

The Faith Health Link



Sowing Seeds of Wellness

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Ways To Keep Cool When It's Hot

Learn about heat-related illness and how to stay cool and safe in hot weather.

Abnormally high temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States.

Take measures to stay cool, remain hydrated, and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness.

Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as you can. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned, Continue page 2

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Mission

Our mission is to develop a culturally, competent, Biblically informed, wellness ministry to meet the physical, mental, social-emotional, and spiritual needs through education, outreach and counseling that is affordable, accessible, and available

Vision

The vision of Loudon Avenue Christian Church Faith Health Ministry is to address the needs of the congregation and community that promote wellness of the Body, Mind and Spirit, based upon the will of God in our lives.



Stay Hydrated!

Drinking enough water is one of the most important things you can do to prevent heat-related illness. Stay away from sugary, caffeinated and alcoholic drinks

reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles. Contact your local health department or locate an air-conditioned shelter in your area.

- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

If you play a sport that practices during hot weather, protect yourself and look out for your teammates:

- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Monitor a teammate's condition and have someone do the same for you.
- Seek medical care right away if you or a teammate has symptoms of heat-related illness.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
 - Wear loose, lightweight, light-colored clothing and sunscreen.
 - Pace yourself.

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- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.
- Check the local news for health and safety updates. [Keep Your Cool in Hot Weather! | NCEH | CDC](#)

Stay **Cool**



Stay **Hydrated**



Stay **Informed**



Warning Signs and Symptoms of Heat-Related Illness

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) 	<ul style="list-style-type: none"> • Call 911 right away—heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) 	<ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms 	<ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
<ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin 	<ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash

[Warning Signs and Symptoms of Heat-Related Illness | Natural Disasters and Severe Weather | CDC](#)

Has anyone close to you had a stroke?

What is a stroke?

Would you be able to spot a stroke?

In the previous article, time was spent focusing on heat related signs/illness and heat stroke, which is directly related to elevated temperatures. Now I would like to share information on another type of stroke, **Cerebrovascular accident**.

What is a cerebrovascular accident?

Cerebrovascular accident (CVA) is the medical term for a stroke. A stroke is when blood flow to a part of your brain is stopped either by a blockage or the rupture of a blood vessel. There are important signs of a stroke that you should be aware of and watch out for.

Seek medical attention immediately if you think that you or someone around you might be having a stroke. The more quickly you receive treatment, the better the prognosis, as a stroke left untreated for too long can result in permanent brain damage.

Types of cerebrovascular accident

There are two main types of cerebrovascular accident, or stroke: an **ischemic stroke** is caused by a blockage; a **hemorrhagic stroke** is caused by the rupture of a blood vessel. Both types of strokes deprive part of the brain of blood and oxygen, causing brain cells to die.

Ischemic stroke

An **ischemic stroke** is the most common and occurs when a blood clot blocks a blood vessel and prevents blood and oxygen from getting to a part of the brain. There are two ways that this can happen. One way is an **embolic stroke**, which occurs when a clot forms somewhere else in your body and gets lodged in a blood vessel in the brain. The other way is a thrombotic stroke, which occurs when the clot forms in a blood vessel within the brain.

Hemorrhagic stroke

A **hemorrhagic stroke** occurs when a blood vessel ruptures, or hemorrhages, and then prevents blood from getting to part of the brain. The hemorrhage may occur in any blood vessel in the brain, or it may occur in the membrane surrounding the brain.

Please note: Information in this newsletter is for educational purposes only, if you feel that you may be experiencing a problem please contact your primary care physician, for further guidance and intervention.

Symptoms of a cerebrovascular accident

The quicker you can get a diagnosis and treatment for a stroke, the better your prognosis will be. For this reason, it's important to understand and recognize the symptoms of a stroke.

Stroke symptoms include:

- difficulty walking
- dizziness
- loss of balance and coordination
- difficulty speaking or understanding others who are speaking
- numbness or paralysis in the face, leg, or arm, on just one side of the body
- blurred or darkened vision
- a sudden headache, especially when accompanied by nausea, vomiting, or dizziness

The symptoms of a stroke can vary depending on the individual and where in the brain it has happened. Symptoms usually appear suddenly, even if they're not very severe, and they may become worse over time.

Remembering the acronym "**FAST**" helps people recognize the most common symptoms of stroke:

Face: Does one side of the face droop, or is it numb? Ask the person to smile.

Arm: If a person holds both arms out, does one drift downward? Is one arm weak or numb?

Speech: Is their speech abnormal or slurred, are they unable to speak, hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue. Is the sentence repeated correctly?

Time: It's time to call 911 and get to the hospital if any of these symptoms are present.

Treatment for a cerebrovascular accident

Treatment for stroke depends on the type of stroke you've had. The goal of treatment for ischemic stroke, for instance, is to restore the blood flow. Treatments for hemorrhagic stroke are aimed at controlling the bleeding.

Long-term outlook for a cerebrovascular accident

There's a recovery period after having any kind of stroke. The length of recovery varies depending on how severe the stroke was. You may need to participate in

rehabilitation because of the stroke's effects on your health, particularly any disabilities it may cause.

Your long-term outlook after a stroke depends on a few factors:

- the type of stroke
- how much damage it causes to your brain
- how quickly you're able to receive treatment
- your overall health

The long-term outlook after an ischemic stroke is better than after a hemorrhagic stroke.

Common complications resulting from a stroke include difficulty speaking, swallowing, moving, or thinking. These can improve over the weeks, months, and even years after a stroke.

Prevention of a cerebrovascular accident

There are many risk factors for having a stroke, including diabetes, atrial fibrillation, and hypertension (high blood pressure).

In addition, there are many measures you can take to help prevent stroke. Preventive measures for stroke are similar to the actions that you would take to help prevent heart disease.

Here are a few ways to reduce your risk:

- Maintain normal blood pressure.
- Limit saturated fat and cholesterol intake.
- Refrain from smoking, and drink alcohol in moderation.
- Control diabetes.
- Maintain a healthy weight.
- Get regular exercise.
- Eat a diet rich in vegetables and fruits.

Your healthcare provider may prescribe medications for preventing stroke if they know you're at risk.

[Cerebrovascular Accident: Symptoms, Treatment, and Prevention \(healthline.com\)](https://www.healthline.com/health/cerebrovascular-accident)

What is the 988 Lifeline?

NEW! As of July 16, you can now call or text 988 to reach trained Suicide Prevention Lifeline counselors. "988" is meant to be used for mental health emergencies, in the same way that 911 is used for other emergencies. It is a 24/7, free and confidential direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress such as thoughts of suicide, mental

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health or substance use crisis, or any other kind emotional distress. Individuals can also dial 988 if they are worried about a loved one who may need crisis support.

Roanoke City and Alleghany Health District (RCAHD) Situation Update as of 7/19//2022

Our weekly RCAHD COVID-19 activity is currently at a high but stable level; however our hospitalizations are up significantly this week.

According to the [CDC COVID-19 Community Transmission tracker](#), Alleghany, Covington, Craig and Salem are in medium transmission while Botetourt, Roanoke City and Roanoke County are currently in high transmission. Residents of areas in high transmission should consider masking indoors regardless of vaccination status.

A Message to LACC Members

As a congregation we have been blessed since opening up the church doors to in-person worship with NO serious COVID-19 outbreaks. We have accomplished this by:

- Initially completing a screening questionnaire
- Encouraging our members to get vaccinated initially and getting subsequent boosters.
- Wearing a mask in the sanctuary.
- Providing sanitizing gel throughout the church
- Having your temperature taken.
- Maintaining safe seating distance.
- Installation of protecting clear screens for the choirs.
- Staying home if you are sick

The above recent report from the RCAHD COVID-19 Community Transmission Tracker indicates the transmission rate is currently high in Roanoke City, Roanoke County, and Botetourt. Salem Transmission rate is medium. The increase in the transmission rates can be directly related to the new variants of COVID-19, individuals not wearing their mask, not maintaining recommended distances and not sanitizing.

As we move forward in this COVID environment, while attending LACC, we ask Prayfully that you (1) Wear your Mask (2) Maintain seating distance (3) Have your temperature taken upon entering, and (4) if you are not well, consider attending worship service virtually.