**Bulletin Insert January February 2014**

Tidings of Comfort and Health

# Comfort foods bring back warm memories. Some are also healthy and can actually help you [lose weight](http://www.health.com/health/lose-weight).

# Hot chocolate - Cocoa reduces levels of cortisol. Less cortisol means less belly fat. The combination of carbs and protein in hot chocolate helps muscles recovers faster from a tough workout.

**Chicken Soup -** Eating soup before a meal helps us consume fewer calories because the body will notice the feeling of fullness sooner. Soups can reduce total calorie intake by 20%. Chicken noodle varieties pack the protein, vitamins, and fiber which boost the metabolism rate even after your meal.

# Coffee boosts mood and metabolism. The antioxidant chlorogenic acid (CGA) increases your body's use of fat for energy. It can slow the release of glucose into the bloodstream after a meal while lowering insulin resistance to prevent weight gain.

**Pot Roast** - Protein fights fat. Your body has to work harder to break down protein and use it for energy. Protein keeps you feeling fuller longer. Dieters who increased their protein intake to 30% of total intake ate about 450 fewer calories a day. That equals about losing a pound a week.

# Roasted carrots have a high water and fiber content that fill you up fast. They also burn calories faster and contain three times as many antioxidants as raw carrots.

# Pumpkin is a source of fiber and an excellent source of the antioxidant beta-carotene. It fights oxidative stress and inflammation that is linked to increased fat storage.

# Chili - Fiber from tomatoes and protein from the beans and beef prevents overeating. Spices trigger your sympathetic nervous system which increase your daily calorie burn by about 50 calories. That equals about 5 pounds lost over a single year.

# Roasted white potatoes contain the disease-fighting chemical allicin, also in garlic, which has been shown to [fight inflammation](http://www.health.com/health/gallery/0,,20705881,00.html) in the body assisting with smaller waistlines.

# Sweet potatoes can prevent sugar from getting stored around your waistline as fat. Their carotenoids and CGA slow the body's release of glucose and insulin. An added bonus is their fiber content which slows digestion and prevents blood sugar from plummeting and delays hunger.

# Reference: Fetters, A.,13 Comfort Foods That Burn Fat, Health Magazine retrieved on 12/29,2013 from <http://www.health.com/health/gallery/0,,20735735,00.html>

Myths about Weight Loss and Weight Gain

With the holidays past and the new year beginning you may be concerned about holiday weight gain.

Check out these myths.

**Myth.** Average holiday weight gain is 5 pounds. **Truth:** Average weight gain is one pound but most people never lose that pound.

**Myth:** It is best to set reasonable, sensible, attainable weight loss goals. This causes less frustration. Sounds reasonable but . . . **Expert opinion says:** “Sometimes bigger goals can mean better results.” People with more ambitious expectations often lose the most weight.

**Myth:** Eating after 8 pm will cause weight gain. **Truth:** Studies consistently show that nighttime eating does not actually cause weight gain if you stay within your body's daily caloric needs.

**Myth:** Eating breakfast protects against obesity. **Truth:** The relationship between breakfast and obesity is not as strong as the first data seemed to support. Breakfast is important and almost universally recognized as contributing to good physical and mental energy throughout the day but does not protect against obesity.

**Truths:**

* Genetic factors play a role, but they are not the whole story.
* Exercise is a win-win to help lose weight and gain health.
* Involving parents and focusing on home settings can help overweight children.
* Combating obesity takes constant attention and it should be

treated like it is a chronic condition.

* Structured meal plans and meal replacements can be helpful.
* Average weight gain during adulthood is about 1to 2 # a year.
* Medications and weight loss surgery are necessary for some.

**The bottom line:** The difference is between calories in and calories burned. Generally, losing weight means using more calories than you consume each day. There are still many complex variables.

# References: Fryhofer, S. (2013) Busting Obesity Myths Medicine Matters, retrieved from **http://www.medscape.com/viewarticle/811710?nlid=35263\_785&src=wnl\_edit\_medp\_nurs&spon=24**

Parker-Pope, T., (2007) The skinny on holiday weight gain, NY Times Health and Science, retrieved on 10/24/13 at http://well.blogs.nytimes.com/2007/11/22/the-skinny-on-holiday-weight-gain/?\_r=0

**Need Help Dealing with Difficult People?**

Situations can become difficult quickly at times. Controlling your behavior will honor God and provide a witness to many.

**Don't attempt to change “difficult people.”** You can point that the conversation is loud or undesirable words are unnecessary. Until they take accountability for their own behavior it cannot be changed.

**Don't take it personally.** Often their behavior has little to do with what you have said or done. Perhaps they are ill, tired, or have emotional problems. Explosive reactions to minor situations are usually caused by strong underlying emotions.

**Set boundaries.** Show the person you respect him or her and expect to be treated likewise. Don't tolerate yelling or heated conversations in public places. Suggest the conversation wait tell until the person is able to have a discussion without an angry reaction.

**Acknowledge the person's feelings.** Saying, “I sense you are unhappy or frustrated” is fine. If complaints are chronic ask the person which problem is most important today and work toward solving it.

**Express empathy.** Recognize that it must be difficult to be in their particular situation. Saying you are “Sorry they are having difficulty” can deescalate an explosive situation. Sometimes people just want to be heard. Sometimes they don't have the skills to communicate more appropriately.

**Teach** others how to treat you. Following the golden rule still makes good sense. **Matthew 7:12** states "So in everything, do unto others what you would have them do to you, for this sums up the Law and the Prophets." This message, sadly, is not taught enough today.

**Use Few Words.** Less conversation can be more effective. Short, concise messages make a point. Give a person a time limit for the discussion. Avoid using the word "attitude." Instead, focus on the behavior.

Although these tips aren't guaranteed to work every time, you' should find them helpful. Remember—in the end, the only behavior you can truly control is your own.

Reference: Sherman, R., Dealing With Difficult People, American Nurse Today. 2013;8(7) Retrieved from http://www.medscape.com/viewarticle/808623\_5 on December 30, 2013

# Kitchen Safety - Toss These Out Now

Sometimes it is easy figuring out the freshness of items. Other time it is not so obvious. Here are several things you may need to toss out *right now.*

**Latte or Coffee with Milk** Unrefrigerated milk can start to grow bacteria in 10 minutes. Toss a latte in a hour if you haven’t finished it.

**Eggs** can last several weeks. To test an egg place it in a bowl of cold water. Fresh eggs sink. An egg that sinks but stands should be used quickly. Toss floating eggs. Keep eggs in their carton on a low shelf where it’s coldest.

**Spices** do lose their strength and taste over time. Store them tightly in a cool, dark dry place. Toss ground spices, herbs and seeds after a year. Whole spices, herbs and flowers are good for about one to two years. Seeds stay fresh two to three years. Toss ground roots after two years and whole roots in three years.  
  
**Pizza and Leftovers** Avoid letting food sit out for more than two hours. Generally leftovers can be stored in the fridge for three to four days.  Always reheat leftovers to prevent food poisoning. Think twice before reaching for that cold slice of pizza!

**Baby Food** The youngest are most susceptible to foodborne illness. Feed them from a bowl instead of the baby food jar. Never return uneaten food to the jar. Use a clean spoon to add food from the jar to the dish. Only store opened baby food jars in the fridge for 24 hours.  
  
**Your Dish Sponge** The kitchen dish sponge is the single dirtiest kitchen item. It has more germs that the toilet seat or bathroom faucet. It is the home for bacteria, flu or even staph infections. Disinfect them by zapping a wet sponge in the microwave for a couple minutes or run them through the dishwasher on high-heat. Allow them to dry completely. Never use them for raw eggs, meat or fish. **Toss** out dish sponges every two weeks.  
  
**Chipped Dishes and Glasses** That’s where bacteria can take root. Just discard them.

# [Reference: Torabi](http://finance.yahoo.com/blogs/author/farnoosh-torabi/), F., 7 Kitchen Items You Should Toss Now, retrieved from http://finance.yahoo.com/news/ 7-kitchen-items-you-should-toss-now-151529128.html on January 1, 2014

**Bulletin Insert March / April 2014**

Fluoride Now Recommended for First Tooth

Approximately 25% of children have or have had cavities before entering kindergarten. As of this February the American Dental Association (ADA) recommends the use of fluoride toothpaste *as soon as a baby’s first tooth comes in.*

* **Infants** - Begin cleaning the baby’s mouth a few days after birth by wiping the gums with a clean, moist gauze pad or washcloth.
* **Children younger than 3 years** - Begin brushing children’s teeth *as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice.* Brush teeth thoroughly twice per day (morning and night). Supervise brushing.
* **Children 3 to 6 years of age** - Dispense *no more than* a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night). Supervise children’s brushing to minimize swallowing of toothpaste. They should spit out the toothpaste as soon as they are old enough to do so.
* Until the child can brush on his or her own, continue to brush their teeth twice a day with a child-size toothbrush and a *pea-sized amount of fluoride toothpaste.* *When the child has two teeth that touch, begin* [*flossing*](http://www.mouthhealthy.org/en/az-topics/f/flossing) *teeth daily.*
* The first dental checkup could by as early as their first tooth and no later than their first birthday

Ingesting the pea-sized amounts in some cases can lead to [dental fluorosis](http://www.cdc.gov/fluoridation/safety/dental_fluorosis.htm) which can result in staining the tooth’s enamel. Use of the recommended amount of fluoride can prevent dental cavities which are the most common chronic condition for children. Please let the parents of young children know this new recommendation for early use of fluoride tooth paste!

Resources: Jaslow**, R. (**2014), Fluoride should be given to Kids earlier: Dental Association says, CBS Interactive Inc. retrieved from http://www.cbsnews.com/news/fluoride-should-be-given-to-kids-earlier-american-dental-association-says/on February 13, 2014

Mouth Healthy, Healthy Habits, (2014), American Dental Association, retrieved February 15, 2014 from

<http://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>

A Fitness Plan for Your Brain?

Researchers say we are outliving our brains. The problem is that memory, speed of thinking, problem-solving, reasoning, and decision-making decline in the last 30 or 40 years of life. With the right mental workouts we can make our brains stronger, healthier and more productive. This requires changing the way we use them daily. Try these scientifically proven ways to reduce brain aging.  
  
**Quiet Your Mind:** When encountered with a crucial decision or complex problem step away and reflect. Quieting of your mind’s rhythm allows refreshment. Prayer and quiet time can assist in having perfect peace of mind. Isaiah 26:3

### **Translate Your World** - Move away from surface-level thinking. Deeper thinking strengthens connections between different areas of the brain. Try a new type of puzzle. Explore a new hobby. Find new ways to memorize scripture. Psalm 119:15 instructs believers to “meditate on [God's] precepts and consider [God's] ways. **Avoid Multi-Tasking:** When we encounterinput and output fatigue the brain reduces productivity and efficiency. Multi-tasking makes performance and accuracy slip. It is best to realize that higher-order thinking tasks need focus. Try scheduling 15 minutes intervals of uninterrupted activity. Take time to focus on godly issues. Colossians 3:2 admonishes us to set and keep our minds on what is above (the higher things), not on the things that are on the earth.

### **Exercise:** Recent research shows that aerobic exercise stimulates positive brain changes and memory gains faster than we previously thought possible. Exercise increases brain blood flow to key memory centers in the brain. When you combine complex thinking with aerobic exercise, brain health benefits are amplified

### . Ask for God’s wisdom for brain health. Romans 12: 2 tells us not to be conformed to this world, but be transformed by the renewal of our minds discerning His will and what is good and acceptable and perfect.

Resource: Chapman,S., (2014) Why You Need to Put Your Brain on a Fitness Plan, Too, Shine Experts.Retrieved from http://shine.yahoo.com/experts/why-you-need-to-put-your-brain-on-a-

fitness-plan--too-220530885.htmlon February 15, 2014

### **The “Real Cost” of Teen Smoking**

It’s sad that each day more than 3,200 under the age of 18 in the U.S. try their first cigarette and more than 700 kids become daily smokers. Soon you will be seeing videos from “The Real Cost” campaign. It is the Food and Drug Administration’s (FDA) new program to educate 12-17 year olds about the dangers of tobacco use. As you begin to see these ads *it is a great time to discuss the health hazards of cigarette/tobacco* *use.* Talking to teens is important because almost nine out of every ten regular adult smokers had their first cigarette by age 18.

**Health Costs**

* Smoking before 20 can stunt lung growth. This permanent damage increases the risk of chronic bronchitis and emphysema.
* Tooth loss: Smoking not only stains teethbut increases the risk for serious gum infection that can lead to tooth loss.
* Loss of smooth skin. It harms skin by destroying its elastic fibers weakening its ability to repair itself. Thus wrinkles appear faster.
* Cell damage. It causes inflammation and cell damage throughout the body and can weaken the immune system making smokers lungs more susceptible to lung infections. Overtime this can make smokers vulnerable to disease in almost every part of your body.
* *Each* cigarette smoked takes 11 minutes off of expected life span.

**Chemicals:** Cigarette smoke contains more than 7,000 chemicals. Many are toxic including nearly 80 that have been linked to cancer. Examples of chemicals include carbon monoxide (in concentrations 10 times higher than care exhaust), ammonia, lead, formaldehyde and cadmium.

**Addiction:** Today’s cigarettes deliver nicotine to the brain in less than 10 seconds. Teenage brains are still developing making them more vulnerable to nicotine.Some studies show even using a few cigarettes per month can cause teens to have strong cravings for cigarettes. Many studies show that menthols may be even more addictive. This means the younger a person starts the more difficult it can be to stop. The FDA exposes how cigarettes soon become “a bully” telling teens what to do.

Quitting isn’t easy but it can be done and will benefit health at any age. Quitting begins the healing. Research shows quitting when young can almost restore health to be as good as a nonsmoker’s. The new “Real Cost” videos can be view at <http://www.youtube.com/user/USFoodandDrugAdmin>

Reference: FDA’s Center for Tobacco Products, (2014), <http://theRealCost.gov> retrieved 02/23/2014

**MC900371064[1]**

May is Blood Pressure Sunday Month

We are excited to announce that **Blood Pressure Sunday**

**is May 4th**. If your church cannot participate on that date **alternate dates are May 11th, May 18th and May 25th.** Any health professional interested in assisting with blood pressure screening or clergy interested in holding screenings in your church can contact Valley Parish Nurse Ministry at 330-382-9440. We will be glad to assist you in finding a volunteer health professional if needed.

Take the Salt Quiz

1. Most sodium in the American diet comes from...

a. cooking process b. salt shaker

c. processed foods d. natural salt content

2. The human body will crave a fixed amount of salt every day.\*

[•  a. True](javascript:void(0);) [•  b. False](javascript:void(0);)

3. Which is higher in sodium?\*\*

[•  a. 8 ounces of tomato juice](javascript:void(0);) [• b. 8 ounces of tomato soup](javascript:void(0);)

4. Most American consume how much salt per day?\*\*\*

a. teaspoon b. 1 ½ teaspoons c. tablespoon

5. If you are \_\_\_\_\_\_, 1,500 mg per day should be your sodium limit.\*\*\*\*

a. over 50 years old b. African American

c. Diabetic c. any of the above

6. People with diabetes, kidney disease, and heart disease should use salt

substitutes. \*\*\*\*\*

[•  a. True](javascript:void(0);) [• b. False](javascript:void(0);)

7. High-salt diets have been linked to which health problems?

a. [high blood pressure](javascript:void(0);) b. [depression](javascript:void(0);)

c. [schizophrenia](javascript:void(0);) d. a, b. and c

Answers: 1c, 2b, 3b, 4b, 5c, 6b, 7a

\*After consuming less salt for 8- 12 weeks taste for salt decreases.

\*\* Generally soup has about twice as much sodium.

\*\*\* A tsp. contains 2300 mg. Average consumption is 3400 mg/day which

is more than recommended.

\*\*\*\* People above 50, African-Americans, those with high blood pressure, diabetes, or chronic kidney disease may need to restrict to 1,500 mg of sodium or even less.

\*\*\*\*\* Many salt substitutes contain potassium chloride. People with certain medical conditions, such as diabetes, kidney disease, and heart disease should consult their doctor.

Reference: MedicineNet.com (2011) Retrieved from http://www.medicinenet.com/salt\_quiz/quiz.htm on 2/24/1

March & April Bulletin

**Are You Optimal, Normal or Hypertensive?**Knowing to call 911 in an emergency can save your life. So can knowing your blood pressure numbers. A health professional and the box below can help you begin to understand the significance of your result.

|  |  |  |
| --- | --- | --- |
| **Blood Pressure Categories** | **Systolic (mm Hg)** | **Diastolic (mm Hg)** |
| Optimal | 80-119 | 50-79 |
| Normal | 120-129 | 80-84 |
| Borderline high (pre-hypertension) | 130-139 | 85-89 |
| High: Stage 1 | 140-159 | 90-99 |
| High: Stage 2 | 160-179 | 100-109 |
| High: Stage 3 | 180-209 | 110-119 |
| High: Stage 4 | >209 | >119 |
| *Source: Harvard Medical School Family Health Guide* | | |

Celebrating Blood Pressure Sunday is a small way of acknowledging Jesus’ concern for the whole person. In Jesus’ ministry and the early church’s ministry teaching about the kingdom and healing went hand in hand. Jesus always showed concern about the individual’s social relationships, spirituality and wanted them to be restored to a fruitful and abundant life. The book of Acts records a new quality of life that impacted the body, soul and spirit.

First century women cared for the sick. Fourth century Christians began to build hospitals. Later monks began to practice medicine. As the area of medicine advanced the church slowly but surely abdicated its role in this field. In the late 1980’s holistic health began to emerge. Professional nurses began to focus on health and faith within the same realm. This type of nursing was first called Parish Nursing. It is now termed Faith Community Nursing. Thus health ministry in the church brings us back to caring for the whole person. This is the ministry that Jesus himself demonstrated.

**FAQ about Blood Pressure  
What is so important about the new blood pressure categories?**  
As numbers increase so does the risk of associated diseases. Cardiovascular risk begins to increase steadily as blood pressure rises from 115/75 mm Hg to higher values.

**Why is my blood pressure reading elevated only at the doctor’s office?**15% to 20% of people with stage I hypertension have elevated blood pressure only in the presence of a physician. This "white-coat" hypertension is more common in older men and women.

**What position is best for taking a reading?**Before a blood pressure reading you should be comfortably seated with the back and arm supported, the legs uncrossed, and the upper arm at the level of the right atrium.

**Does the cuff size make a difference?**Proper cuff size selection is critical to accurate measurement. Blood pressure measurement errors are generally worse in cuffs that are too small versus those that are too big.

**My blood pressure is different in each arm. Which one is more accurate?**A difference in blood pressure between the two arms can be expected in about 20% of patients. The higher value should be the one used in treatment decisions.

**What about monitoring my blood pressure at home and public places?**It is good to ask how often public machines are checked for accuracy. It is also a good idea to take your home self-monitoring blood pressure system with you to the doctor’s office for an accuracy check up.

**What other body systems can high blood pressure affect?**  
High blood pressure can affect your eyes, kidneys, brain, and heart. In fact, since it affects arteries it affects your total physical health.

Top of Form

**Keep Your Cool to Lower Heart Attack Risk**Angry outbursts happen but how often they happen can affect our health. Anger is associated with a rise in both the heart rate and blood pressure. This can have immediate adverse consequences.

A recent study combined statistics of nine older studies. They found that within two hours of an angry outburst, a person's risk of heart attack or acute coronary syndrome increased nearly five times. Risk of stroke is nearly four times higher and risk of a dangerous heart rhythm is also increased after an angry outburst.

Fortunately the absolute risk of heart attack to any one person after an outburst remains very low. Notably the risk was highest among people who got angry more often and already had prior heart problems such as those with a history of heart attack, stroke or diabetes.

Therefore a person with one episode of anger per month without many heart disease risk factors has a very small additional risk. Those with multiple risk factors or history of heart attack or stroke and frequent angry outbursts have a much higher absolute risk which accumulates over time. Statically people with five bouts of anger a day would lead to “approximately 158 extra heart attacks per 10,000 people per year among those with low heart risk, and 657 extra heart attacks among those with high heart risk.”

Several experts agreed that those with heart disease should realize that an angry response may increase the risk of heart attacks. They may wish to seek help with anger management such as counseling, behavioral intervention or medication.

[Spiritually, the Bible says this about anger:](http://www.biblestudytools.com/proverbs/29-11.html)   
A fool gives full vent to his anger, but a wise man keeps himself under control. ~Proverbs 29:11

My dear brothers take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires. ~James 1: 19-20

*Resource: Preidt, R., (2014) MedlinePlus, Heart Attack Risk Rises in Hours After Angry Outburst: Study, retrieved from* [*http://www.nlm.nih.gov/medlineplus/news/fullstory\_144908.html*](http://www.nlm.nih.gov/medlineplus/news/fullstory_144908.html) *on April 27, 2014* Bottom of Form

**It’s Just Tylenol. What’s The Big Deal?**You probably know that the brand name Tylenol has a generic name acetaminophen. Actually acetaminophen is in a lot of combination over the counter and many prescription drugs. What you may not know is that many people are routinely overdosing on Tylenol.   
From 1998 and 2003, acetaminophen was the leading cause of acute liver failure in the United States and almost 50% of these were associated with accidental overdoses. Over eight years acetaminophen associated overdoses were responsible for an estimated 56,000 emergency department visits, 26,000 hospitalizations and 458 deaths.

**What can we do?**

* Look at all the labels of your over the counter medications
* Highlight all labels that contain Tylenol (acetaminophen)
* Read the labels and directions of prescription medications
* Look for acetaminophen and the pharmacy warning label
* If unsure, ask your pharmacist or doctor if prescriptions contain acetaminophen
* Tell your health practitioner how much Tylenol you use
* Be very cautious if taking multiple acetaminophen-containing products at the same time
* Add up the amount of milligrams that you plan to take in a 24 hour period
* Do not take more than 4000 mg in a 24 hour period
* Do not drink alcohol while taking acetaminophen-containing products.
* Seek medical help if you take more acetaminophen than directed
* Seek medical help if you experience swelling of the face, mouth, and throat, difficulty breathing, itching, and a rash
* Warn others about accidental acetaminophen overdosing
* Keep medications out of the reach of children
* Check with elderly friends about their use of acetaminophen

*Argoff, C., (2014)* [*Medscape Neurology Acetaminophen Caution and Guidance*](http://www.medscape.com/neurology) *retrieved from* [*http://www.medscape.com/viewarticle/823341?nlid=55363\_785&src=wnl\_edit\_medp\_nurs&spon=24*](http://www.medscape.com/viewarticle/823341?nlid=55363_785&src=wnl_edit_medp_nurs&spon=24) *on April 27, 2014*

Bulletin Insert July & August 2014

Want to Have a Safe Picnic?

A picnic without bee stings, sprained ankles and the risk of food poisoning sounds great. Follow these tips on food safety.

**The essentials**: a food thermometer, cooler chest with ice, plenty of clean utensils, containers for leftovers, paper towels, disposable wet wipes, hand sanitizer and trash bags.

**Plan ahead.** Check if running water, grills, picnic tables, and trash receptacles are close by.

**When you arrive:** First wash your hands before preparing food.  If there is no running water use disposable wet wipes or hand sanitizer before and after touching food.

**Dos and Don’ts with meat:**

Don’t thaw meat on the counter overnight.

Don’t risk partially cooking meat and poultry ahead of time.

Don’t judge the outside of the hamburger, use a thermometer.

Do thaw food in the refrigerator or cook from frozen state.

Do plan for 50% more cooking time if meat is not thawed.

**Do serve food items** from the grill on a clean platter.

Do use a clean plate and utensil set for cooked food.

Do cook to a safe internal temperature. *A safe internal temperature*

*for beef, pork, chicken and ham ranges from 145 – 165degrees F.*

*A resting time of 3 minutes after reaching that temperature destroys*

*harmful germs.*

**Serving:** Don’t leave foods out in the sun. Find a shady spot for the cooler and the food. Serve food quickly from the cooler and return it fast.  If the temperature is above 90F, food shouldn’t sit out of the cooler over an hour. Perishable foods, such as hot dogs, burgers, poultry, deviled eggs, and macaroni or potato salads must be in a well-insulated cooler with plenty of ice or freezer gel packs.  They need to be kept cold.

**Leftovers:** Unpack that cooler as soon as possible.  Refrigerate meats and salads which have stayed cold; discard anything warm.

# *2*Fluoride should be given to kids earlier, American Dental Association says

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Reference: Van, D. 2012, Perfect Food Safe Picnics retrieved from http://www.foodsafety.gov/blog/perfectfood.html Safe Minimum Cooking Temperatures on 7/1/14

Reference: Food temperatures retrieved from http://www.foodsafety.gov/keep/charts/mintemp.html on 7/1/1

The Truth about E-cigarettes

With all the chatter about e-cigarettes we have much to learn. They are marketed as healthier, as potential quitting aids and said to be cleaner and cheaper than regular cigarettes. *Is all of this true?*

**Are they really a healthy alternative?** Data and safety issues are very uncertain at this time. They contain about 20% nicotine in comparison to a regular cigarette but there is little data on other substances they contain. For those who do not smoke they are clearly not useful or beneficial from a health standpoint.

**Can they be used to help a smoker quit?** Actually, there's genuine uncertainty about the therapeutic merits of e-cigarettes. Smokers ready to quit should call 1-800-QUIT NOW or talk with their doctors about using one of the seven FDA-approved medications proven to be safe and effective in helping smokers quit.

**Is quality regulated?** They're not regulated by the Federal Drug Administration (FDA) and have variable engineering and quality issues. Labeled and actual nicotine content is reported as variable.

**What’s really in them?** Although most marketing says they're only harmless water vapor *this is completely incorrect and completely fallacious.* The vapor is a propylene glycol vehicle, or carrier, for nicotine and most contain flavoring agents that are vaporized by a heating element powered by a battery. This aerosol delivers ultrafine particles. *Initial FDA lab tests detected levels of toxic cancer-causing chemicals including an ingredient used in anti-freeze.*

**Can teenagers purchase e-cigarettes?** The FDA limits the purchase of electronic cigarettes to those less than 18 years of age. Certain flavors are enticing to children and teens, i.e. bubble gum, tobacco, menthol, chocolate, cherry and alcohol flavors.

**Is there potential harm to people exposed to secondhand emissions**? Two initial studies found formaldehyde, benzene and tobacco-specific nitrosamines (a cancer-causing agent) in second-hand emissions.

Bilazarian, S., 2014, E –Cigarettes: What to Tell Patients retrieved from Medscape Nurses at http://www.medscape.com/viewarticle/827440?src=wnl\_edit\_specol&

uac=93794AG#2 on July 2, 2014

**The Truth about E-cigarettes** (continued)

Even though e- cigarettes were first marketed in 2004 there is much we do not know about them. The [Food and Drug Administration](http://fda.gov) (FDA) is spending $270 million on 48 studies that will assess the potential dangers of using e-cigarettes. These results are not expected until 2018. This makes their safety very uncertain.

**List of Unknowns**

Compared with smoking are they safer over many years?

Can the hazards of propylene glycol, battery vapor, particulate matter

be measured?

Can solvents, flavorings, preservatives result in more lung infections?

Do the “nanoparticles” trigger inflammation?

Does the solvent potentially transform to carcinogens?

What is their impact on pregnancy and/or stem cells?

How do e-cigarettes really compare head-to-head with counseling or

nicotine replacement, or Wellbutrin or Chantix?

The best advice for non-smokers is:

“Don’t start. This is not a safe alternative.”

For smokers: “This is a period of uncertainty when it comes to health concerns.”

There are even “unknown unknowns” like unanticipated long-term hazards to lungs and other organs. Dr.Bilazarian MD states, “e-cigarettes have a lower level of toxicants but not particles, and these particles . . .may . . . increase a variety of long-term chronic diseases.”

**Adverse event reports** for e-cigarettes included hospitalization for illnesses such as pneumonia, congestive heart failure, disorientation,

seizure, hypotension, and other health problems. Whether e-cigarettes caused these reported adverse events is unknown. You can review these at the [CTP FOIA Electronic Reading Room](http://www.fda.gov/AboutFDA/CentersOffices/OfficeofMedicalProductsandTobacco/AbouttheCenterforTobaccoProducts/ucm221165.htm).

Reference: Bilazarian, S., (2014) E –Cigarettes: What to Tell Patients retrieved from Medscape Nurses at http://www.medscape.com/viewarticle/827440?src=wnl\_edit\_specol&uac=93794AG#2

on July 2, 2014

Reference: FDA Public Health Focus (2014) retrieved on July 9, 2014 from http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm

# Inhaled Insulin: What’s It All About?

# No Amount of Alcohol is Safe

# [Read Now >](http://as.webmd.com/event.ng/Type=click&FlightID=636968&AdID=1037922&TargetID=152235&Values=205,249&Redirect=http:/www.medscape.com/viewarticle/824237?src=ban_stm_52" \t "_blank)

An inhaled insulin called Afrezza was [recently approved](http://www.medscape.com/viewarticle/827539) by the US Food and Drug Administration (FDA). It is a rapid-acting insulin to be taken before each meal, or soon after starting to eat. Those who need long-acting insulin will still need injections.

**How is inhaled insulin different?**

It's rapidly absorbed from the lung cells. It peaks in 15 to 20 minutes while injected insulin takes about an hour to peak. It also clears quickly and is almost gone in 2 or 3 hours. Injected rapidly acting type insulin stays in the system about 4 hours.

**How will it be taken?** A single dose of Afrezza will be in powder form in a small whistle-sized inhaler. It takes less than a minute to train a patient how to use the insulin.

**What are other differences?** Those using Afrezza were less likely to get very low blood sugar. There was also less weight gain.

**Is it safe?** Its safety and effectiveness was based on trails of about 3,000 people. Caution still exists until it can be shown there is no risk to the lung tissue and the mouth and esophagus.

**What about side effects?** The most commonly reported side effects were low blood sugar, cough, and throat pain or irritation. A warning will state that it could cause sudden tightening of the chest called acute bronchospasm. It will not be recommended for people with asthma or COPD or smokers. It is not recommended to treat diabetic ketoacidosis.

**What will it cost?** It should be priced comparably to current fast-acting [injected] insulin delivered in pen form. Prices for the fast-acting insulin pens vary. One popular fast-acting pen insulin costs about $270 a month, without insurance coverage, for a person who needs 30 units a day, a common amount.

**When will it be available?** That is not certain.

Reference: Doheny, K., 2014, [WebMD Health News](http://www.webmd.com/news), Inhaled Insulin: What to Tell Patients retrieved from http://www.medscape.com/viewarticle/827637on July 9, 2014

Bulletin Insert September / October 2014

Helping Kids Not to Fear Injections

It’s not surprising that over half of children have a mild-to-moderate fear of injections. The best way to deal with this is to prepare kids for a successful experience. A child psychologist recommends 5 basic strategies for kids which are basically exposure-based.

1. Teach them it is not a big needle and not going to hurt terribly. A good resource is a video made by The Jim Henson Company called [*Sid, the Science Kid: Getting a Shot, You Can Do It!*](http://www.youtube.com/watch?v=PWx2WogUFoY) It is 28 minutes long and available on YouTube. It contains songs and dancing and basically tells kids why shots are needed.

2. Show your child brave role models. There are plenty of teenagers and children on YouTube receiving shots and acting brave. Most children should watch these over and over. Watching a peer sit still for a shot decreases anxiety and sets a good example.

3. Teach kids about a “brave body” which is the opposite of scared body. Show them what brave body looks like: shoulders back, arm in lap and relaxed. Roll up your sleeve and act like you don't have a care in the world. Moms (or Dads) should try sitting in front of the child for encouragement. Have the child sit by him or herself when they are getting the shot.

4. Use a coping card. This is a card that the child writes out in advance. It can have a brave saying all their own. They can read it to help them have courage. It can be something like, "It will hurt for a second but then it will be over. I can do it." This can also distract them from looking at the injection site.

5. Parents and kids should have a good written plan. The child describes how he or she is going to act during the shot and both the parent and child sign. It should be something like, "I'm going to do brave body," "I'm going to read my coping card," and "I'm going to look at Dad while I read the coping card." This behavior can be rewarded with a trip for ice cream or a purchase of a small toy. This rewards the child for engaging in coping behaviors. Being brave is being scared but dealing with it positively.

Resource: Dahlsgaard, K. Injection Fears: Helping Kids Learn to Be Brave accessed at http://www.medscape.com/viewarticle/820548?nlid=50143\_785&src=wnl\_edit\_medp\_nurs&spon=24Overcoming on August 11, 2014

# Good Samaritan CPR (Cardiopulmonary Resuscitation)

Valley Parish Nurse Ministry would like to help more people know CPR. We will offer free CPR training to a church group (of 10 in a class) at your church location. Call 330-382-9440 to set up a time for your group. Classes will mainly be offered on Saturdays. Those churches who have partnered with VPNM in membership will be given priority in scheduling. Our goal is to train 100 individuals in 12 months. Call for your Good Samaritan CPR Class registration ASAP.

# What is a cardiac arrest? In a cardiac arrest the heart stops beating. Prompt intervention can usually reverse a cardiac arrest. Sadly CPR is performed in less than 30% of out-of-hospital cardiac arrests. Without intervention cardiac arrest almost always leads to death. There is an increased need for people to know CPR and understand the fastest possible action.

**Why should I learn CPR?**

* Most people who experience cardiac arrest at home, at work or in a public place don’t receive early CPR and die.
* Immediate CPR can double or triple the chance of survival.
* Your actions can only help.
* Early CPR improves the flow of blood and oxygen to vital organs, an essential component of treating cardiac arrest.
* Restoring breathing and consciousness is critical in cardiac arrest before permanent impairment, damage or death occurs.

**What if I don’t want to do Mouth to Mouth?** Hands only CPR can be very effective.If you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest about 100 times a minute. When hands only CPR is combined with early defibrillation like the use of an automated external defibrillator (AED) there is a high survival rate.

**Is there a risk being a Good Samaritan?** Good Samaritan laws encourage people to help others in emergency situations. Good Samaritans should use common sense and a reasonable level of skill to save a life or prevent further injury. The laws usually protect citizens who act in a reasonable and prudent manner.

Reference: American Hear Association, 2014, retrieved from http://advancedcardiactraining.com/

importance-of-early-bystander-cpr-in-successful-resuscitation-from-cardiac-arrest/ on 9/3/2014

# Exercising After 65

If you occasionally have trouble with balance, notice you tire quickly or your arms seem weak then it may be time to think about light exercise. Not every one is ready to go to the local gym for yoga, stretching, swimming, light weights or mat work. Actually, the most important thing is to get moving. With aging you start to lose muscle mass, so activity helps you stay strong. If you’re over 65 and thinking of exercising, check with doctor to get the green light.

*After that, here are some easy activities to get you started.*

*Swimming* is a total body workout that is low impact, easy on joints and minimizes the risk of injury. Aqua aerobics builds muscle tone and get your heart rate slightly elevated. Just standing in the shallow end and doing knee lifts helps to tone leg muscles.

*Dancing* can get your heart rate up without feeling like you are exercising. The social aspect of dancing is important as well. Some senior centers may incorporate dancing into a workout.

*Yoga* helps with flexibility, strength, and focus. Choose gentle yoga at an entry-level that focuses on stretching and breathing. *Be sure to screen for a teacher who centers on physical fitness and their yoga practices do not contradict your Christianity.*

***Keeping your balance:*** One simple exercise is tostand with a chair within reach, lift one foot up, and hold the position to a count of 10. Repeat with the other foot. Try it again on your tiptoes. Repeat as able. Even three minutes of this exercise every day will help.

***Squat for strength*:** Stand above a steady chair and hold on to a cane for stability. Bend your legs in a sitting motion, letting your bottom touch the seat lightly and get back up. Try for 8-10 repetitions a day.

***Increasing arm strength: S***tand at arm’s length away from a wall, placing both palms flat against the wall. Lean into the wall and gently push out. Repeat as able. This increases core and arm power.

A goal can be to stay independent, decrease falls or simply to bend down and pick up groceries or pick up your grandchildren.

# Reference: [Bliss](https://www.yahoo.com/beauty/author/sara-bliss), S.2014 Start Working Out After 65 retrieved from https://www.yahoo.com/

# beauty/start-working-out-after-65-96537174658.html on September 6, 2014.

**What is Emotional Eating?**

Emotional eating occurs when you eat for other reasons than hunger. Feelings of loneliness, boredom, sadness, anxiety and sometimes even happiness can *trigger* eating.

**What are “comfort” foods?** Certain foods you ate in the past created “happy” molecules in your brain. These good feelings lead you to want these foods again. Comfort or trigger foods give you a quick fix. Choosing “comfort” foods too often can lead to being overweight and obesity.

**How can I decrease emotional eating?** Identifying the *root cause* of emotional eating is the first step. Keep a diary of the events of your day and what and when you eat other than meal times. Maybe it happens more when you are nervous, unhappy, stressed or in a certain situation. Find ways to avoid or deal positively with these situations.

**How can I manage emotional eating episodes?**

**1.** Don’t have trigger foods in your home. Proportion out healthy

snacks that support nutritional needs. This cuts down on calories

and boosts your mood at the same time.

## 2. *Find other ways to feed your feelings.* **Feeling** **depressed or**

## **lonely?** Call someone who always makes you feel better, play with

## your dog or cat, or look at a favorite photo or cherished memento.

## **Anxious? Use** nervous energy by dancing, squeezing a stress ball,

## or taking a brisk walk. E**xhausted?** Try a hot cup of tea, take a

## bath, light some scented candles, or wrap yourself in a warm

## blanket. **Bored? R**ead a good book, watch a comedy, explore the

## outdoors, or turn to an activity you enjoy.

3. *Pause five minutes when a craving hits. T*ake a moment to pause and reflect gives yourself the opportunity to make a different decision. Tell yourself to wait. Check how are you feeling. What’s going on emotionally? Even if you end up eating you set yourself up for a different response next time.

For more tips on dealing with emotional eating visit: HelpGuide.org, http://www.helpguide.org/life/emotional\_eating\_stress\_cravings.htm

# Reference: Emotional Eating: How to Recognize and Stop Emotional Eating retrieved from

http://www.helpguide.org/life/emotional\_eating\_stress\_cravings.htm on 9/6/2014

Bulletin Insert November / December 2014

**Aspirin Therapy Quiz**  (more than one answer may be correct)

1. Daily aspirin therapy can prevent: 2. Daily aspirin (ASA) therapy:

a. Heart attack and stroke a. prevents blood clots

b. Diabetes b. widens blood vessels

c. High blood pressure c. lowers cholesterol

d. High cholesterol d. all of the above

3. Daily aspirin therapy may help: 4. Risks are higher for people:

a. some men over 40 a. with history of ulcers

b. some women after menopause b. on blood thinners

c. those with diabetes and heart risks c. with blood disorders

5. Daily Aspirin may disagree with: 6. Safest pain reliever with aspirin

a. some people with asthma a. Acetaminophen (Tylenol)

b. some with liver or kidney problems b. Ibuprofen (Advil)

c. some with high blood pressure c. Naprosyn

**1. a** Daily aspirin therapy can prevent heart attack & stroke. Aspirin

doesn't have any direct effect on diabetes, high blood pressure, or

high cholesterol but these all raise the odds of heart attack and

stroke and may be recommended.

**2. a** Daily aspirin therapy works by preventing blood clots. Heart

attacks are usually caused by blood clots and most strokes are

caused by blood clots. Aspirin can help reduce risks by decreasing

the blood's natural tendency to clot.

**3. a. b and c** As adults get older, the risk of heart disease and stroke

increases. If you have heart disease or diabetes your risk for heart

attack or stroke is higher. Daily aspirin can be lower these risks.

**4. a,b,c** Like any medicine, aspirin has risks. Stomach irritation can

increase the risk of ulcers and bleeding. Using Aspirin with blood

disorders or "blood thinners" could cause dangerous bleeding.

**5. a.b.c.** Daily aspirin isn't right for everybody. Asthma sufferers may

have worse asthma symptoms or an allergic reaction. Blood

pressure control is important before starting aspirin. Aspirin may

not be safe for some people with liver and kidney disease.

**6. a**.The safest pain reliever for people on aspirin therapy is Tylenol:.

It's in a different class of drugs. Advil and Naproxen are in the

same class and have similar side effects. Tylenol does not pose

the same stomach risks but may cause liver problems if taken at

high doses or with alcohol. Any painkiller can have side effects.

*Consult with your health professional before using any over the counter medications.*

Resource: Heart Disease Health Center, WebMd accessed at http://www.webmd.com/heart-disease/aspirin-benefits-risks-quiz on November 5. 2014Top of Form

Bottom of Form

**Holiday Tree** **Grieving at Christmastime**



Holidays can be very painful for those with a recent loss. Christmas can bring intense loneliness, sadness and emptiness. These feeling are normal but may be hard to share. Here are some subjects that might assist in coping with the loss of a loved one.

**Christmas Tree** - Discuss it. If children are involved it is often good to keep things as normal as possible.

**Memories** – They can be good and painful. Allow them to bring both laughter and tears.

**Christmas Cards** - Doing what you are comfortable with is most important. If you feel unable to send cards, try to keep up contacts, if you can.

**Christmas Day** – Avoiding some traditional Christmas activities is OK. Opening gifts at a different time or going to a different place may be right for you and your family.

**Special ways to remember a loved one include:**

* CandleA gift to a charity or special organization
* Lighting a candle in remembrance
* Give a gift to someone lonely or in need.
* Making a photo album to solidify memories

**It’s OK to:**

* GrievingSpend time alone
* Cry and then be happy
* Handle your feelings in your own way
* Grieve at your own pace
* Live, love and laugh again

**Books that may further assist you:**

Healing your Grieving Heart: 100 Practical Ideas Compassionate advice and simple activities to help you through your loss by Alan D Wolfelt PhD (Companion Press 2001)

Discover the Spirit of Christmas by Dan Schaeffer from Radio Broadcast Ministries at 800-653-8333 or <http://www.dhp.org/realspirit>

Above was adapted from “Coping with grief at Christmas time” retrieved on November 2, 2008 at [*http://www.cemeteriessa.com.au/pdf/xmas\_time.pdf*](http://www.cemeteriessa.com.au/pdf/xmas_time.pdf)

# Aspirin – In the News for Cancer Prevention

New data indicates that Aspirin *may* stave off colon and rectal cancer Other randomized trials suggest that aspirin *may* help prevent other gastrointestinal cancers as well as breast, lung, and prostate cancer.

*Currently, no cancer or other health organization recommends taking aspirin specifically to help prevent cancer.*

More data is needed. In the meantime researchers, committees and governmental agencies are attempting to balance the overall benefits and harms of prophylactic use of aspirin for prevention of heart and vascular disease and cancer in the general population. Trials expected to conclude by 2019 *may* clarify how aspirin may diminish cancer incidence and mortality.

Data from a recent review states that long term use of aspirin over many years may reduce cancer, heart attack or stroke events with an overall 4% relative reduction in all deaths over a 20-year period.

So what are potential risks of aspirin therapy? People have different risks such as serious bleeding and possible acute kidney problems.

The bottom line: Your health care provider is the best judge of your individual risks and their clinical judgment helps them decide if the benefit of aspirin outweighs the risk for you.

Recent reports conclude that patients have been receiving inconsistentor no advice about taking aspirin for primary prevention.

While we are all waiting for the results of current aspirin studies this might be a very good time to ask your doctor if you should be using aspirin as preventive therapy.

The most recent guideline of the American College of Chest Physician suggests low-dose aspirin rather than no aspirin in those over 50 even without symptoms of cardiovascular disease.

**References**: Brooks, L. and Hennekens, C., Does Aspirin Prevent Cardiovascular Disease and Cancer**?** [Medscape Family Medicine](http://www.medscape.com/familymedicine) Retrieved on October 29, 2014 from http://www.medscape.com/viewarticle/834052\_6

Rosensteel, S., and Scudder, L. Aspirin: Did you Know It Could Do That? Medscape Nurses Retrievedfrom http://www.medscape.com/features/slideshow/aspirin on October 29, 2014

**Cultivate Gratitude Every Day**

November is great time to focus on thanksgiving.

Here are some tips.

1. Start your day with gratitude. Begin with a scripture on thanks such

as 1 Chronicles 16:34, Psalm 34:1,Psalm 100:4, Jonah 2:9 or

Ephesians 5:3-4*.* Read more thanksgiving verses at:

[http://www.whatchristianswanttoknow.com/thanksgiving-bible-](http://www.whatchristianswanttoknow.com/thanksgiving-bible-      verses-15-great-scripture-quotes/#ixzz3ItKfUdRn)

[verses-15-great-scripture-quotes/#ixzz3ItKfUdRn](http://www.whatchristianswanttoknow.com/thanksgiving-bible-      verses-15-great-scripture-quotes/#ixzz3ItKfUdRn)

2. Use a simple notebook as a gratitude journal. Write one or more

things you are grateful for on a daily basis.

3. If you come across a negative situation seek for a positive

aspect. Consider it an opportunity for growth. **James 1:2-4**

4. Since gratitude is defined as “modest and respectful" it requires

humility. Explore where humility fits into your life. Ephesians 4:2

5. Give at least one "true" compliment daily. This makes the person

feel noticed and valued. Every compliment given strengthens a

relationship and builds trust. You can be grateful for this.

6. When you do find yourself in a bad situation ask God what you

can learn from it. Later when emotions are settled list what you

can be grateful for. Romans 8:28

7. Make a concerted effort not complain, criticize, or gossip for 10

days. Enlist 2 friends to join you in this effort. (Ecclesiastes 4:12)

If you slip acknowledge it and keep going. The amount of energy

you were spending on negative thoughts and actions can be

directed elsewhere.

8. Make it a point to sound genuinely happy to hear from the people

who call you on the phone. The caller will know you value

speaking with him. Follow the golden rule of Luke 6:31.

9. Be grateful for your health, home and family. Find a local cause

that will help people in need. They will feel appreciated and

hopefully respond with praise and thanks to God. (Matthew 5:16)

### You may consider downloading a free app called “unstuck.” It provides a wealth of tips to inspire action to make decisions, set goals, see different possibilities, get to the why of it, make a plan, get motivated, deal with change or rediscover purpose.

Reference: Nine ways to cultivate gratitude retrieved from

### http://www.unstuck.com/gratitude.html on November 11, 2014