

SMBC

Health Ministry Newsletter



Welcome to the first edition of the Health Ministry Newsletter. We hope to bring you timely information regarding your health. We hope you find our 1st issue helpful and informative. This edition includes information on Heart Health, Colorectal Cancer, Healthy tips and the Kid's Corner.

1st Edition

We look forward to providing this newsletter at least quarterly or more if possible.
If you have topics you would like to see featured, Please contact one of the health team members.



National Colorectal Cancer Awareness

March is Colon Cancer Awareness Month

According to the Centers for Disease Control (CDC), colorectal cancer (CRC) is the third most diagnosed cancer in male and the second in females with 1.8 million new cases and almost 861,000 deaths in 2018. Low socioeconomic status is associated with an increased risk for the development of CRC, potentially modifiable behaviors such as physical inactivity, unhealthy diet (red meat and increase Alcohol use), smoking and obesity.

According to recent data from the United States Surveillance, Epidemiology and End Results (SEER) the incidence of CRC is increasing in those 50 years old and younger.

Colon cancer screening recommendations:

African Americans start screening at age 45 and everyone else screening start at age 50

Family history of colon cancer (immediate- parents, children or siblings) – start screening 10 years prior to relative diagnosed with CRC.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? ... You are not your own, you were bought at a price. Therefore, honor God with your bodies.

1 Corinthians 6:19-20

Mission: To provide the health information and knowledge to the church, which will empower each individual to be proactive with prevention of health -related issues.

When should I get screened?

If you	Then you should
Are experiencing symptoms	Talk to your doctor immediately
Have a family history of colorectal cancer or polyps	Get screened at age 40 or 10 years before the age of the youngest case in your immediate family (mother, father, sister, brother)
Are African American	Get screened at age 45
Have a genetic link to colorectal cancer such as Lynch Syndrome, FAP, etc.	Family members who tested positive for a relevant mutation(s) should start colonoscopy screening during their early 20s, or 2 to 5 years younger than the youngest person in the family with a diagnosis, and repeat it every 1-2 years. Family members who have not been tested yet should be screened during their early 20s, or 2 to 5 years younger than the youngest person in the family with a diagnosis.
Have a personal history of cancer	Talk to your doctor and get screened before age 45
Have ulcerative colitis, inflammatory bowel disease or Crohn's disease	Talk to your doctor about getting screened before age 45

If you are experiencing **symptoms** such as pain, blood or other irregularities, talk to your doctor immediately, regardless of your age or family history.

Symptom List

Colorectal cancer (cancer in the colon or rectum) first develops with few, if any, symptoms. Be proactive and talk to your doctor. If symptoms are present, they may include:

A Change in Bowel Habits

Including diarrhea, constipation, a change in the consistency of your stool or finding your stools are narrower than usual

Persistent Abdominal Discomfort

Such as cramps, gas, or pain and/or feeling full, bloated or that your bowel does not empty completely

Rectal Bleeding

Finding blood (either bright red or very dark) in your stool

Weakness or Fatigue

Can also accompany losing weight for no known reason, nausea or vomiting

Colorectal cancer symptoms can also be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms. Early signs of cancer often do not include pain. It is important not to wait before seeing a doctor.

Early detection can save your life.

Thyroid Awareness:

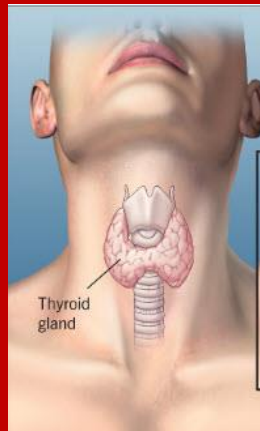
What you need to know about thyroid health

How many of us know what the thyroid is-and what it does?

Your thyroid is important for regulating your metabolism, body temperature and other core physical functions. Think of your thyroid like the engine of a car. The engine produces a certain amount of energy to control the car's speed. In the same way, your thyroid produces hormones to keep your body functioning at a certain rate.

What is the thyroid?

The thyroid is a small butterfly-shaped gland found in the lower neck. The gland produces the hormones T3 and T4. These hormones help to regulate metabolism, manage body temperature and control heart rate. If your thyroid is overproducing or underproducing these hormones, it can cause significant health concerns.



Hyperthyroidism: When the thyroid works too hard

In some people, the thyroid overproduces T4. This overproduction is called hyperthyroidism. It affects about 1% of the population and is **five to 10 times more common** in women than men.

Hyperthyroidism can cause jitters, irritability, anxiousness, difficulty sleeping and unexplained weight loss. The condition is sometimes caused by an autoimmune disorder called Graves' disease or by the hormonal changes that women experience postpartum.

Hypothyroidism: When the thyroid works too little

Hypothyroidism is more common than hyperthyroidism. The condition occurs when the body doesn't produce enough of the thyroid hormone, resulting in a slowing down of the body's functions.

Wash Your
HANDS
&
Say Your
PRAYERS
'cause

Jesus

&
Germs Are

EVERYWHERE

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least **20 seconds**.

Some signs to watch for include fatigue, forgetfulness, lethargy, drowsiness and unexplained weight gain. Hypothyroidism is also associated with goiter, an enlargement of the thyroid gland.

As many as 20 million Americans have a thyroid disorder. And more than half of them don't know it. Although the causes of thyroid problems are not known, if people don't get treatment, they can have an increased risk of osteoporosis, cardiovascular disease and infertility.

Some of the Symptoms are:



Know how to check your neck



Try this simple test from the American Association of Clinical Endocrinologists to see if you have a telltale sign of thyroid disease.

1. Use a handheld mirror to look at the lower front area of your neck, above your collarbones and below your voice box.
2. Tip your head back, take a sip of water, and watch for protrusions in that area.
3. If you notice a bulge, call your doc. You may have a thyroid nodule or enlarged thyroid (an indication of hypo- or hyperthyroidism).

Diet and Nutrition

Here is one tip to get you started.

You might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating, or you simply want to fine-tune your diet, here is one tip that will help you begin your healthy eating journey.

Control your portion size

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should. Portions served in restaurants are often more than anyone needs.

Use a small plate or bowl to help control your portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods. This strategy can shape up your diet as well as your heart and waistline.

Keep track of the number of servings you eat. The recommended number of servings per food group may vary depending on the specific diet or guidelines you're following. A serving size is a specific amount of food, defined by common measurements such as cups, ounces or pieces. For example, one serving of pasta is about 1/3 to 1/2 cup, or about the size of a hockey puck. A serving of meat, fish or chicken is about 2 to 3 ounces, or about the size and thickness of a deck of cards. Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

Kid's Corner

Be a positive role model

Encourage physical activity while limiting video games, computer time, and TV time

Get the whole family active
Don't reward a child with food

Plan fun things together
Make dinner Family Time.

Help children learn food labels, healthy snack choices

Health Team/Ministry Members

8:00 AM Service	11:00 AM Service
Tracy Beam	Connie Brooks
Kathryn Roberts	Mary Robinson
Sharmilla Anderson	Nikki Clark
Barbara Ussery	Wyomia Jefferson
Albert Petty	Lavonia Womack
Phyllis Phillips	

Disclaimer: Information included in this newsletter is meant to be educational and should not be used as a substitution for professional medical advice, diagnosis or treatment. Please contact your physician for further questions and information.