Back Door Reading
From your Health Ministry

EATING DISORDERS

Eating Disorders such as anorexia, bulimia, and binge eating disorder include extreme emotions, attitudes, and behaviors around weight and food issues.

Anorexia Nervosa
- Resistance to keeping body wt
- Intense fear of being fat
- Views self as fat, even when thin
- Denies being too thin
- Amenorrhea in women
- Excessive exercise regimen
- Development of food rituals
- Behavior that indicates weight loss has become a major focus
- 5—20% of affected will die

Bulemia
- Regular intake of large amounts of food with a sense of loss of control
- Compensatory behavior such as vomiting, diet pills, diuretic abuse
- Extreme concern with body wt and shape.
- Behavior that indicates weight loss has become a major focus

Binge Eating Disorder
- Eating large quantities of food, not related to hunger
- Feeling out of control over eating behavior.
- Feeling ashamed of behaviors
- Eating in secret
- Results—obesity related issues

Facts:
- Eating disorders are more common in females than males
- Athletes are at higher risk
- The chances of recovery increase the earlier the disorder is detected

Get help!
If you are concerned about yourself or someone else, get professional advice at once! Any of these conditions can be fatal and all are associated with serious health problems.

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Don’t take your organs to heaven; heaven knows we need them here!

Are You an Organ Donor?

Any individual can indicate their wish to be a donor. Those under 18 must have parental consent. Medical suitability will be determined at the time of death.

In 1982 the Episcopal Church passed a resolution that encourages members to become organ, blood, and tissue donors as part of their ministry to others.

Every day 74 people receive an organ transplant. Another 18 die because an organ was not available.

Carry an organ donor card & say yes to the organ donor question on your driver’s license. Talk to family members, as they may be asked for consent.

There is no cost to the family or the estate for donating organs. Organs cannot be sold. They are distributed based on tissue match, urgency, and geographic proximity.

What may be donated: Heart, lungs, kidneys, liver, pancreas, intestines, corneas, bone marrow, heart valves, connective tissue, and/or skin.

Brain death is not the same thing as a coma. It is possible to wake up from a coma. Brain death is final.

Being an organ donor will not affect your medical care. The transplant team is not called until all hope and medical avenues have been exhausted.
If you have high blood pressure, diabetes or a family history of kidney disease, you’re at risk for chronic kidney disease (CKD).

The major role of the kidneys is to filter wastes and excess fluid from the blood stream. They also secrete hormones that control blood pressure and they play a role in red blood cell and some vitamin production.

Be kind to your kidneys!
😊 Drink lots of water
😊 Keep you blood pressure under control
😊 Don’t smoke
😊 Moderate alcohol use
😊 Maintain a healthy weight
😊 Use OTC meds carefully
😊 Exercise
😊 Keep blood sugars at a normal level

Kidney Stones
A kidney stone is a hard mass that forms when chemicals in the urine form crystals that stick together. Kidney stones range in size from a grain of sand to a golf ball! Keeping well hydrated is the best prevention.

Treatment Options
Dialysis is used when 85-90% of kidney function is lost.
There are two types - hemo- or peritoneal dialysis.
Another option is a kidney transplant.

Pain Medications
Prolonged use of OTC pain relievers can damage kidneys. Combinations of aspirin, acetaminophen and caffeine in one tablet are most harmful. Consult a provider when pain relievers are taken for more than 10 days and do not exceed recommended dose.
Back Door Reading
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Laughter is Good Medicine

A 2006 study at the U. of MD found blood flow to the heart increased in 19 of 20 students who watched funny movie clips.

Also in 2006, a Loma Linda study found beta endorphins (feel good, stress-reducing chemicals) increased 27% when students merely anticipated watching a funny movie.

A smile is a small curve that solves big problems!

Laughter lowers blood pressure

If Barbie is so popular, why do we have to buy friends for her?

What do you get when you cross poison ivy with a four leaf clover?

A rash of good luck!

100 laughs is equal to 10 minutes rowing or 15 minutes biking!

Pets can make us laugh!

Laughter increases salivary immunoglobulin A, which fights infections

Have you ever pointed to an empty chair and asked, “Is anyone sitting here?”

Babies find birth so shocking, that they often don’t talk for a year or more!

Are you laughing yet?

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Dementia?

Where did I put the car keys?

Age related memory loss or something more serious?

There are many types of dementia but it may be difficult to tell the difference. They all have many characteristics in common.

Notes, lists, reminders
Normal—Usually help
Dementia—The list becomes the enemy. Can’t remember where it is or what entries mean.

Forgetfulness
Normal—Forget part of the experience. (Did I find that shell at the beach?)
Dementia—Forget entire experience. (I went to the beach?)

Remembers Later
Normal—Often
Dementia—Rarely, usually has forgotten that they have forgotten

Following Written or Spoken Instructions
Normal—Usually no problem
Dementia—Gradually less able, due to forgetting them.

Ability to Care for Self
Normal—Usually able
Dementia—Gradually becomes unable.

Early mild symptoms of dementia include: memory loss that affects performance, confusion about place, loss of spontaneity/initiative, mood/personality changes, taking longer with routine chores, or trouble handling money. These also may be signs of depression or over-medication. If you are concerned for a loved one, take them to a care provider. (If you are concerned for yourself, you may be depressed, but are unlikely to have dementia!)

Reduce your chances of dementia with a healthy diet and regular exercise of mind and body.
**FACT**
Many medications are derived from plants.

**MYTH**
Herbal products are regulated for consistency and potency.

**FACT**
Plants contain many bioactive compounds.

**MYTH**
The product that helped my neighbor will also help me.

**FACT**
Many people in many cultures find herbal products helpful.

**MYTH**
If a little is good, more will be better.

**FACT**
Herbal products can interact with other medications.

**MYTH**
Herbal products are safe because they are natural.

**FACT**
Eating a variety of fresh fruits and veggies is the best way to get healthy plant nutrients.

**FACT**
Always tell your doctor or other provider about herbal and other over the counter meds you take.

**MYTH**
Herbal products cannot be harmful.
Tobacco is responsible for one in five deaths in the United States. It is the most preventable cause of early death.

- Smoking is the leading risk factor for heart disease and stroke.
- Smoking doubles the risk of Alzheimer's.
- Smoking greatly increases the risk of peripheral artery disease and plaque formation.

Second Hand Smoke
- Contains at least 60 chemicals known to be harmful.
- Causes 3,000 lung cancer deaths and up to 40,000 cases of heart disease every year.
- Is implicated in up to 300,000 respiratory infections in children younger than 18 months every year.

For Women (Active or 2nd hand)
- Increased risk of osteoporosis
- Increased pregnancy loss.
- Premature labor
- Increased risk of breast cancer.

For Children (Second hand or uterine)
- Low birth weight
- Increased risk of SIDS.
- Increased risk and severity of asthma

BESIDES, IT STINKS!

Costs of tobacco products, health care, loss of income from illness.
Asthma

Air passages in the lungs become blocked or narrowed, trapping air in the lungs. This causes breathing difficulties, including wheezing on exhalation (breathing out). It may be allergic or non-allergic. Asthma may occur in children or may first occur in adults of any age. The prevalence of asthma has been increasing since 1980 across all age, gender, and ethnic groups.

**Allergic Asthma**
- Also called extrinsic asthma.
- Triggered by inhaled allergens such as dust mites, pet dander, pollen, mold, and so forth.
- Treated by medication and by avoiding triggers.

**Non-Allergic Asthma**
- Also called intrinsic asthma.
- Triggered by stress, cold air, exercise, and so forth.
- Not related to the immune system.
- Treated by medication and by avoiding triggers.

**Not being able to breathe is very scary!!**

**This is Serious!**
- Approximately 20 million Americans suffer from asthma.
- Asthma accounts for one quarter of all emergency room visits in the US yearly.
- Asthma accounts for 10 million outpatient visits and 500,000 hospitalizations yearly.
- Every day 14 Americans die from asthma. Women are more likely to die than men and blacks more likely to die than whites.
- Asthma is the leading cause of school absenteeism among children.

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From the moment we are born, we are aging. The older we get, the faster it seems to go! Decisions made for us in infancy about our nutrition, medical care, and nurture affect us all our life.

Genetics play a role also.

So do the decisions we made yesterday

Seize the Moment!
Today is the first day of the rest of your life!
It is never too early!
It is never too late!

Physical Fitness
- Maintain a healthy weight, an obese child is usually an obese adult
- Make physical exercise a part of every day at every age
- Everyone does better on a healthy diet

Social Wellness
- Be a friend. Maintain your friendships. (This takes work)
- Laugh loud, laugh often!
- You are as old as you feel
- Seek those who make you happy
- Avoid those who don’t

Financial Wellness
- The earlier you can start saving, the better
- Choose all insurance carefully
- Teach children ways to manage money

Spiritual Wellness
- Keep the faith, worship early and often!
- Give of yourself
- Seek balance in your life
- Keep your eyes on your life goals

Mental Wellness
- See the world—in books, movies, or in person
- Do puzzles, play trivia and other skill games
- Read lots; surf the net

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Lung cancer causes more deaths in the United States than any other cancer. It has few warning signs in the early stages. Over 60% of new lung cancers are diagnosed in people who never smoked or who managed to quit smoking decades ago.

Passive smoking, or sidestream smoke, presents another risk for lung cancer. A person living with a smoker has twice the risk of lung cancer of someone not regularly exposed to smoke.

Asbestos exposure increases the risk of lung cancer by 9 times. A combination of asbestos exposure and cigarette smoking compounds the risk by as much as 50 times.

Air pollution from motor vehicles, factories, and other sources may increase the risk for lung cancer, but the degree of increase has not been established accurately.

Lung diseases, such as tuberculosis (TB) and chronic obstructive pulmonary disease (COPD), also create a risk for lung cancer.

**SYMPTOMS OF LUNG CANCER**

*See a provider for:*

- A cough that does not go away or worsens
- Coughing up blood
- Dull, aching chest pain that does not go away
- Shortness of breath, wheezing, or hoarseness
- Frequent respiratory infections

**Treatment may include:**

- Surgery, chemotherapy, radiation, comfort measures

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GERD

It stands for Gastro Esophageal Reflux Disease

Is it any wonder it is abbreviated?

GERD (or chronic heartburn) actually has nothing to do with the heart.
It is acid from the stomach spilling up into the esophagus and causing a burning chest pain.

GERD is usually defined as having heartburn daily, although it may be present without symptoms.
Diagnosis is made by examining the esophagus with a special scope.
It is possible to have symptoms without tissue damage, or to have damage without symptoms.
GERD actually refers to the damage, not the symptoms.

Occasional heartburn after eating spicy foods is normal.
Heartburn that regularly occurs more often than twice a week should be investigated.

Self diagnosis of GERD can lead to mismanagement and complications.
If you have frequent symptoms, see your care provider.

GERD is usually treated with prescription medications. They control acid and allow the esophagus to heal, but do not cure the condition. Medication usually needs to be continued.
Surgery is a possible treatment in some cases, but is only used when less invasive measures have failed.

Foods that increase stomach acid and may cause trouble include:

* Fats
* Chocolate
* Onions
* Citrus fruits & juice
* Coffee, tea, cola
* Alcohol

Tips to manage heartburn:
* Don’t lie down right after eating.
* Avoid foods that trigger your heartburn.
* Avoid exertion right after meals.
* Drink plenty of water when taking pills.
* Eat small meals.

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Back Door Reading
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Drunk or Drugged Driving

The Choice is yours!
- The choice to drink.
- The choice to drink to impairment.
- The choice to drive.
- Be responsible!

Three most critical skills for safe driving:
- Judgment
- Vision
- Reaction time

Alcohol and mind altering drugs impair:
- Judgment
- Vision
- Reaction time

If you are going out to drink—
- Designate a driver before going.
- Take a cab or bus.
- Spend the night.
- Eat food, sip drinks
- Ask about a ride home if you might be unsafe.

Have a holiday you will live to remember!

If you are hosting a party—
- Encourage designated drivers.
- Have a key basket—do not return keys unless sober.
- Have food and non-alcoholic drinks also.
- Provide rides or invite to spend the night

Carbonated mixers will speed up the absorption of alcohol into the bloodstream.

Merry Christmas!
Happy New Year!

Nearly 17,000 people are killed and more than 700,000 are injured in the US every year in alcohol related traffic crashes.