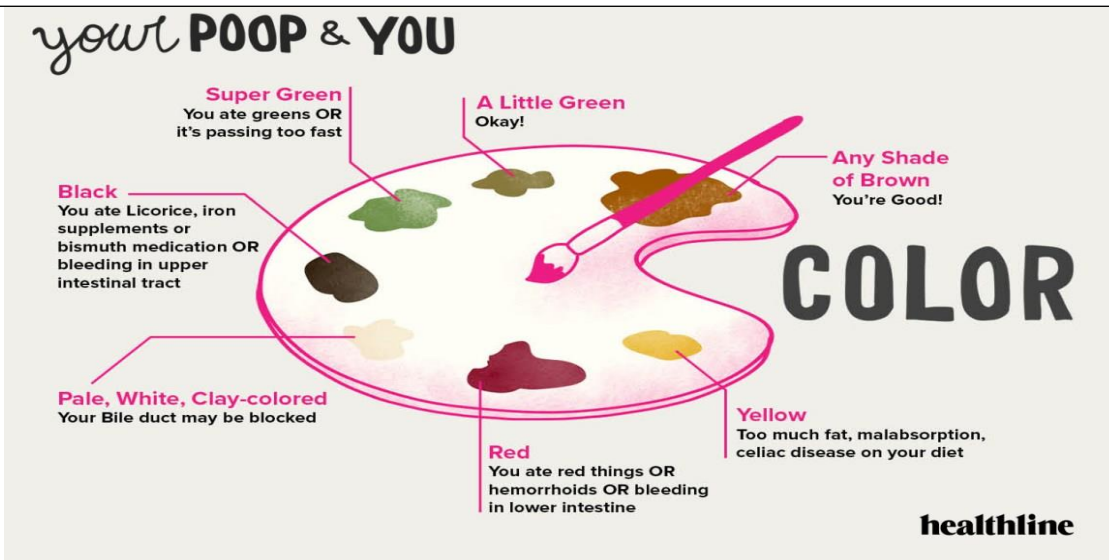
The maximum amount of sodium (salt) according to the American Heart Association (AHA)

- ❖ 2300mg if you do not have hypertension (high blood pressure)
- ❖ 1500mg if you have hypertension (high blood pressure)

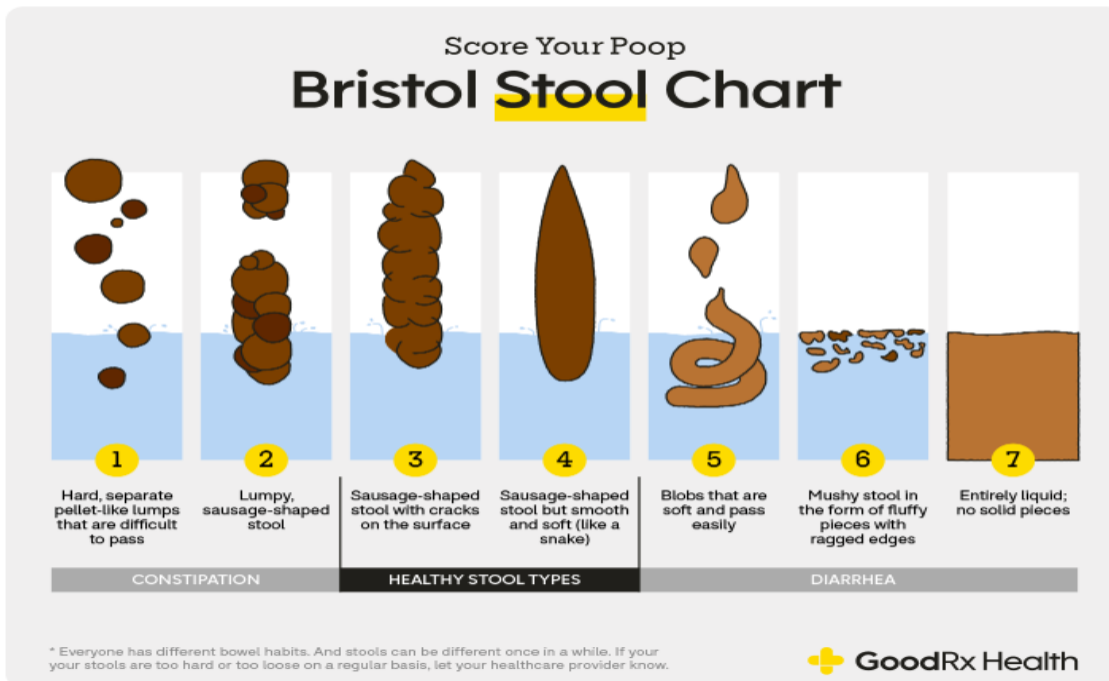
THIS IS SO EMBARRASSING!!!

It's not funny if your poop is green and runny
 It's not alright if its pale, clay colored or white
 Don't even think about, "hey! My poop is yellow, so I'm cool and everything is mellow
 Red, now that is interesting. But not if is blood in your lower intestine
 We have heard, and even said, "black is where it's at" but not if it's from bleeding in your upper intestinal tract
 Brown is down
 And that's the scoop
 But not if it is any other color poop...
 Perhaps, it is something you ate...
 If not, please don't hesitate –
 Call your doctor and get checked out!

Cecilia Golston



Scan or visit:
<https://www.healthline.com/health/digestive-health/types-of->



Scan or visit:
<https://www.goodrx.com/well-being/gut-health/bristol-stool-chart>



* Everyone has different bowel habits. And stools can be different once in a while. If your stools are too hard or too loose on a regular basis, let your healthcare provider know.

COLORECTAL CANCER AWARENESS MONTH

No Ifs ANDs or BUTTs – GET SCREENED!



Colon Cancer is a type of gastrointestinal cancer that affect the final part of the digestive tract, the large intestine.

- It is the third most common cause of cancer-related mortality in men and women.
- Risk factors include - age, diet, genetic, family history, obesity, low physical activity, smoking, and excessive alcohol intake.
- **Early detection through screening is important to reduce mortality.**

Alice Ware(2023)

Yes, the pictures may seem a bit much, but some people go through life thinking things, such as certain bodily functions are “normal” until it is too late. Please share this information during “Colorectal Cancer Awareness”, month with a family member, friend, or co-worker. Give them a reason to call you a pain... 😊

Cecilia Golston – Shiloh Health Ministry

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD

Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:



	COLD	FLU	COVID-19	RSV
ACHES	XX	XXX	XX	X
DIFFICULTY BREATHING	X	X	XXX	XX
FATIGUE	XX	XXX	XXX	X
FEVER	X	XXX	XX	XX
LOSS OF TASTE OR SMELL	X	X	XX	X
SORE THROAT	XXX	XX	XXX	X
WHEEZING	X	X	X	XXX

Severe RSV Infection

When an adult gets RSV infection, they typically have mild cold-like symptoms, but some may develop a lung infection or pneumonia. **RSV can sometimes also lead to worsening of serious conditions such as:**

- Asthma
- Chronic obstructive pulmonary disease (COPD) – a chronic disease of the lungs that makes it hard to breathe
- Congestive heart failure – when the heart can't pump enough blood and oxygen through the body

Older adults who get very sick from RSV may need to be hospitalized. Some may even die. Older adults are at greater risk than young adults for serious complications from RSV because our immune systems weaken when we are older.

What you should do if you or a loved one is at high risk for severe RSV disease

RSV season in most regions of the U.S. starts in the fall and peaks in winter. If you are at high risk for severe RSV infection, or if you interact with an older adult, you should take extra care to keep them healthy:

- **Wash your hands often**
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.
- **Avoid touching your face with unwashed hands**
Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- **Avoid close contact with sick people**
Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.
- **Cover your coughs and sneezes**
Cover your mouth and nose with a tissue or your upper shirt sleeve when coughing or sneezing. Throw the tissue in the trash afterward.
- **Clean frequently touched surfaces**
Clean surfaces and objects that people frequently touch, such as toys, doorknobs, and mobile devices. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.
- **Stay home when you are sick**
If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.

<https://www.cdc.gov/rsv/high-risk/older-adults.html#prevention-for-high-risk-individuals>

National Baptist Convention

NBCUSA H.O.P.E. TempleCare Matters Monthly Webinar

You are invited to join members of your National Baptist Family in this interactive webinar: NBCUSA H.O.P.E.



TempleCare.

<https://www.facebook.com/nationalbaptistconvention>

<https://www.facebook.com/NBCUSAHOPE>



All of Us RESEARCH PROGRAM

The future of health
begins with you

The All of Us Research Program has a simple mission. We want to speed up health research breakthroughs. To do this, we're asking one million people to help us lead the way in discovering better care for all of us.

If you would like to be “One in a million” check out www.joinallofus.org/nbcusa. Historically, research in our community hasn't always been ethical, so it understandable why one might feel leery. Before deciding not to be “One in a million” look at the website and review the information and then decide. It could make a difference in the healthcare of future generations. Check out this YouTube video for a brief overview.

<https://www.youtube.com/watch?v=gRKsrcYBx9k&t=30s>

What is precision medicine?

Precision medicine is health care that is based on you as an individual. It takes into account factors like where you live, what you do, and your family health history. The goal is to be able to tell people the best ways to stay healthy. If someone does get sick, Precision medicine may help health care teams find the treatment that will work best.